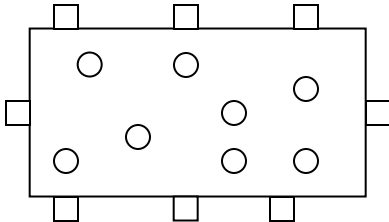
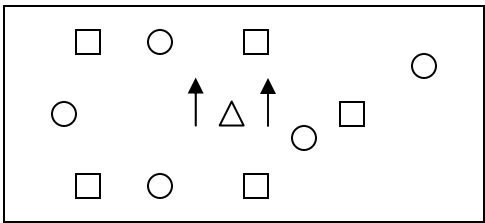
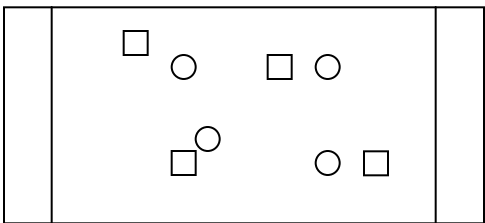
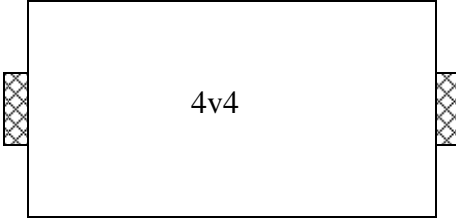




Name: Matt Callahan

Topic: Receiving

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up a 25-x-35 yard grid</li> <li>▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>▪ Players on the inside show for a ball, receive a pass, and then pass the ball back to the outside</li> <li>▪ Stretch then switch inside/outside players</li> </ul> <p><b>Progressions:</b> 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><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 5v5 in a 45-x-60 yard grid with one goal made of corner flags in the middle</li> <li>▪ A neutral GK is in the goal</li> <li>▪ Teams score points by getting ball though the goal</li> <li>▪ Can have neutral players</li> <li>▪ When GK catches ball they punt or throw it to any part of the field and the action continues</li> </ul> <p><b>Progressions:</b> Limit touches.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 30-x-20 yard area with 3 yard deep zones at each end</li> <li>▪ Teams score points by stopping the ball anywhere in the opponents zone</li> <li>▪ Can be played with neutrals</li> </ul> <p><b>Progressions:</b> Limit touches. Add cone goals instead of endzones.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving ability</li> </ul>