

ACTIVITY PLAN

Week 4

Receiving The Ball.

Warm up

Objective:

To improve general coordination.

Organization:

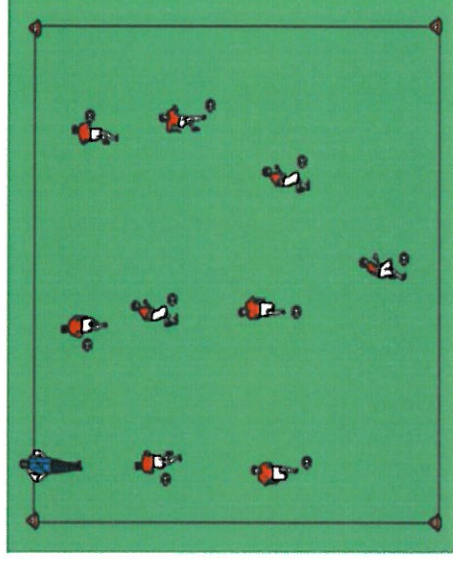
20 yard x 20 yard area. 1 ball per player.

Procedure:

Each player tries to keep their ball up in the air by using any part of their body except for the hands. Count how many touches. If it falls to the ground, pick it up and try again.

Key Coaching Points:

- Relax and be confident
- Keep your eyes on the ball.
- Move to get behind and in line with the ball.



Week 4

Receiving The Ball.

Individual

Activity

Objective:

To improve Individual Passing Skills.

Procedure:

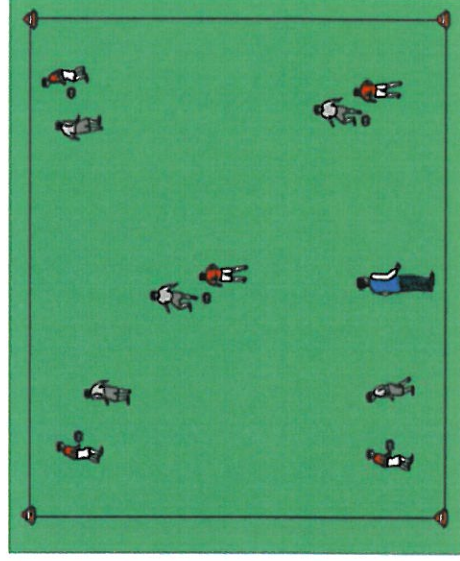
Split the players into 2 groups. One group feeds and the other group works for 1 minute and then switch the roles.

The players move to a feeder who serves the ball, the player must receive the ball under control and play it back to the feeder.

The Coach goes through various receiving techniques
Foot – Thigh – Chest

Key Coaching Points:

- Alert and on your toes.
- Select the controlling surface early and bring it in line with the ball.
- Cushion the ball and play it back accurately to the feeder.
- Use both feet & thighs and go to the ball.



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Week 4

Receiving The Ball.

Small Group Activity

Organization:
10 yard x 10 yard area.
In groups of 6 with 4 balls.

Objective:

To improve Individual Passing Skills Under Pressure.

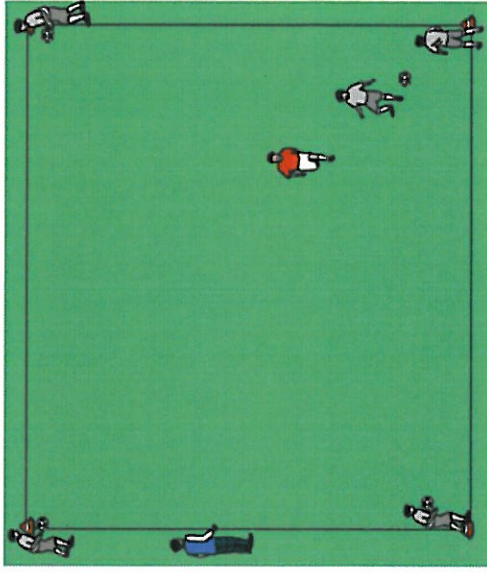
Procedure:

The players are split in groups of six. 4 players are positioned in each corner with a ball, with the remaining 2 players in the middle, one being a defender and the other player being the attacker.

The objective is to see if the attacker can loose their defender and receive the ball from one of the four corner players and get it back to them. The defender must put pressure on the attacker.

Key Coaching Points:

- Alert & lose your marker to create space.
- Call for the ball.
- Select the controlling surface early and bring it in line with the ball.
- Use all surfaces of your body except your hands



Week 4

4 v 4

Small Sided Game

Organization:
30 x 35 yard area
Play a 4 v 4 match
6ft x 6ft Goals
Size 3 ball

Objective:

To improve Individual & Small Group Game Understanding.

Key Coaching Points:

- Summation of all challenges for the players.
- Stay out of their way and let them play.

