



Calculated Performance

Receiving to Turn

Core Game Skill: Receiving



Topic

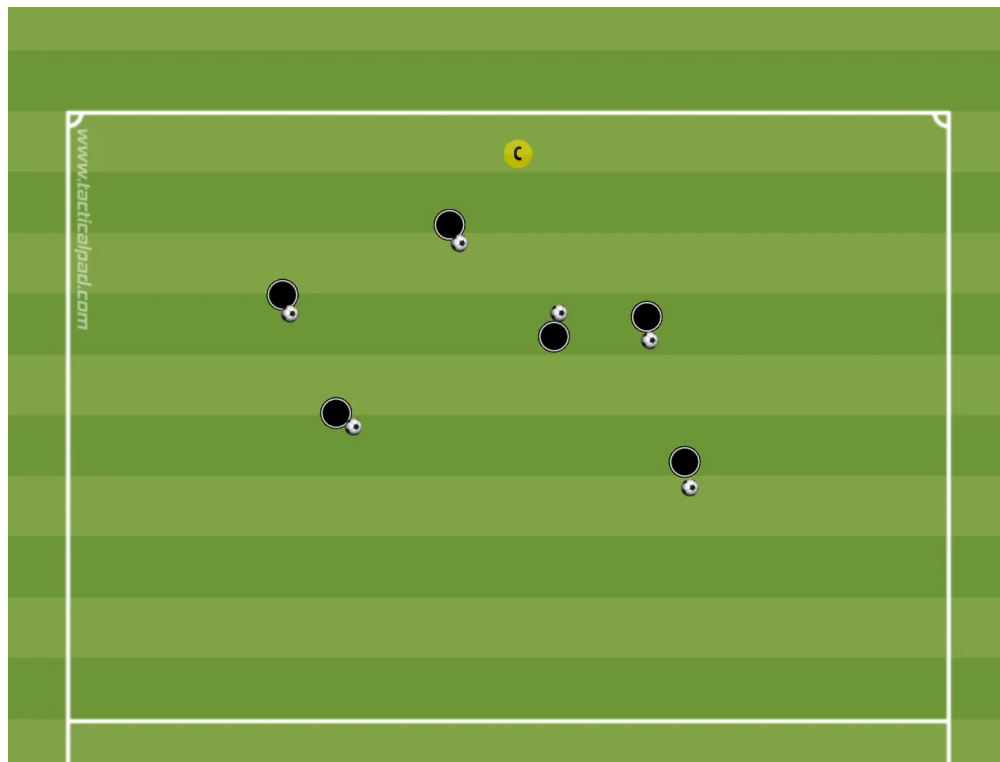
Receiving to Turn

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per player
20x20 yard grid



Explanation

- This is a warm-up drill that focuses on getting maximum touches on the ball, warming up the inside, outside and sole of both feet.
- Each player dribbles around the area with a ball. Encourage players to dribble with a good ball speed that would mimic a game scenario.
- The coach should select 2 ball mastery patterns, and 2 skill moves from our Moves Libraries.

Progression

- Have players swap balls on a command (whistle/clap/shout). This will improve the players awareness and adds an element of physical development.

Coaching Points

- Speed: Prioritise high-quality skill moves over the speed of the skill move, with the intention to increase the speed once the player has become comfortable with the move.
- Scanning detail: Make sure to scan the space ahead, as well as the ball to maintain a high-quality dribble.



