

TOPIC: Receiving Ground Balls

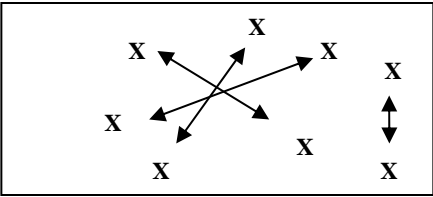
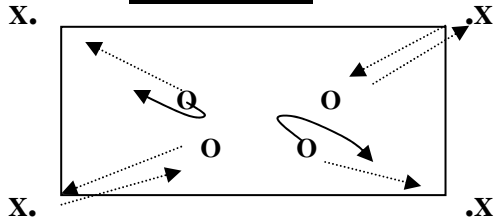
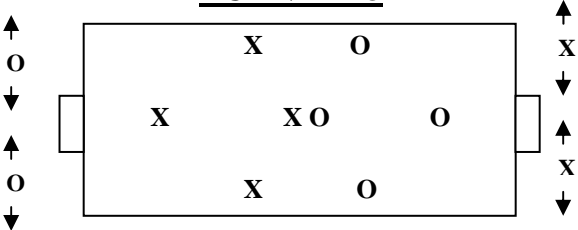
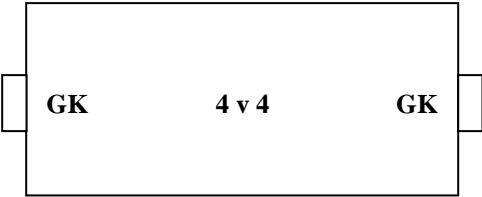
Key:

Running without the ball

Running with the ball

Pass

Coach Name: Mark Wielebnowski, State ODP Coach

<u>WARM UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>20x20 YDS</p> <ul style="list-style-type: none"> • Loose passing in pairs • Passing/movement/receiving/observation 	<ul style="list-style-type: none"> • Technique/receive ball on furthest foot • Communication • Look for next pass as ball arrives • Open body position
<p><u>ACTIVITY 2</u></p> 	<p>15x20 YDS</p> <ul style="list-style-type: none"> • O's moving/receiving to pass to X's <ul style="list-style-type: none"> ➤ 1 touch ➤ 2 touch • Add 2 passive defenders 	<ul style="list-style-type: none"> • Movement to receive/1st touch • Communication • Read the speed of ball • Body in line of ball • Select controlling surface • Relax controlling surface just upon contact
<p><u>ACTIVITY 3</u></p> 	<ul style="list-style-type: none"> • 4v4 playing into targets • Ball must be played into a target before you can score • Targets play <ul style="list-style-type: none"> ➤ 2 touch back to their own team ➤ 1 touch 	<ul style="list-style-type: none"> • Technique (as above) • Communication • Move to create space • 1st touch away from pressure • Observation of bigger field (head up)
<p><u>GAME</u></p> 	<ul style="list-style-type: none"> • 4v4 plus G.K.'s • Free play 	<ul style="list-style-type: none"> • Technique (all as above) • When/where to receive • Team shape