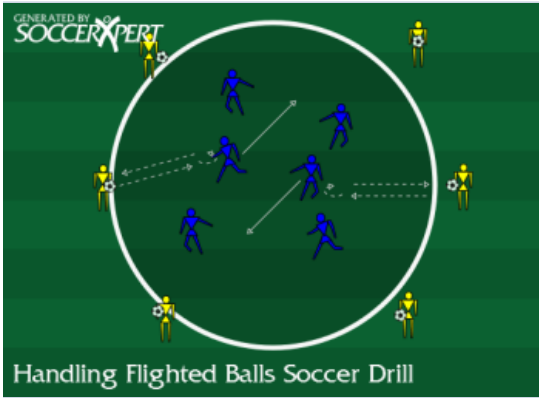




Drill Quick Glance

|                       |                  |
|-----------------------|------------------|
| Age: 9+               | Field: 20X20     |
| Players: 8+           | Time: 15 mins.   |
| Difficulty: MEDIUM    | Focus: RECEIVING |
| Keeper: NO            | Type: INDIVIDUAL |
| Author: Chris Johnson |                  |

Equipment

Disc Cones/Markers | Soccer Balls

Handling Flighted Balls

**Objective:**  
This receiving soccer drill focuses on passing and receiving flighted balls during warm-up.

Setup

1. Create a circle with a 20-yard diameter.
2. Split players into two groups.
3. Group 1 should have a ball each.
4. Group 1 spreads around the outside the circle, each with a ball in hand.
5. Group 2 scatters about inside the circle.

Instructions

1. Players inside the circle check away and then move to any player with the ball.
2. They settle the ball with the appropriate body part as instructed by the coach, and return the ball on the ground to the player who threw it to them.
3. The inside player should then move to another player and repeat. Players should be continually moving to other players.
4. Play continues for 1 minute then switch player positions.

Coaching Points

- Good first touches
- Good body position (shoulders facing the thrower)
- Good passes to feet with the right amount of pace.
- Encourage hard work.

Variations

- 1-touch passes on ground.
- Inside of foot volleys.
- Instep volleys.
- Thigh Volleys.
- Chest Volleys.
- Headers.