

SUPERSTARS

RECEIVING SESSIONS



RECEIVING BASICS- SESSION 1

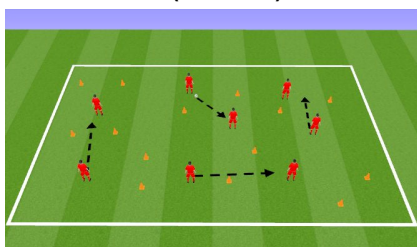
Category: Technical: Passing & Receiving
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

Description

TECHNICAL RECEIVING SESSION

UNOPPOSED (10 mins)

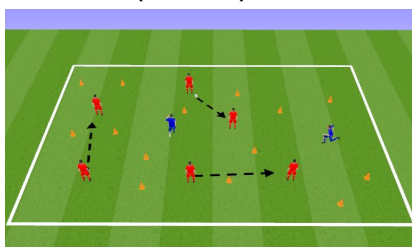


- PLAYERS WORK IN PAIRS TO RECEIVE BALL THROUGH GATE
- SCORE 1 POINT PER GATE, CANNOT RETURN BALL THROUGH SAME GATE
- MULTI BALL
- CHALLENGE INDIVIDUALS TO PLAY 2/3 TOUCH

COACHING POINTS

- FOOT POSITION, PART OF FOOT
- BODY POSITION-SQUARE VS OPEN
- AWARENESS, SCANNING FOR SPACE BEHIND/SIDE/ FRONT

OPPOSED (15 mins)

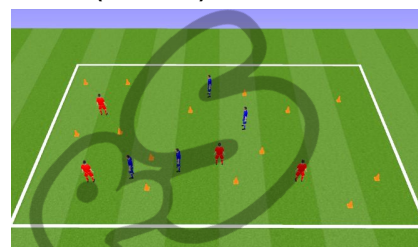


- ADD DEFENDERS
- IF DEFENDER WINS THE BALL THEY SWAP WITH PLAYER WHO LOST IT

COACHING POINTS

- BALL PROTECTION
- TAKING BALL ON SAFE SIDE
- AWARENESS

GAME (15 mins)



- REDS VS BLUES
- MULTI BALL
- SCORE POINT THROUGH EVERY GATE
- PROGRESSION ADD GOALS AT EITHER END WHICH CAN BE WORKED TOWARDS

COACHING POINTS

- ALL THE ABOVE



RECEIVING SESSION 2

Category: Technical: Passing & Receiving
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

UNOPPOSED (10 mins)



DESCRIPTION

- SPLIT GROUP IN TEAMS OF 3 OR 4 PLAYERS
- DELEGATE ONE PLAYER AS A DECISION MAKER, NUMBER PLAYERS 1-4
- DECISION MAKER DECIDES WHERE THE BALL GOES NEXT BY SHOUTING OUT THEIR NUMBER

COACHING POINTS

- AWARENESS OF WHO IS AVAILABLE TO RECEIVE
- QUICK DECISIONS/REACTIONS
- DIRECTION OF FIRST TOUCH TO PLAY TO NEXT TEAMMATE

OPPOSED (15 mins)



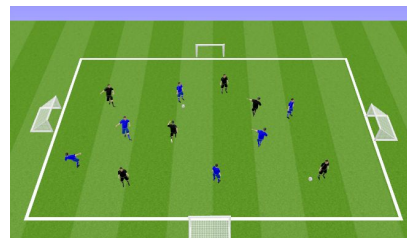
DESCRIPTION

- THREE BALLS,
- OPPOSITE TEAMS CAN TAKE BALL OFF YOU AND REMOVE FROM PLAY

COACHING POINTS

- BALL PROTECTION SHIELD FROM DEFENDER
- DECISION MAKER, HAS TO GIVE GOOD INFORMATION
- RECEIVING PLAYER TAKES IT SAFE SIDE

GAME (15 mins)



DESCRIPTION

- MULTI BALL
- MULTI DIRECTIONAL
- SCORE IN ANY GOAL, NOT SAME GOAL TWICE
- 3 PASSES TO SCORE, RETAIN POSSESSION IF YOU SCORE
- PROGRESSION-REDUCE TO ONE BALL

COACHING POINTS

- ALL THE ABOVE

SUPERSTARS



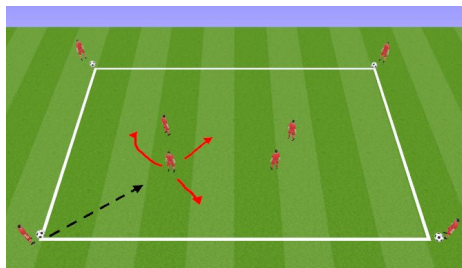
RECEIVING SESSION 3

Category: Technical: Passing & Receiving

Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

UNOPOSED (10 mins)



