



Individual Training - Receiving (on the ground)

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Young Member

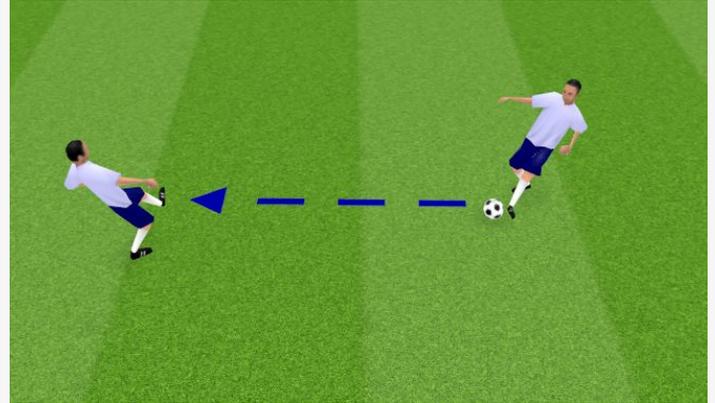
Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Receiving Technique

Receiving Technique:

- Key Word: Cushioning!!!
- Face the player that will pass the ball to you.
- Use the inside, outside, and/or top (shoelaces) of the foot, thigh, and chest to trap the ball.
- It is better to trap the ball inside of the foot when the ball is on the ground. NUMBER 2
- Try to make contact with the ball in the middle, inside of your foot.
- Plant your non-trapping foot next to the ball, pointing your toes toward the player that will pass the ball.
- Keep your shoulders and hips square and turn your knee and foot to a 90-degree angle to receive the ball.
- Bring the ball as quickly as possible into your personal space.
- Trap the ball in the direction that you want to go and/or pass back.
- The forward with the opposite foot before receive it.
- Let the ball touch the inside of NUMBER 1.
- Make sure to Cushioning the ball when having contact with the ball.
- Turn the body when having contact with the ball.



Activity 1 (20 mins)

A = Warm-up and evaluation.

Pass the ball back and forth between you and the player by using the left and right foot. The passes should be on a straight line. The player should control and pass the ball back. Control with the right foot and pass back with the right foot. The same thing with the left.

Coaching Points: Receiving Technique as described in the first graph.

B = Receiving with both feet with inside foot variations

Same activity as before but the player should also receive with the right and pass with the left (vice-versa)

Coaching points:

- 1) The body should be in the line of the ball facing the player that is passing the ball (coach)
- 2) Receive with the foot at the 45-degree angle facing the opposite side.
- 3) The player should have contact with the ball inside his/her #2 (the middle of the inside of the foot)
- 4) Cushioning the ball to the opposite foot and step to the ball if goes outside to his/her personal space. (Observation: personal space is 1 yard around the player).

C = Receiving with both feet with outside foot variations:

The same activity as before but the player should control with the outside of the foot and pass back with the same foot. Control outside right and pass back with the inside right.

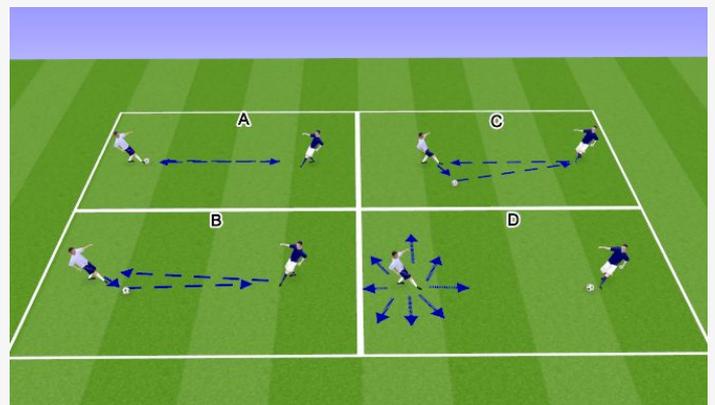
Coaching points:

- 1) The body should be in the line of the ball but the 45-degree angle to the player that is passing the ball (coach)
- 2) The foot that is receiving the ball should be a 45-degree angle facing outside.
- 3) The player should have contact with the ball outside his/her #2 (the middle of the outside of the foot)
- 4) Cushioning the ball to the same side and step to the ball if goes outside to his/her personal space. (Observation: personal space is 1 yard around the player).

D = Receiving with both feet with outside and outside 360 foot variations:

The same activity as before but the player should control inside and outside of the foot by going to different directors (forward, angles, sideways, and back). After controlling, the player should come back to the original point and pass back. Make sure the player goes in all directions by using both feet to control the ball.

Coaching points:



- 1) The body should be in the line of the ball
- 2) the foot that is receiving the ball should be in the direction where the player is moving/controlling the ball, except going backward.
- 3) Cushioning the ball to the same side that the player is moving and step to the ball if the ball goes outside of the personal space.

Activity 2 (10 mins)

A = Receiving with both feet with speed towards the ball.

