

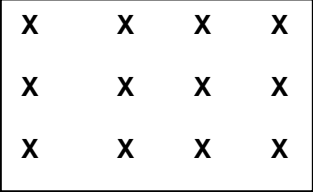
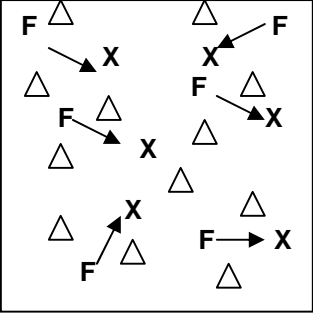
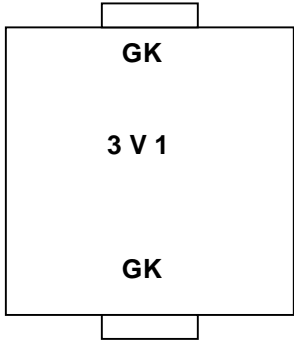


SESSION PLAN

Session Title u 11 Receiving Balls

Objectives To Direct The Ball Away From Pressure

To Receive the ball close to the body

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Ball each dribbling around the area. Use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot dribbling. Elite Feet Move: Ronaldo</p> <p>2. Technical Practice</p> <p>X completes 5 passes with F before taking the ball to another feeder to repeat. Practice before competition. The first player to visit five gates is the winner. Note: Players must not pass without settling the ball! Progression: X's must receive the ball from the feeder and pass to a different feeder. Receive the same ball and repeat the process. First player to five gates is the winner.</p> <p>3. Skill Development</p> <p>X's receive the ball from the GK (pass from GK is free) and must make two passes before scoring on either goal. Restart immediately with the GK. Progression: Increase number of required passes. Progression 2: After scoring the X's must attack in the other direction.</p> <p>4. Regular Scrimmage</p>	  		<p>Head up Close control Laces: Bend knee with toes pointing up Cushion the ball</p> <p>Movement to get in line with the ball</p> <p>Be up on toes</p> <p>Receive with the inside of the foot</p> <p>Body shape on receiving the ball Call for the ball Control towards 'open' goal</p> <p>Awareness of defenders Receive ball away from pressure and towards goal if possible Communication between players</p> <p><u>Law</u></p> <p>Offsides</p>

