



Receiving with Def behind and to the side and 1v1

Category: Technical: Attacking skills

Difficulty: Moderate | Start Time: 05-Nov-2013 17:30h

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Individual-Adult Member

Description

A session designed to improve receiving ball under pressure and then having positive attitude to go at defender 1v1.

Warm up Technical (15 mins)

Set up:

2/3 lines of 3/4 players in 10 x 15 yard grids

Instructions:

Players dribble ball out and perform a move and then in one motion look over shoulder and play the ball back to next player.

Progression: Player then puts passive pressure on oncoming player.

Coaching Points:

Demonstrate Technique asked for several times .

Take player out of line that might be struggling to keep exercise going .

Ask for speed and accuracy.



Receiving when defender is in front (15 mins)

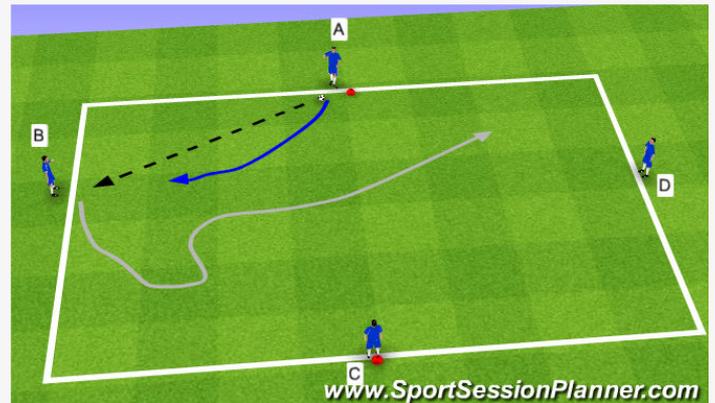
Set Up:

4 players in 10 x 15 yard grid.

2 balls

2 players on half way line. 2 on end line.

Players on half way line have ball.



Receiving with defender behind (15 mins)

Receiving when defender is behind and taking on the player to the end line after receiving.

4 players in 15 x 30 grid

2 on each end.

A receives a pass from D who then must use all his feints and 1v1 moves to beat opponent to end line where he started from.

Rotate positions. A with B. C with D and then A with C. B with D. Etc.

Coaching points.

Get distance from defender in order to face and tackle him on head on.

Use different parts of foot to roll defender if he stays tight.

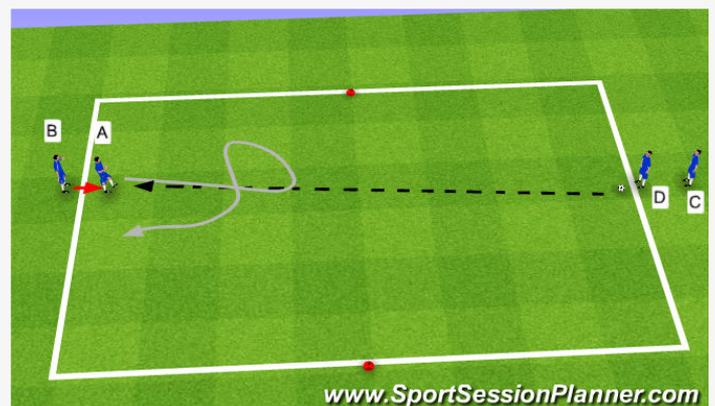
Use the arm to feel the defender and find which side he is favoring.

Use sole of foot to trap ball and use body strength to hold defender off until moment to act.

As ball is travelling and player is coming to ball, can player look over shoulder to determine correct move in relation to defender.

Passer must fizz ball in to attacker to help with receiving.

Withdraw surface on impact to cushion ball.



1v1 Circle duel (20 mins)

1v1 Circle duel

Players play 1v1 in the circle in front of their peers.

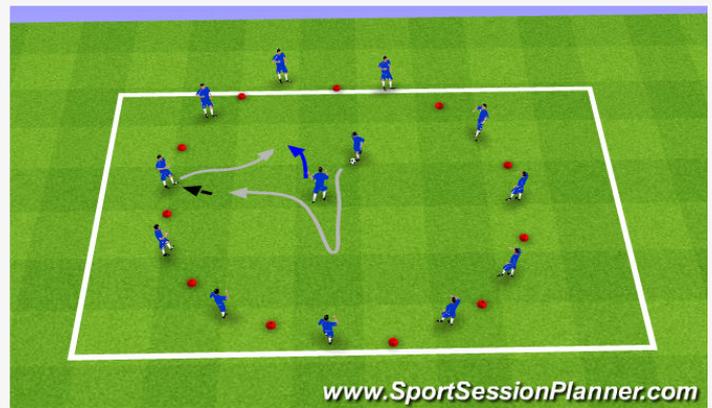
Players try any move they want to beat the player.

If ball goes out of circle of one player other player gets it and dribbles in.

Players can show courage bravery etc in this activity.

Player can pass off to another player waiting and the defender stays in.

Put a time limit on defender in case of Despondency.



231 v 321 6v6 (20 mins)

Play 6v6 231 v 321