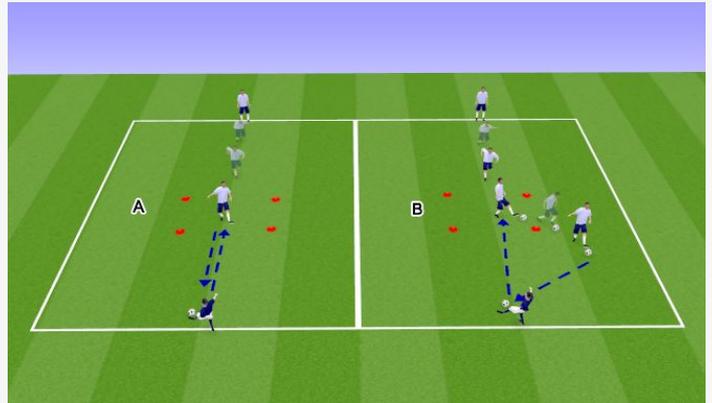
The player will sprint inside the grid, receive the ball inside the grid and pass back. The grid should be 3 yards by 3 yards. You can make it bigger or smaller depending on the level of the player.

Coaching points:

- 1) The player should run 25% towards the grid. The coach should request the player to increase the speed if the player starts to do well after few repetitions (from 25%, 50%, 75% to 100% towards the ball)
- 2) When the player gets close to the ball, the player should slow down to have a great balance to control the ball.

B = Receiving with both feet with speed towards the ball by moving into space.

Same activity and coaching points as before but by now the player should control/move into space before passing back



Activity 3 (10 mins)

Players movement into space to receive the ball:

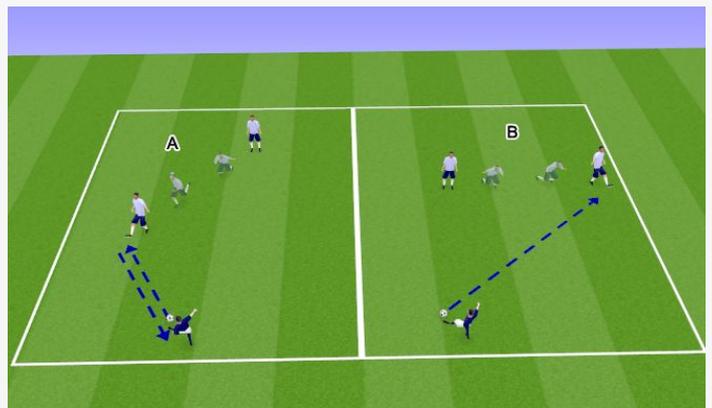
The coach should pass into space. The players should be moving into space (angles = A and sideways = B), left & right to receive and pass back.

Coaching points:

Same concept as activities 1 and 2.

Observations:

The body and foot that receiving the ball should be facing the coach.



Activity 4 (20 mins)

Fun competition with receiving the ball

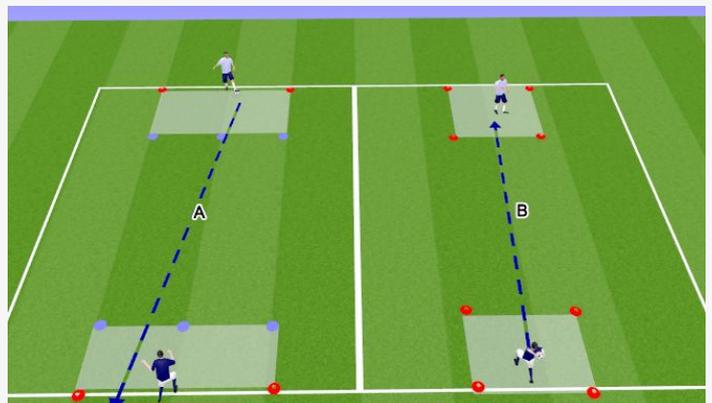
A Game

- The coach and the player should have a goal to defend.
- The ball must be passed on the ground and cannot be a shot, but can be a hard pass.
- The player that is defending the goal must try to block the pass by receiving the ball inside of the foot and pass back by trying to score in the opponent's goal.
- The ball cannot stop any moment when the player tries to receive the ball.
- The player must receive inside the shade zone and pass back before the blue line of cones.

How to score:

- ... the ball going inside the goal
- ... the coach/player passing a bouncing or airball (the ball must be on the ground at all times)
- ... the coach/player shooting instead of passing the ball
- ... going out of bounce on the pass
- ... controlling inside of the grid and going outside or the grid.

B Game



- The coach and the player should have a grid. Both must be inside of their own grid.
- The coach will throw the ball inside of the player grid. The player must control the ball and stop the ball inside of the grid.
- The coach and the player should control with their foot.
- They should send the ball back and forth

How to score:

... throwing the ball outside the opposite grid

... controlling the ball inside the grid but the ball goes outside of the grid