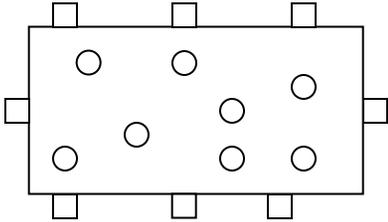
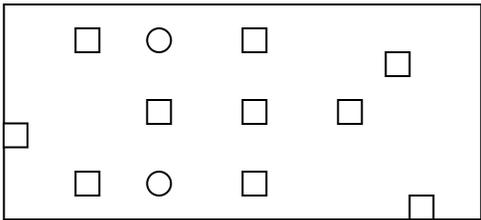
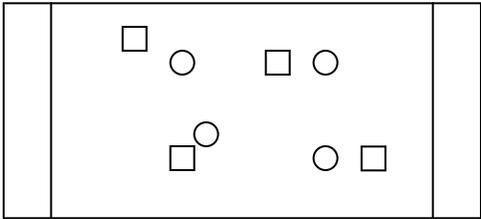
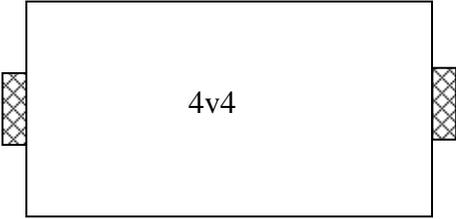




Name: Matt Callahan

Topic: Receiving

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Set up a 25-x-35 yard grid Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside Players on the inside show for a ball, receive a pass, and then pass the ball back to the outside Stretch then switch inside/outside players <p>Progressions: Specify what surface must be used to control the ball. At first, they must return the ball to the person that passed it to them, later they return it to someone else.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 10v2 in a 40-x-25 yard area with two balls When in possession of the ball, an attacker can be tagged on the body by either defender Game is over when all attackers have been eliminated Challenge team to see how long they can last before having everyone eliminated <p>Progressions: Change the number of defenders.</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 30-x-20 yard area with 3 yard deep zones at each end Teams score points by stopping the ball anywhere in the opponents zone Can be played with neutrals <p>Progressions: Add cone goals instead of endzones. Limit touches.</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with receiving ability