

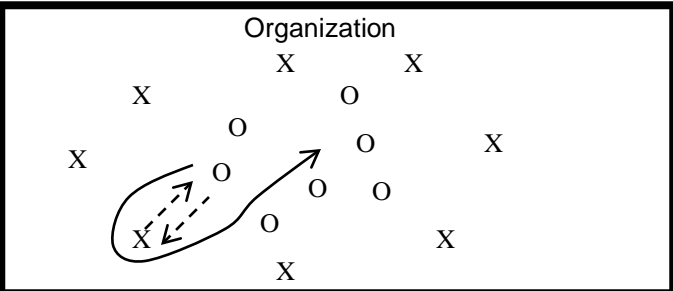
Name: OFC

Topic: Receiving (ground, and air balls)

Date: _____

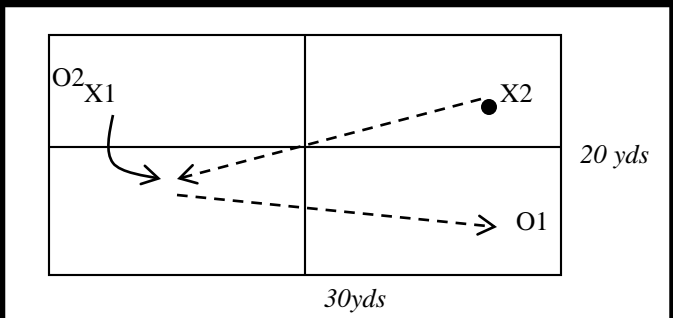
X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

Fundamental - Warm Up 15 min.
 Players (O) check to server (X) receive ball, then play ball back to (X), then run around the back of server and then go to next server
 -feet, chest, thigh, head
 - same as above player now receives ball turns and finds an empty server to play the ball to
 * **STRETCH**



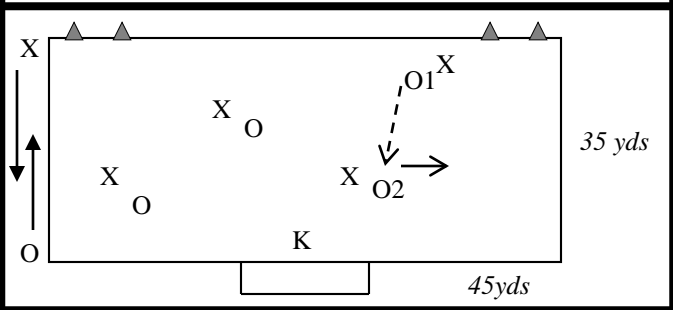
Key Coaching Points
 -read the flight of the ball
 - get in line with the ball
 -select which surface to receive the ball with
 -see attachment for technique on (ground, thigh, chest, and head)

Match Related Activity 15 min.
 -(X1) checks to (X2), (X1) receives from (X2) and play it to (O1)
 -(X1) must play two touch (first touch to control and second to distribute)
 -(O2) can play defense
 -rotate players



-(X1) demanding the ball to a surface and space
 -speed of play (controlling the ball, playing the ball back in two touches)

Match Related Activity 20 min.
 4 v 4 with counter goals
 - every player must touch the ball before going to goal



-body positioning
 -receiving the ball into space (O1) plays to (O2), (O2) then receives with first touch going into space
 -shield ball from opponent

Match Condition Game 40 min.
 11 v 11 game

full field game

- player choosing the proper surface to receive the ball while being confident in their ability

Cool Down

Light Jog & Stretch