



Receiving and Shooting

Category: Technical: Passing & Receiving
Skill: U9

Pro-Club: Utah Youth Soccer Association
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Warm Up (15 mins)

Set Up: 15 by 15 Grid. 6 Players on the outside, 3 players in the middle. Players in the middle check and receive a pass from the outside players, they will receive and then play back out to the player who played them the ball.

Progressions: 2 touch, receive right play left, receive left play right. Soul role, play back. Receive turn, turn again and play back. One touch pass.

Coaching Points: Body position. Focus on the pass you are receiving and playing before you worry about the next one. Don't miss your target. On the outside, do not receive the ball in the same spot you played the ball. After you pass, move to the side to receive from a new angle.

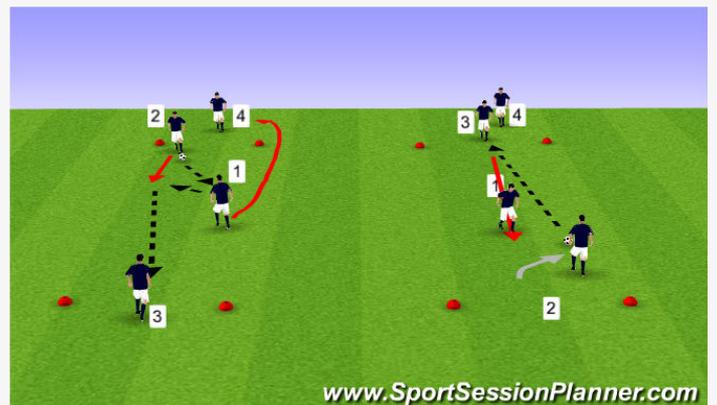


short/short/long (15 mins)

Set Up: Two gates 15 to 20 yards apart. 2 players between each gate (4 per set up, or 3 will work). Player 1 starts with a long ball. Player 2 receives and then lays it back to player 1, player 1 then plays one touch back to player 2 who then plays it long to player 3. Player 1 goes behind player 4, and player 2 continues on to receive a one two with player 3.

Progression: Right foot only, left foot only. One touch only. Adjust the direction of the player who comes to support (example group on the Right) Player 1 plays the long ball to player 2, player 2 plays a one two with player 1, this time player 1 keeps his run straight at player 2, player two must make a small move to get to the side of player 2 to play the ball.

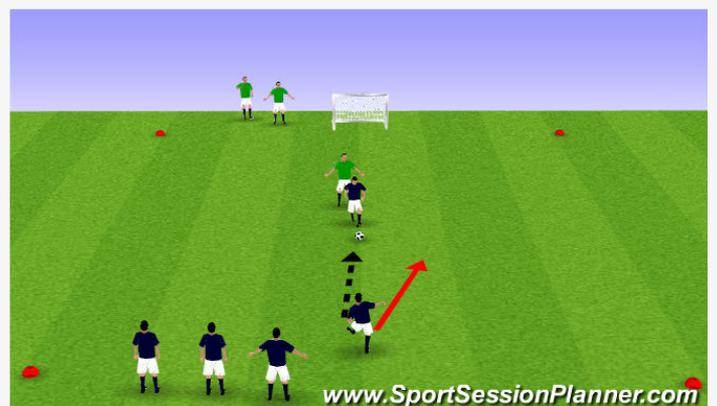
Coaching Points: Use the proper part of the foot to receive. Take a look where you will pass before you receive, make sure to have good body position when the ball is played in. We want to face our target and be able to set ourselves up off our first touch. Have good movement after the ball is played.



2v1 (15 mins)

Set Up: Grid 15x15 to mini goal. 2 offensive players and one defensive player. One defender comes out and one offensive player comes out. The second offensive player will start the ball. The high forward will receive with pressure and lay a ball back. This player can receive and shoot if space is open or play back to the player who layed it back for him to shoot. We are looking for the Offense to score byt receiving a pass, collecting with a proper first touch that sets up the shot.

Coaching Points: Have a good first pass to the high forward. Have them receive on the foot furthest from the defender. Lay the ball back to open space for the player to have the option to shoot. If the defender follows the ball encourage the second pass back across. Motivate Players to move and not watch there partner. Always try to better your position, even if its one step.



Bumpers (15 mins)

Set Up: Grid 15x15 or 20x20, depending on skill level and number of players. Game can be played 4v4v4 or 3v3v3. Have two teams on the inside and one team on the outside. Teams can go to either goal at any time. You must connect atleast once with an outside player before you can go to goal. Outside players only have two touches.

Coaching Points: Good movement off the ball. Good body position to see your options when receiving from the outside players. Make sure we open our hips so we can see the field and dont face just the outside player. Focus on the first touch into open space to hopefully set up a shot.

