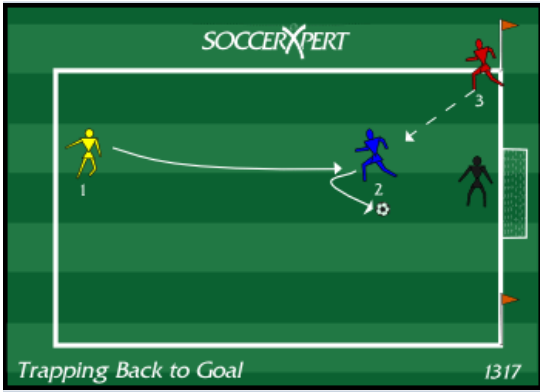




Drill Quick Glance

Age: 9+	Field: 20X30
Players: 4+	Time: 15 mins.
Difficulty: MEDIUM	Focus: RECEIVING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Full-Size Goal

Receiving the Ball with Back to Goal

Objective:

This soccer receiving drill will focus on chest, thigh, and fast traps and control. This receiving exercise teaches players to turn, shield, or play the way they face when their back is to the goal.

Setup

1. Create a grid approximately 20X30 yards.
2. Create an 8-yard goal on the end line.
3. A server (player 1) starts at the top of the grid.
4. The attacker (player 2) starts about 5 yards in front of the goal facing the server.
5. The defender (player 3) starts at the corner of the end line near the goal.

Instructions

- The server (player 1) plays a ball into the attacker (player 2).
- The defender (player 3) immediately puts the attacker (player 2) under pressure.
- The attacker must check-in by moving towards the pass.
- The attacker then decides to: a) turn and beat the defender (1v1) and have a shot on goal. b) play the ball back to the server and play 2v1.

Coaching Points

- Introduce additional players

Variations

- Quality touch to control the ball and turn, shield, or pass back to the server.
- Quick control and move towards the goal.
- First-touch is into space away from the advancing player.
- controlling player must decide to pass or dribble
- Control the ball properly