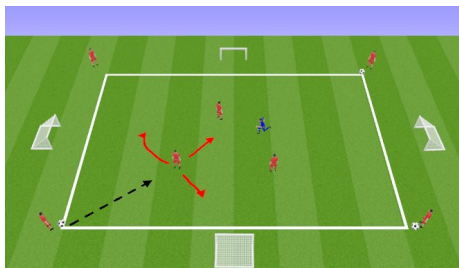
DESCRIPTION

- SPLIT GROUP IN 2
- HALF OUTSIDE AREA WITH THE BALL
- HALF INSIDE THE AREA
- OUTSIDE PLAYS IN, PLAY TO THE RIGHT
- OFF OF TWO TOUCHES
- PROGRESSIONS PLAY TO LEFT, BEHIND,
- RANDOM.
- PARTS OF FOOT

COACHING POINTS

- BODY POSITION WHEN RECEIVING
- HOW TO OPEN UP THE CORRECT WAY
- PART OF FOOT TO USE/DIFFERENT

OPOSED (10 mins)



DESCRIPTION

- ADD DEFENDER IN
 - IF DEFENDER WINS BALL SWAPS WITH PLAYER
 - PROGRESSION INTO THE GOALS, MOVE PLAYERS ON OUTSIDE INTO GKs/SERVERS SO THEY SERVE BUT ALSO TRY TO STOP GOALS
- COACHING POINTS

- AWARENESS OF OPPORTUNITIES TO SCORE AND WHERE DEFENDER IS

GAME (10 mins)



DESCRIPTION

- 4 TEAM GAME
- ONE BALL
- MULTI DIRECTIONAL
- SCORE IN ANY GOAL APART FROM GOAL WHERE BALL IS SERVED IN FROM
- SERVERS ON THE OUTSIDE CAN MOVER AND CAN BE USED
- BEST OF 5 BALLS WINS
- COACHING POINTS
- ALL OF THE ABOVE



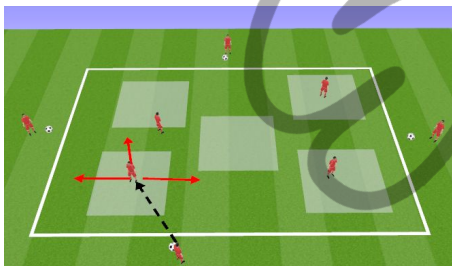
RECEIVING AND TURNING SESSION 4

Category: Technical: Passing & Receiving

Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

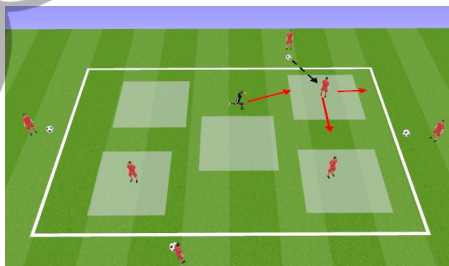
UNOPOSED (10 mins)



DESCRIPTION

- SPLIT GROUP IN 2
 - HALF SERVERS, SERVERS CAN MOVE ON. OUTSIDE
 - HALF INSIDE THE AREA
 - PLAYERS RECEIVE INSIDE THE BOX
 - IF THEY RECEIVE THROUGH ONE LINE OF THE BOX, THEY MUST EXIT THROUGH A DIFFERENT ONE
 - THEY THEN FIND A FREE SERVER
 - CHANGE TO IN HAND SERVE TO DIFFERENT PARTS OF THE BOX
- COACHING POINTS
- MINIMAL TOUCHES IN THE BOX

OPOSED (10 mins)



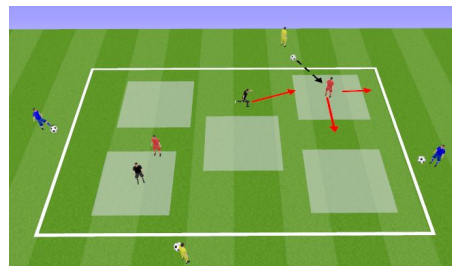
DESCRIPTION

- ADD DEFENDER IN
- IF DEFENDER WINS BALL SWAPS WITH PLAYER
- CHALLENGE PLAYERS TO FIND FREE BOX, IF DEFENDER COMES IN THEN THEY MUST MOVE TO FIND FREE ONE

COACHING POINTS

- AWARENESS OF DEFENDER
- WHICH AREA IS FREE TO PLAY IN
- HOW DO I GET OUT OF BOX QUICKLY
- CHALLENGE BETTER PLAYERS TO RECEIVE WITH DEFENDER

GAME (10 mins)



DESCRIPTION

- 4 TEAM GAME
- ONE BALL
- SCORE BY RECEIVING BOX AND FINDING SERVER ON OUTSIDE, CAN USE TEAMMATE TO FIND NEW SERVER
- SERVERS ON THE OUTSIDE CAN MOVE
- 45 SECOND GAMES, THEN ROTATE

COACHING POINTS

- ALL OF THE ABOVE