



## 2015-08-03 Receiving & Turning

**Category:** Technical: Attacking skills  
**Skill:** U16

Pro-Club: Canada's Women's Excel Program  
CSA SportSessionPlanner, Vancouver, Canada

### P1 - Technical Warm Up

#### **Technical Warm Up - Receiving & Turning**

**Duration** - 2x 4' (Dynamic Stretching during Interval)

**Objective** - Technical Activation and Physically prepare the body for the session

#### **Organization:**

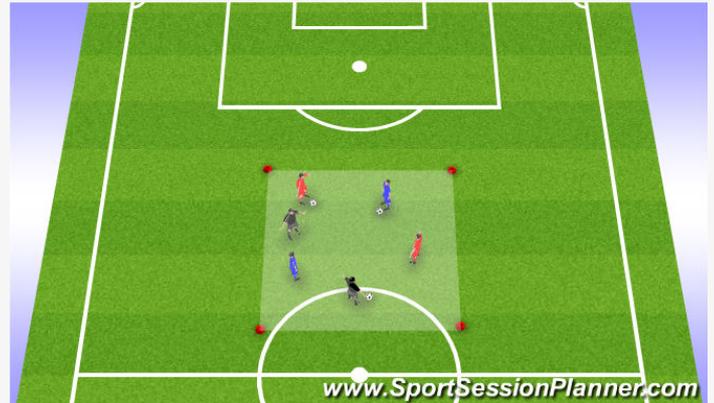
- Grid Size 12 x 12
- 6 players per grid - Split into Pairs (2 Blue, 2 Black, 2 Red)
- To Start the Warm up, players can only pass to their teammate in the same colour

#### **Progression:**

- Change the Partner (Now passing to a player in a different colour)
- 2 Touch Restriction
- Final Progression (Last 3'), play 4v2 (Incorporate Decision Making)

#### **Coaching Points:**

- Body Shape (Open to pitch, Side On)
- First Touch into space
- 0, 1, Multi Touch Turns



### P2 - Skill Practice

#### **Individual - Foundation Stage - Global Skills - Receiving & Turning Skill Practice**

**Duration** - 20'

**Objective** - Improve the players ability to receive and turn in a variety of directions

#### **Organization:**

- 3v3 to Target Players
- Directional Game (Reds play Vertically, Blues play horizontally)
- To Score, a team must connect with both target players within the same possession
- Rotate players every 3'

#### **Progressions:**

- Once a Target player receives the ball, they enter inside the grid and are replaced by their teammate who passed them the ball
- 2 Touch Restriction to increase tempo and rhythm
- Finish off by keeping score

#### **Coaching Points:**

- Protect the ball when challenged in tight areas
- Move defenders to create optimal receiving space
- Plays 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn with speed and fluency in to space or away from pressure



### P3 - Mini Game

#### **Individual - Foundation Stage - Global Skills - Receiving & Turning Mini Game**

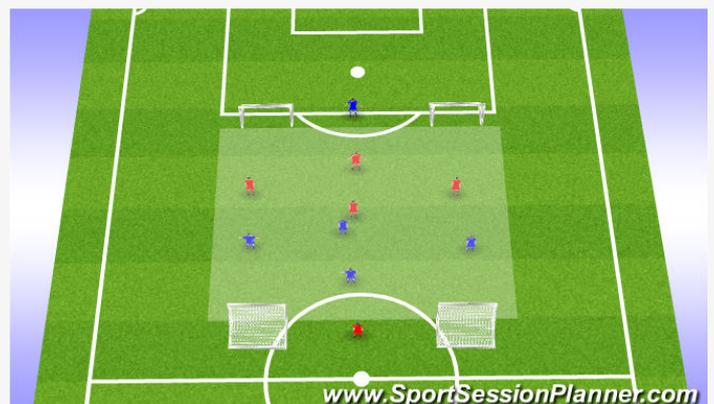
**Duration** - 20'

**Objective** - Improve players turning efficiency to maximize opportunities to face forward. After facing forward, coach their decision making on how & when to penetrate or secure possession.

#### **Organization:**

- 4+1 v 4+1 to 4 Goals
- Each Team is set up in a Diamond Formation (Position players in realistic roles to 11v11)
- To Score, pass into one of the two small goals (Each team is assigned two goals to attack)
- Target player on the end line is available in the attacking half and is restricted to 2 touches (Players do not need to play into the target player initially to the score)

#### **Progressions:**



- In possession, the ball must be played into target player before scoring on the small goals (promotes players to support quickly as the ball progresses up the pitch)

**Coaching Points:**

- Transfer the ball on the first touch to evade pressure and create space
- Move defenders to create optimal receiving space
- Play 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn with speed and fluency in to space or away from pressure

**P4 - SSG**

**Individual - Foundation Stage - Global Skills - Receiving & Turning SSG**

**Objective:** Coach players how, when & where to turn based on cues & triggers (Also, look at off the ball movement and how players can open a key space to receive into & face forward)

**Duration** - 20'

(Rotate Players every 3'-4')

**Organization:**

- 8v8 + 2 GK's on each half of the pitch
- 3-2-3 Formation for each team (Position players in same role as in 4-3-3)
- Directional Game
- LOTG apply - Offside is half way line
- Each Coach has their own team and make it competitive!!

**Progressions:**

- AVP Competition (Last 8')

**Coaching Points:**

- Recognition on when to play one touch to resist pressure
- Move defenders to create optimal receiving space
- Play 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn away from pressure to change the attack and or to get out of trouble

