

TRAIN LIKE A PRO

Receiving in Midfield, Unopposed, with Interference

An exercise which helps the players develop their decision making and receiving skills.

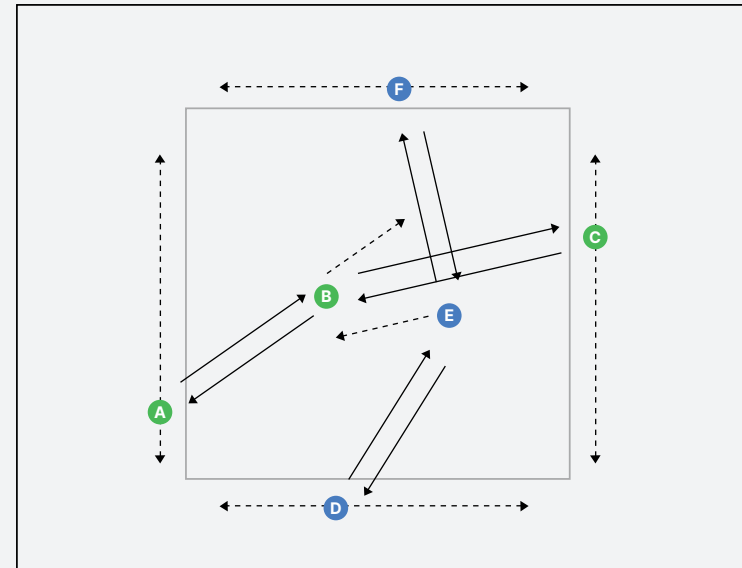
6-10

10-15 min

Any level

Summary

- Movement to receive based on where the ball is
- Creating space to receive away from congestion
- Setting up the first touch to pass with the second touch
- Deciding before receiving



Description

Set up your players in 10m x 10m square, 4 players on the sides and two in the middle. Greens play to greens and blues play to blues. The ball must travel through the middle player before reaching the other end. Focus on the movement of the central players, receiving in space. Remind players to be aware of the other central players. Finally, coach the players first touch. Make sure the players can receive, then play in a fluid motion.

- Team A
- Team B
- Passing
- - - - - Running