



## Receiving the ball on the ground

Appropriate for players ages 6-8.

**Session Aims:** To introduce the correct technique of passing and receiving the ball with the inside of both feet, settling the ball with 1st touch in the direction they want to go and demonstrate an awareness of space to pass & receive the ball.

### Warm Up: Soccer Ball Exchange

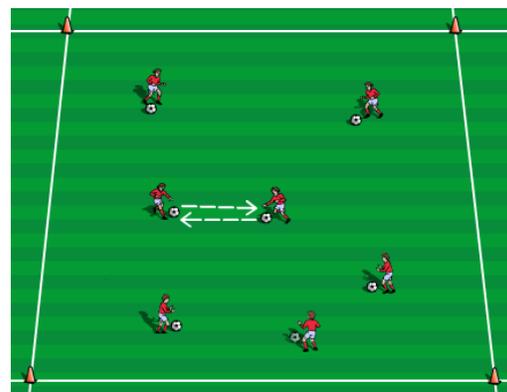
Set up an area approx. 20x20 yards. Players can dribble around the area and exchange their soccer balls with anyone they see. Players should explore various ways to exchange soccer balls from various distances using the inside of their feet only. Progress stipulating that players must pass/exchange the ball at a distance of at least 5 yards and/or players must use their right/left foot. It is important that all players use the same foot to make the pass.

Coaching Points:

- 1) Look at the target and communicate visual & auditory.
- 2) Pass to the open foot (right foot pass, passes to targets left foot & vice versa).
- 3) Use a visual cue of the target player lifting their kicking foot back to time the exchange.

Variation:

- 1) Increase distance to 10 yards.
- 2) Soccer ball cannot stop moving. Receive the ball with different parts of foot and away from pressure.



### Fundamental/Individual

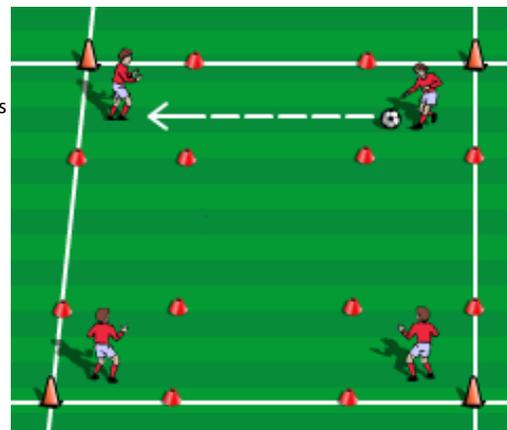
Create squares 5x5. In each corner make a smaller 1 1/2 x1 1/2 square and place one player on each corner. The ball is passed to the right. The players may only use two touches and both touches must be made in the smaller square. Player takes first touch with inside foot of foot closest to intended target then plays ball. After the players gain confidence, coach can call out "left" or "right" which will signal players to take first touch in a different direction and change ball rotation. After a couple of minutes let the groups compete against each other to see who can get the most 2 touch passes in a row. Play a few times.

Coaching Points:

- 1) Toe up on pass and first touch control.
- 2) First touch out in front of feet.
- 3) Make visual and verbal contact with intended receiver after first touch.

Variation:

- 1) Add defender who may not go in smaller boxes.
- 2) Let all players out of smaller boxes.



### Game Related/Group (Incrementally adding pressure)

Set up a rectangular field with two 5 yard deep end zones. Play is two touch and after every pass teammates must move to open space. There is no tackling; players have to intercept a pass to gain possession. A goal is scored for every ball played into the end zone.

Coaching Points:

- 1) All technical coaching points from above.
- 2) Use visual and auditory cues.
- 3) Vision for and movement into space.

Variation:

- 1) Pass to player moving into end zone to score.



### Game Condition (Small-sided/Conditioned)

Two teams play in large circular area. Two touch limit. To score players have to stop the ball anywhere on the circle. No tackling.

Coaching Points:

- 1) As above.

Variation:

- 1) Depending on ability, add neutral defender or attacker.
- 2) Add tackling.

### Game (All conditions removed)

Allow players to play, but encouragement is very important complimented with praise of positive behavior.