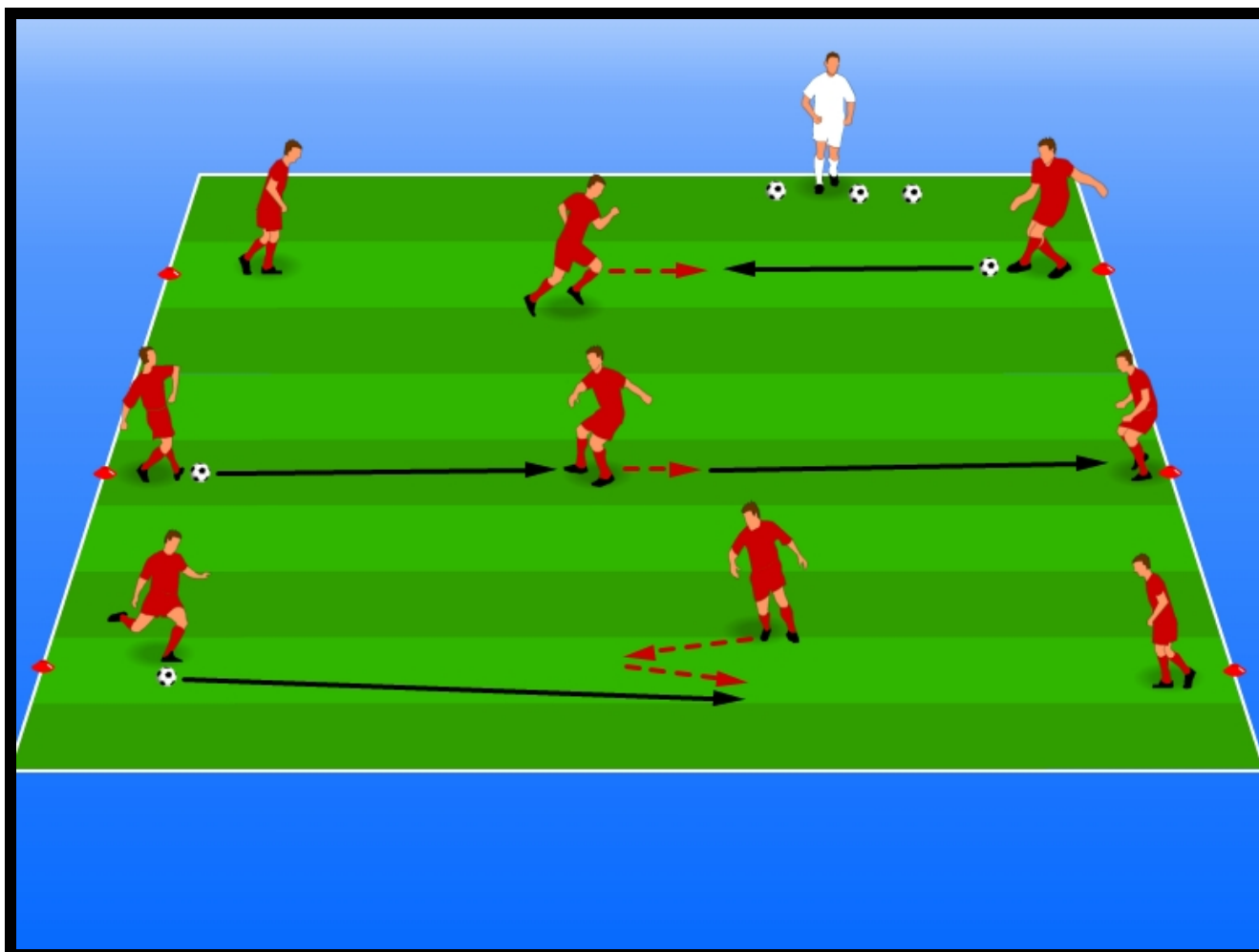


Receiving Drill

Fundamental

Passing



Set Up: Nine players are set up inside of the grid, working in groups of three between the cones.

Procedure: One player in the group plays between the other two, receiving and turning with the ball in the center. The players at the cones challenge the central player with their passes, striking them at game speed or faster. After 60 seconds, the players change positions.

Teaching Topics:

- 1 Checking back.
- 2 Let it run by.
- 3 Turning moves.

Progressions:

- 1 Shorten the passes.
- 2 Use specific turning moves in the center.

Coaching Points:

- 1 Go to the ball in order to receive. Imagine that there is a defender on your back.
- 2 The ball must be moving relatively slowly if you choose to let it run by.
- 3 Take your first touch away from the defender as you turn.