Topic

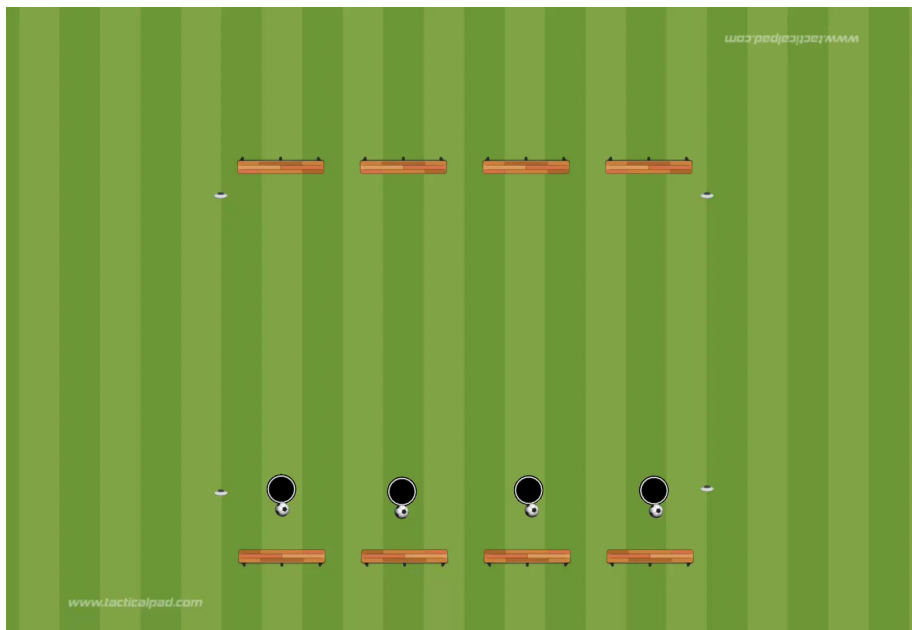
Receiving to Turn

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per person



Explanation

- Players start with a ball each
- Player bounce passes into the wall
- Player receives and performs one of the turn skills
- Player then dribbles across to the other side and repeats

Turn Skills

- Inside roll
- Outside roll
- Half turn
- Chop spin

Time

- 8x 1-minute blocks, with 30 second rest in-between.

Coaching Points

- Low centre of gravity: Receive with bent knees to remain balanced, even under pressure.
- Body between the ball and defender: Receive side on to protect the ball with your body.



