

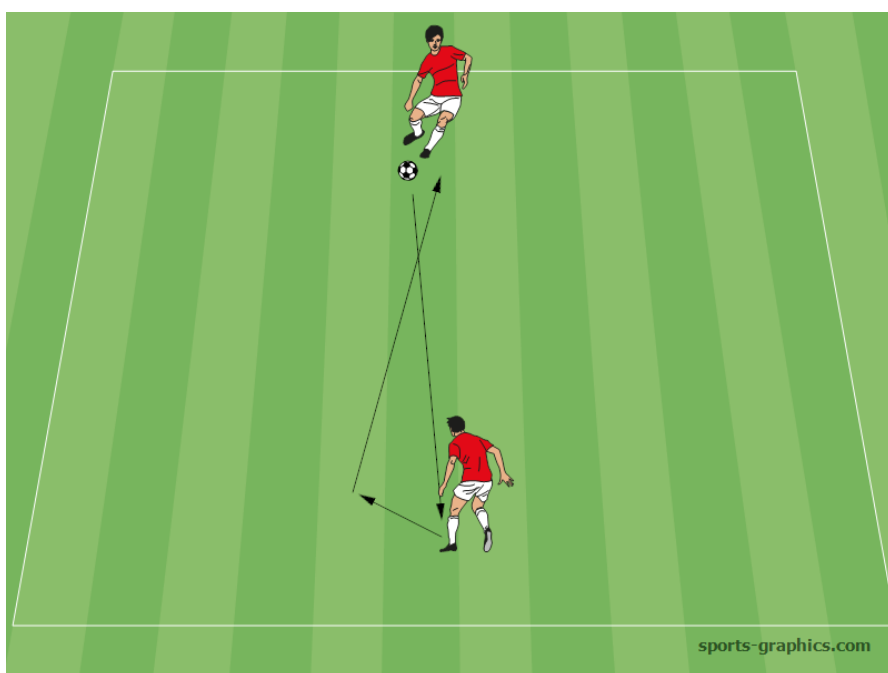
CONTROL AND PLAY WITH THE SAME FOOT

To improve basic ball receiving using the feet

TECHNICAL

Ball Control - Receiving

First Touch



In pairs, players pass to one another in the following sequence.

Player 1 passes to Player 2 who receives using the inside of the foot and pushes the ball to the outside of their body.

Player 2 passes to Player 1 using the inside of the foot that they controlled the ball with.

Both players now pass with this pattern.

Ensure players remain light on their feet and the pass is of quality.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

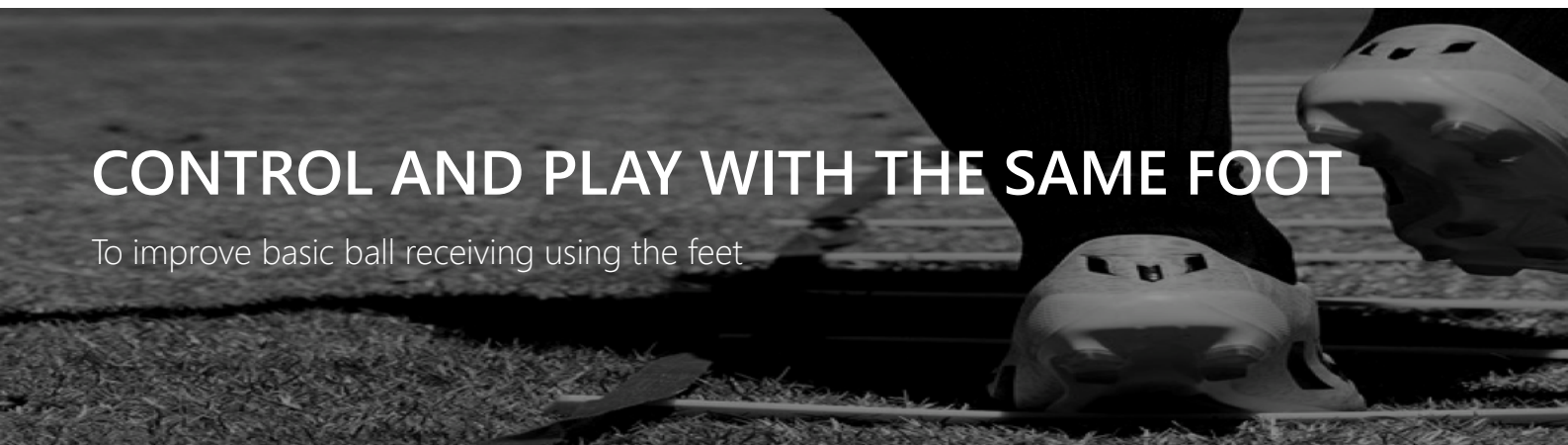
- Technical refinement of how to receive.
- Technical refinement of passing technique.
- To develop ball familiarity to feel what the ball does on touch.

KEY FACTORS

- Communication
- Keep the ball moving
- Move in line of the ball
- Move the ball off straight lines
- Quality of pass
- Relax on the touch
- Technique - cushion/wedge

FOCUS AREAS

- Execution and weight of pass.
- Execution of the control - relax on impact.
- Footwork with contact point on the ball.
- Good first touch using the appropriate surface to control the ball.
- Good technical execution by all players.
- Keep an eye on distance between players to keep it realistic.
- Quality of the ball control (first touch).
- Team work and communication.



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