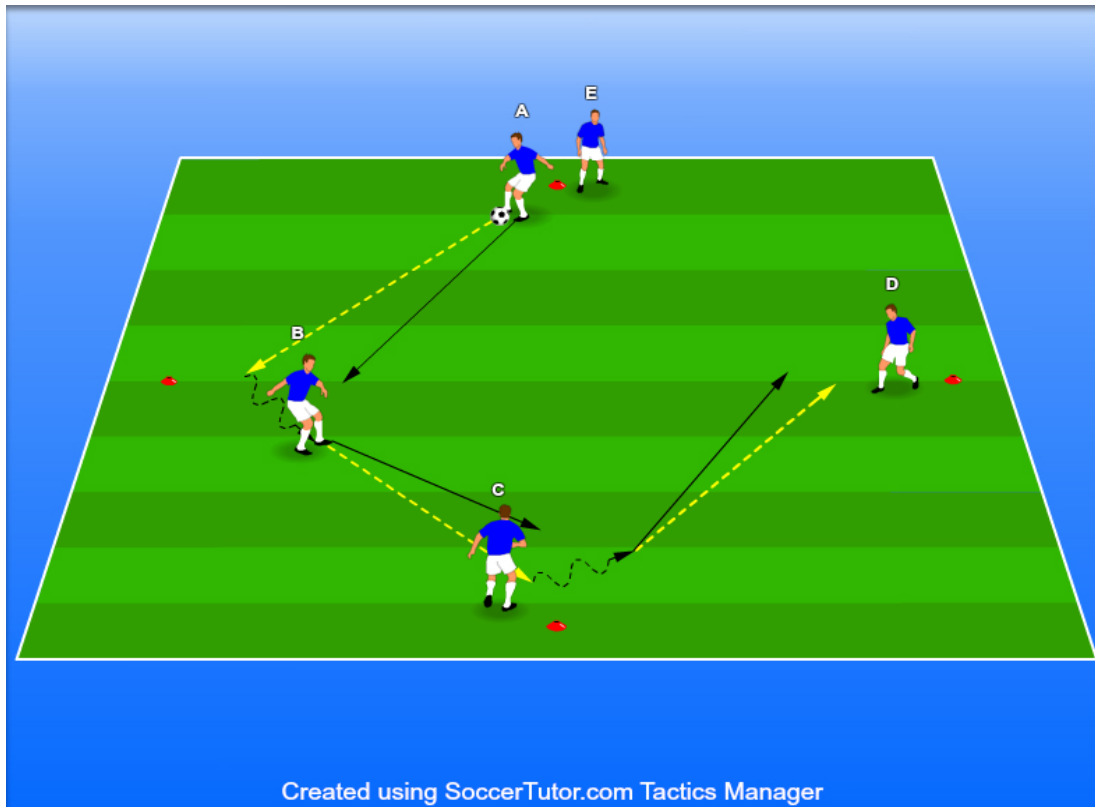


Receiving with the Correct Body Shape



Levels: U9-12

Measurement:

10 x 10 Yards

Duration: 10 Mins

Players:

5

Objective: Receiving with the Correct Body Shape

Description: Player A passes to B and follows the pass. Player B receives by opening up with the inside of the right foot, moves around player A and passes to player C.

The exercise is run in an anti-clockwise direction. The players with the most correct controls (determined by the coach) win the game.

Coaching Points:

1. Players should receive and pass with the back foot.
2. They should already be half turned when receiving, letting the ball roll across their body.
3. A directional first touch is needed for a smoother transition to the pass

Progression: Play in a clockwise direction, receiving with the inside of the left foot.

Receiving with the Correct Body Shape

This Drill is Taken From...

By Coach



40 Sessions (200 Practices) From Italian Serie 'A' Coaches

[FIND OUT MORE](#)



Simone Bombardieri

Empoli FC Academy Coach .

Equipment Needed



Space Markers



[FIND OUT MORE](#)

Rubber Marker Discs



[FIND OUT MORE](#)

Training Ball



[FIND OUT MORE](#)

Mini Pro Cones



[FIND OUT MORE](#)