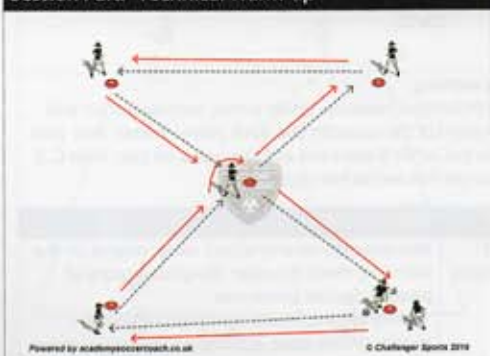


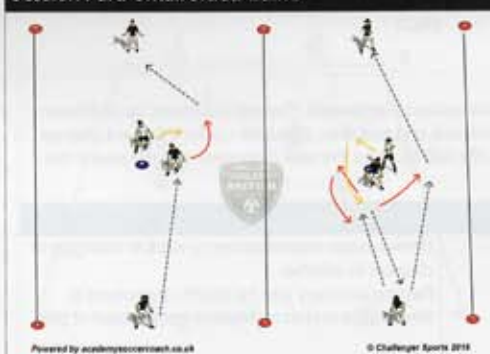
Topic: **Receiving to Turn**

Objective: **To increase speed and ability at facing goal from a negative position (back to goal), how to turn a defender with tight pressure**

### Session Part: Technical Warm-up



### Session Part: Small Sided Game



### Session Part: Expanded Small Sided Game



### Session Part: Game



<b>Organization</b>	<b>Time:</b> 15
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**Area:**  
**Numbers:**  
 6 players pass and follow in a figure of 8 shape. 2 players should start where the ball starts. When players have found their rhythm switch direction, same pattern but there receiving foot may change etc.

Progressions	Coaching Points
Add a second ball to increase speed and awareness. Must have 2 players starting in the middle and at the points where ball begins so will need 8 players.	Practice good habits throughout i.e. check off and too, open to receive on back foot, strong passes. Central player will receive to turn, turn outside of 'defender', use momentum of pass with inside of foot where possible

<b>Organization</b>	<b>Time:</b> 20
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**Area:** 20x10  
**Numbers:** 4  
 Groups of 4 work with 2 bumper players and an attacker and defender in the middle. The attacker is looking to receive the ball to take it in the opposite direction beyond the defender working to stop the attack. If the defender wins the ball they can play back to the start and become the attacker. The attacker can use the bumper to play back to but must receive the ball in an inside position so will always be receiving it with a defender goal side of them

Progressions	Coaching Points
Attackers job is to get the ball up and back again, they can receive the ball to play it opposite or create space for a long ball.	Finding extra space - checking back and too/out and in. Strength to hold off defender Technique in turning the defender, use body/arm to hold them off

<b>Organization</b>	<b>Time:</b> 25
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**Area:** 25x25  
**Numbers:** 12  
 4v4 +4  
 Two teams of 4 compete in the central area to score on goal. They have to use their bumper players, who are on their defensive goal lines, before they can score.

Progressions	Coaching Points
Bumper players can rotate into the game in play should space open up for them to dribble into, a player must fill in for them. A goal created (scored or assisted) by a player who has turned a defender is 2 goals	Movement to ball when looking to receive with back to goal 1st touch to beat the defender early Holding off the defender while waiting for support or space

<b>Organization</b>	<b>Time:</b> 30
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**Area:**  
**Numbers:**  
 3-3-2 vs 2-3-3  
 This formation pairs players up in every position to have some pressure when receiving the ball from their own goal

Progressions	Coaching Points
'Man-mark'	Where to play safe (play back) and where to take more of a risk when turning a defender. Getting body between the ball and defender when getting past a defender