



Receiving

Activity 1: Receiving a rolling ball

Setup: Setup the players into pairs.

Each pair gets 1 ball.

Player should stand 10 yards apart.

Focus of Activity: Receiving a rolling ball.

Activity: The players pass the ball back and forth. The receiving player should use the inside of their foot to receive the ball. The ball should stop at their feet and not bounce wildly away from the receiving player.

The receiving player should alternate feet.

Make a game out of it:

See how many passes they can make in 1 minute.

Activity 2: Receiving a bouncing ball

Setup: Setup the players into pairs.

Each pair gets 1 ball.

Player should stand 10 yards apart.

Focus of Activity: Receiving a bouncing ball.

Activity: The players pass the ball back and forth. If the players have trouble passing a bouncing ball to each other and have them bounce the ball to their partner with their hands. The receiving player should use the inside of their foot to knock down the ball. The ball should stop at their feet and not bounce wildly away from the receiving player.

The receiving player should alternate feet.

Make a game out of it:

See how many passes they can make in 1 minute.

Activity 3: Trapping a bouncing ball

Setup: Each player gets a ball.

Player should stand 5 yards away from other players.

Focus of Activity: Trapping a bouncing ball.

Activity: The players pick up the ball with their hands. They bounce the ball on the ground. When the ball hits the ground the player uses the bottom of their feet to trap the ball and gain control of it.

The players should alternate feet. After the players become comfortable trapping the ball have them make a touch on the ball after they trap it (change of direction, body fake, etc)



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Make a game out of it:

See how many traps they can make in 1 minute.

Activity 4: Receiving with the outside of the foot

Setup: Setup the players into pairs.

Each pair gets 1 ball.

Player should stand 10 yards apart.

Focus of Activity: Receiving the ball with the outside of their feet. Knocking the ball offline.

Activity: The players pass the ball back and forth. The receiving player should use the outside of their foot to receive the ball. They should knock the ball to the same side as the foot they are using. This is to train the players to quickly move with a ball they receive and to avoid oncoming defenders. The receiving player should alternate feet.

Make a game out of it:

See how many passes they can make in 1 minute.

Activity 5: Receiving – Cone defenders

Setup: Setup the players into pairs.

Each pair gets 1 ball.

Setup two cones 10 yards apart.

Players stand a few feet behind the cones.

Focus of Activity: Receiving the ball and moving around a defender.

Activity: The players pass the ball back and forth around the cones, receiving the ball with the outside of their feet. The players knocking the ball to the other side of the cone and pass it back to their partner.

Make a game out of it:

See how many passes they can make in 1 minute.

Activity 6: Receiving with the outside of the foot with pressure

Setup: Setup the players into groups of four.

Each group gets 1 ball.

Setup two cones 10 yards apart.

Two players stand a few feet behind the cones.

Focus of Activity: Receiving the ball with the outside of their feet. Knocking the ball offline. Avoiding pressure.



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Activity: The players pass the ball to a player at the other cone. Once they pass the ball they follow the pass and run straight at the receiving player. The receiving player should use the outside of their foot to receive the ball. They should knock the ball to the same side as the foot they are using. They should avoid the oncoming pressure and pass the ball back to the next player in the other line. The players should return to the same line they were in. After 5 turns for each receiving player the defenders should switch with the receiving players.

Make a game out of it:

See how many passes they can make in 1 minute.

Activity 7: Passing in a small square with a defender

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Four offensive players per square.

One defensive player per square.

One ball per square.

Focus of Activity: Receiving the passing and avoiding the pressure.

Activity: The players pass the balls between the four players inside their square. The players should focus on knocking the ball away from the defender before the pass. The players should call for the ball and the passing player should call the name of the player they are passing to. The defending player attempts to intercept the passes.

How to increase the difficulty:

- Increase the number of defenders.
- Make the square smaller.

Make a game out of it:

See how many passes they can make in 1 minute.

See how many interceptions the defenders can make in a minute.

Activity 8: Passing in a small square

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Five players per square.

One ball per square.

Focus of Activity: Receiving a passing and quickly passing it.



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Activity: One player stands in front of each cone. The extra player stands behind one of the other players. The corner with the two players starts with the ball. The player passes the ball to the player at the cone to their right. That player receives the ball with the inside of their left foot deflecting it to their right. They then pass the ball to the player at the cone to their right. Once a player passes the ball they follow the passes and stand at the cone they had just passed to.

After a few minutes have the players change directions and feet.

Make a game out of it:

See how many passes they can make in 1 minute.