



Calculated Performance

Opening Body to Play Forward

Core Game Skill: Receiving



Topic

Opening Body to Play Forward

Time

25% - 15 mins / 22 mins

Space/Equipment

Square
3 hurdles
3 speed rings



Explanation

- Set out a large square with 2 footwork exercises on either side. One side should be hurdles, one side should be speed rings.
- Player starts on a front marker and checks away
- Player receives on the back foot and dribbles around the diagonal marker
- Player then passes back to coach and completes the footwork exercise
- Player repeats working back the opposite way

Time

- AMRAP (as many reps as possible) within 1-minute
- 1-minute rest
- Complete 4 sets

Coaching Points

- Technical balance: Players should always receive on the back foot, resulting in technical balance.
- Body positioning: Players should receive with open hips and shoulders.



Topic

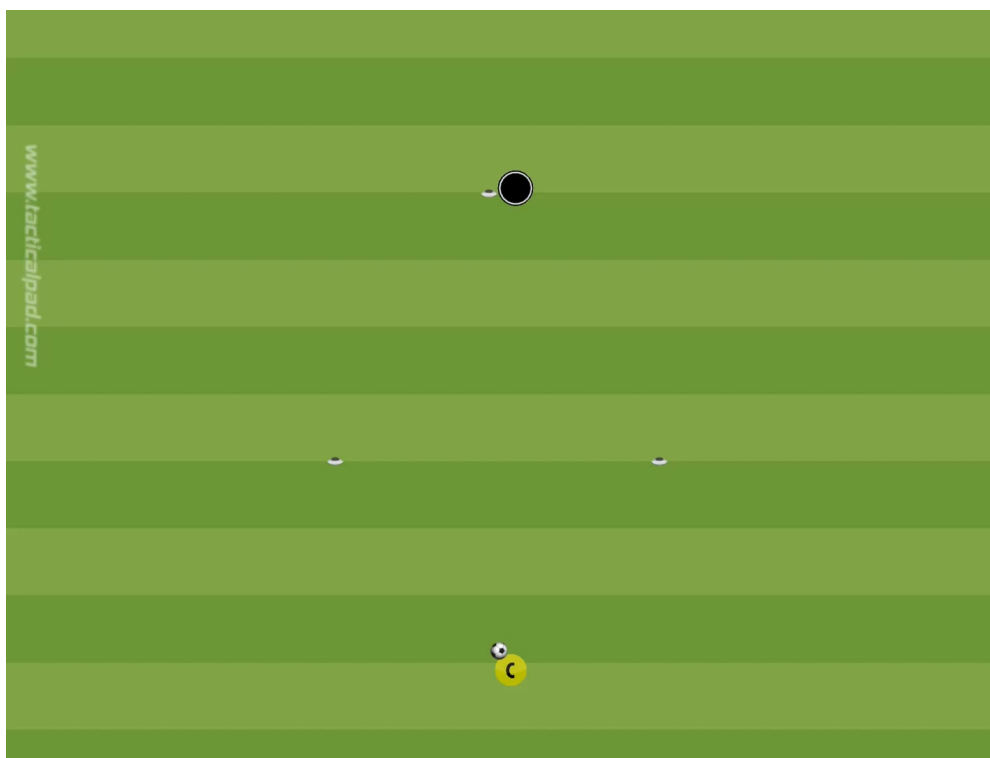
Opening Body to Play Forward

Time

25% - 15 mins / 22 mins

Space/Equipment

3 markers



Explanation

- Set out a triangle shape with a minimum of 7 yards acceleration
- Player start at the base of the triangle and accelerates forward
- Player first runs straight, then quickly moves outside of the triangle to receive
- Coach passes into player
- Player then receives on the back foot and dribbles the ball back around the base of the triangle
- Player finishes by passing back to the coach

Technical Balance

Practice on both sides of the triangle to encourage technical balance

Coaching Points

- Body positioning: Players should receive with open hips and shoulders.
- Intensity: Make sure the practice is completed at match-intensity. Otherwise, the practice becomes less purposeful.

Progression

- Change the way of receiving: Have the player cushion the ball with the back foot, then quickly touch away with the opposite foot to eliminate. This technique is an effective receiving technique to use in tight spaces.



