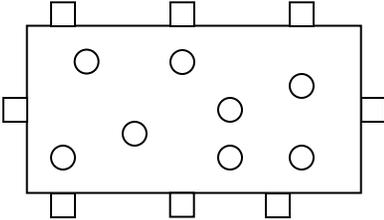
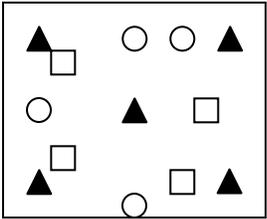
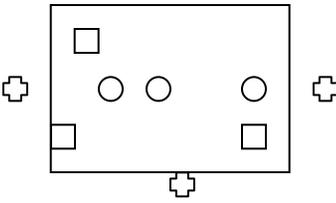
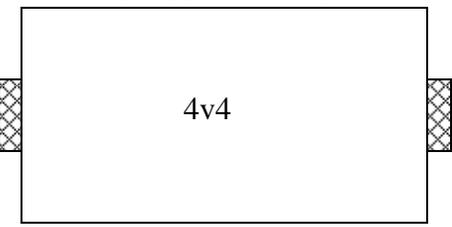




Name: Matt Callahan

Topic: Receiving

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Set up a 25-x-35 yard grid Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside Players on the inside show for a ball, receive a pass, and then pass the ball back to the outside Stretch then switch inside/outside players <p>Progressions: Specify what surface must be used to control the ball. At first, they must return the ball to the person that passed it to them, later they return it to someone else.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 35-x-35 yard area Points are earned by players passing the ball so that it knocks over one of five cones in the area Once a cone is knocked over the coach goes and picks it back up First team to 5 points wins <p>Progressions: Change the number of cones. Change where the cones are placed.</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 3v3 in a 20-x-30 yard area Have one neutral player be on each sideline Neutrals can move along the sideline Points awarded for consecutive number of passes <p>Progressions: Progress to two neutrals being target players and points being scored by passes to neutral players</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with receiving ability