Topic

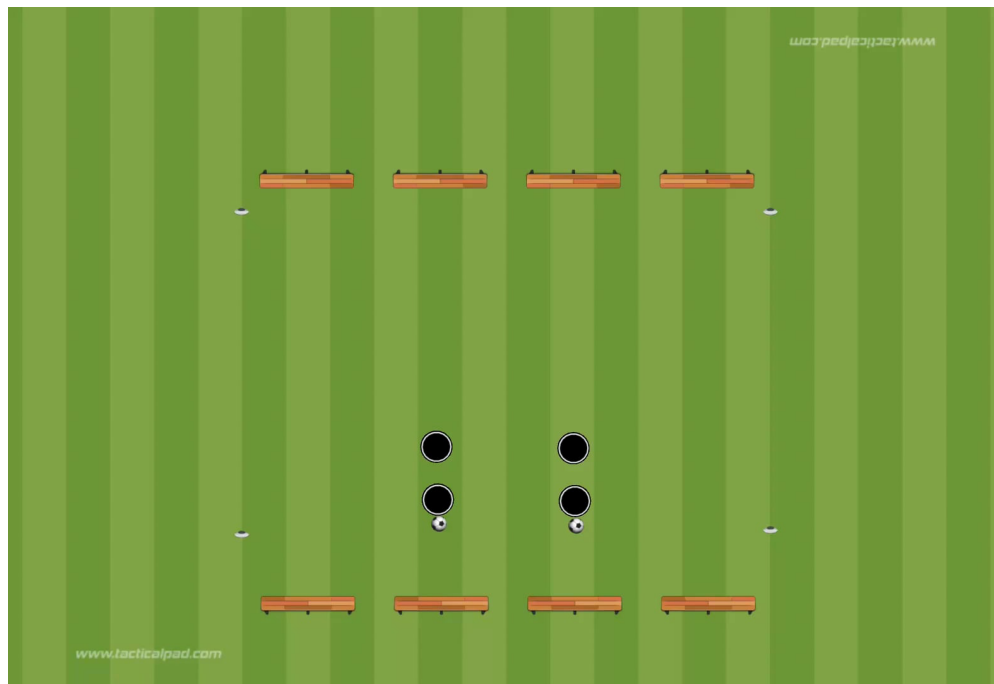
Receiving to Turn

Time

25% - 15 mins / 22 mins

Space/Equipment

2 channels
Line of cones



Explanation

- Players now pair up. Try to match ability levels.
- The practice is the same set up as before.
- Player A (attacker) can now decide to use any of the 4 turn skills.
- Player B (defender) applies light pressure onto Player A.
- Player B should never look to tackle the ball.

Time

- Work for 2 minutes then rotate roles

Coaching Points

- Low centre of gravity: Receive with bent knees to remain balanced, even under pressure.
- Body between the ball and defender: Receive side on to protect the ball with your body.

Challenge

- Every turn must be different. Players can not complete the same turn simultaneously.

Topic

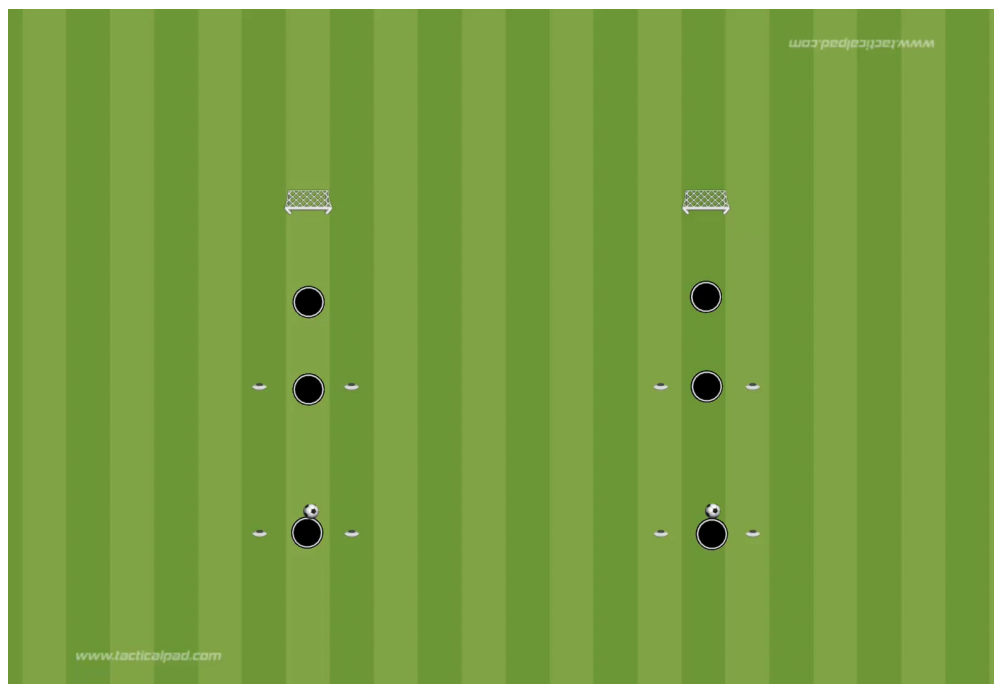
Receiving to Turn

Time

25% - 15 mins / 22 mins

Space/Equipment

Balls
2 PUGs
20-yard grid



Explanation

- Split players into 2 groups
- Player A passes into Player B, with Player C pressing from behind
- Player C must press to one of the cones before they can challenge Player B
- Player B must turn using one of the 4 turn skills then pass into the goal
- If Player C wins the ball they should pass to Player A to gain a point
- Rotate positions after each turn

Coaching Points

- Awareness: Player B should check their shoulders before receiving to see which side Player C is pressing from.
- Body between the ball and defender: Receive side on to protect the ball with your body.