Topic

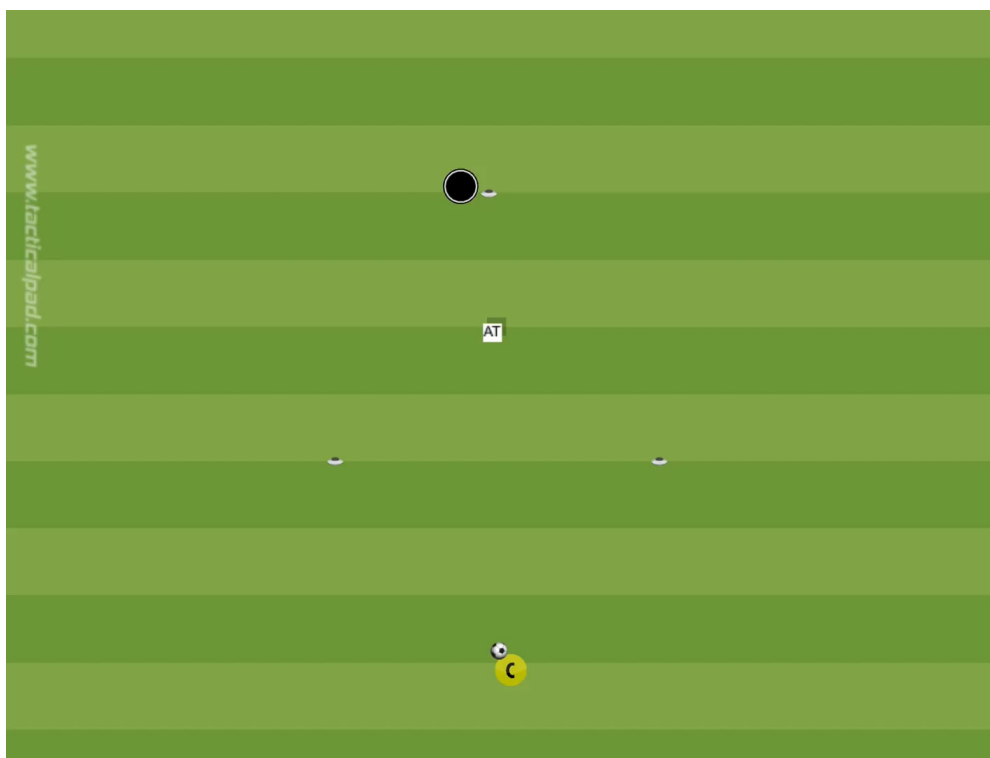
Opening Body to Play Forward

Time

25% - 15 mins / 22 mins

Space/Equipment

2 channels
Line of cones



Explanation

- Same explanation as the previous exercise
- Player now checks their shoulder on the acceleration
- You should use the "arrows" awareness tool
- The player now moves to the side of the triangle that is displayed by the arrows. This now forces the player to make a decision

Adaptation

- If the awareness tools are not available, you can use your arms to set the direction of travel. The only difference with this is that the player is improving their awareness in-front rather than their awareness in-behind.

Coaching Points

- Body positioning: Players should receive with open hips and shoulders.
- Intensity: Make sure the practice is completed at match-intensity. Otherwise, the practice becomes less purposeful.



Topic

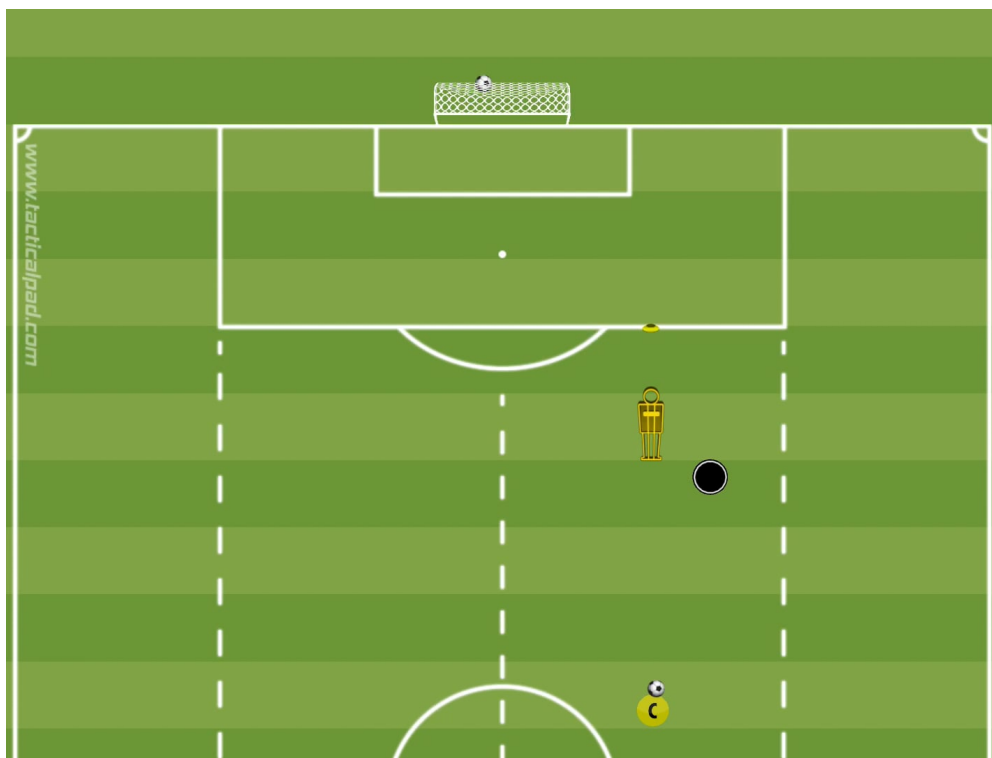
Opening Body to Play Forward

Time

25% - 15 mins / 22 mins

Space/Equipment

Mannequin
Marker



Explanation

- Set a marker 3 yards away from the mannequin
- Player starts by moving slowly towards the mannequin
- Player then changes their speed and quickly moves on an angle to receive
- Coach passes into the player to receive on their back foot
- Encourage the player to take their first touch beyond the marker to eliminate the defender (mannequin)
- Player finishes

Coaching Points

- Prepare early: Players should prepare their body position early, giving them more time to receive the ball. This should result in a better first touch.
- End product: Aim to have a quality end product. Remember to look up before striking.

Tip

- It's important to still work both sides of the mannequin for technical balance. This makes sure the player is still receiving equal amounts on both feet.
- However, don't restrict which foot the shot has to be taken with. This should be left to the player to decide on what feels natural.