

## Receiving

We no longer talk about trapping in soccer, which implies stopping the ball. Although there are occasions when a player has enough time and space to do this, as the game gets quicker players must “receive” and “prepare” the ball with their first touch slightly away from the player’s feet to choose the next option – shoot, dribble, pass. Receiving and preparing the ball involve receiving the ball in motion.

### For all receiving

1. Attempt to have players see what they are doing next **prior** to the ball arriving – ‘take a look’.
2. Prepare (as the player receives the ball should be played the ball out of the player’s feet in front of the player or away from a pressurizing defender).
3. Move the ball from the receiving area away from pressure. If there is no pressure, prepare the ball toward the attacking goal.

#### 1. Inside of the Foot.

- a. Move to be in line of the roll of the ball – get behind the ball when possible; player should not be stationary when receiving a ball.
- b. Lower center of gravity.
- c. Present inside of foot to ball - toes point up.
- d. Look at ball as contact is made.
- e. Cushion and prepare ball by taking foot away - combine with a slight hop on support foot as needed.

#### 2. Outside of Foot

- a. Get in line of the roll of the ball.
- b. Lower center of gravity.
- c. Present outside of foot to ball - toes point down and pronated inward.  
Note: Some coaches teach receiving the ball with the outside of the foot with the toes pointed up – using the same technique as receiving the ball with the inside of the foot.
- d. Look at ball as contact is made.
- e. Cushion and prepare ball by taking foot away - combine with a slight hop on support foot as needed.

### Receiving balls in the air

- a. Get in line of the flight of the ball.
- b. Decide what body part to use. Frontal receiving surfaces are preferred (top of foot, top of thigh, chest, head) as they are more deceptive and potentially faster.  
Time = Space!
- c. Present body part to ball.
- d. Look at ball at moment of contact.
- e. Cushion the impact of the ball by “giving” at moment of impact.