

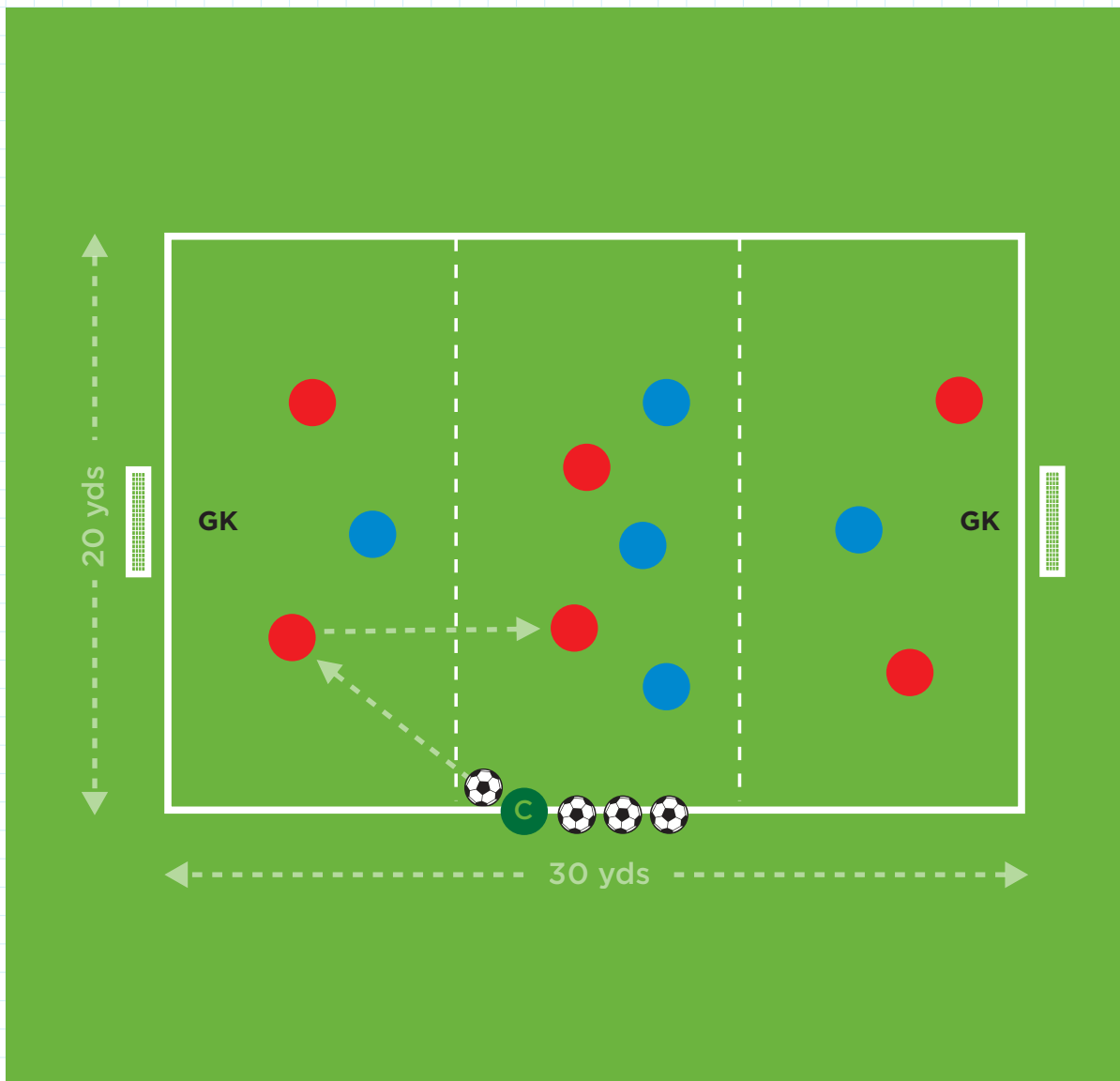
Receiving & turning

Practice organisation

- Area 30x20yds, divided into equal thirds, as illustrated.
- Goals at each end, set 5yds back from edge of playing area.
- 13 players (incl. 2GK's), arranged 2v1 in each end third & 2v3 in mid third.
- Players (both teams) remain in zones.
- Practice starts with: ball fed-in to Reds by coach.
- Objective of game for Reds is to play from end-to-end, through MF, to get ball to opposite GK to score.
- Blues objective is to prevent scores by Reds & if they gain possession, attack opposite goal.
- Rotate players in teams & within zones, to ensure all receive opportunity to play in all positions & circumstances.

Detail

- Establish practice conditions & aims with players.
- Emphasis on whole game content & technical detail.
- Simple progressions for this practice are:
 - Reds – keep shape but not necessarily their positions (i.e. Players in defending zone taking ball into MF & others filling in to retain balance of numbers in zone.
 - Passes can miss-out MF directly & enter into attacking zone.
 - Work ball from one end to other through midfield & then turn back to attack furthest goal.
 - Blues – any number can operate in any zone in order to gain possession.
 - Blues are given a time limit (e.g. 7 secs) to take a shot at goal.



Key coaching points

- Early & appropriate selection of turning techniques to either keep possession or counter-attack quickly.
- Maintaining team shape (i.e. numbers/ratio in zones), but not necessarily position (rotation & covering team mates).
- Offering support if a player cannot or chooses not to turn immediately (establishing controlled possession).