



Model Training Session
Turning and Receiving
Presented by Chad Moore
January 2017

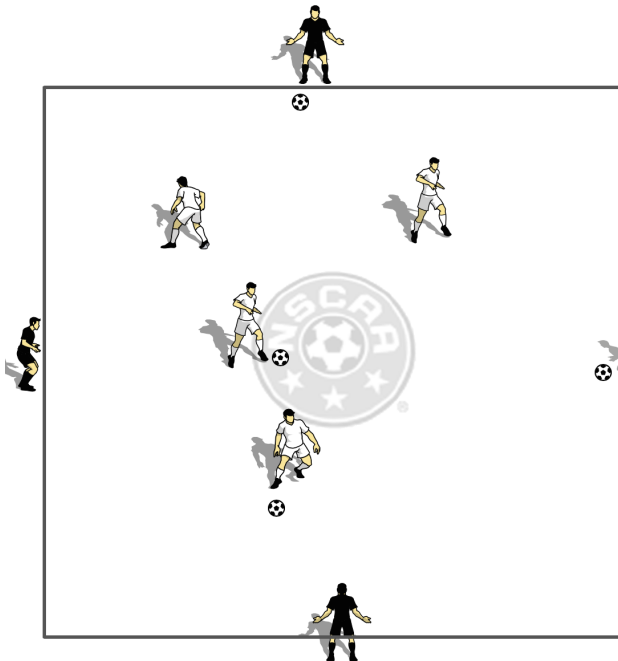
The focus of the session will be on turning and receiving. Coaching points will revolve around technique and principles of play, which applies to all age-groups. Discussion will also include ways to make it a functional session. This session is not presented as a progressive session but includes a variety of ways to help your team improve turning and receiving.

Technical Coaching Points:

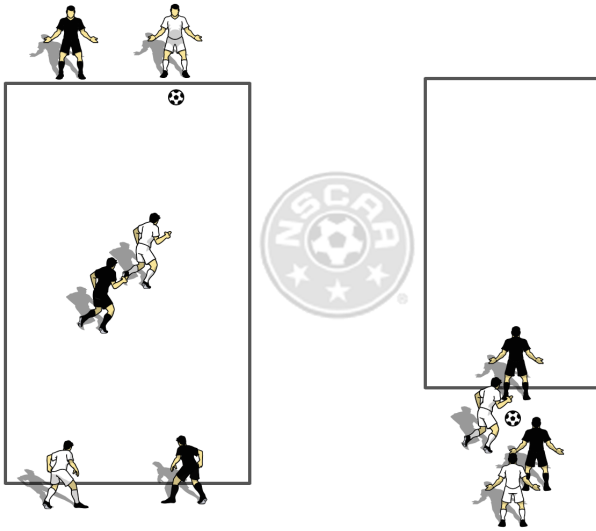
- Vision – body shape (1/2 turn); head on a swivel
- Get in line behind ball (do not reach)
- Prepare surface early – variety of turns (fakes/feints)
- First-touch into space/away from pressure (penetrate vs possess)

Principles of Attack:

- Penetration (shoot, pass, dribble)
- Support
- Create space



Warmup
FIFA 11+
Windows Activity



1v1 to targets (20 x 15 yards)

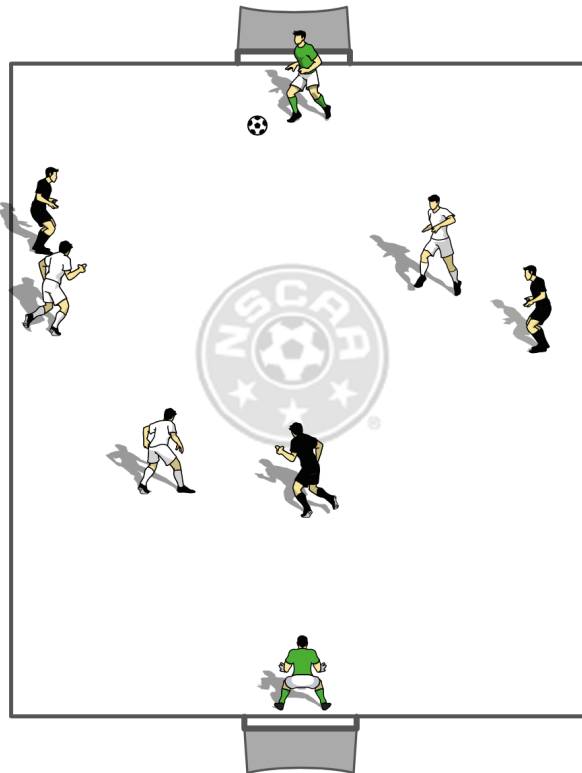
Player receives the ball from one target and attempts to pass to opposite target

1v1 to endlines (15 x 10 yards)

Ball starts with second player in line who passes ball into the grid between the feet of the first player in line

First player attempts to dribble over the starting line

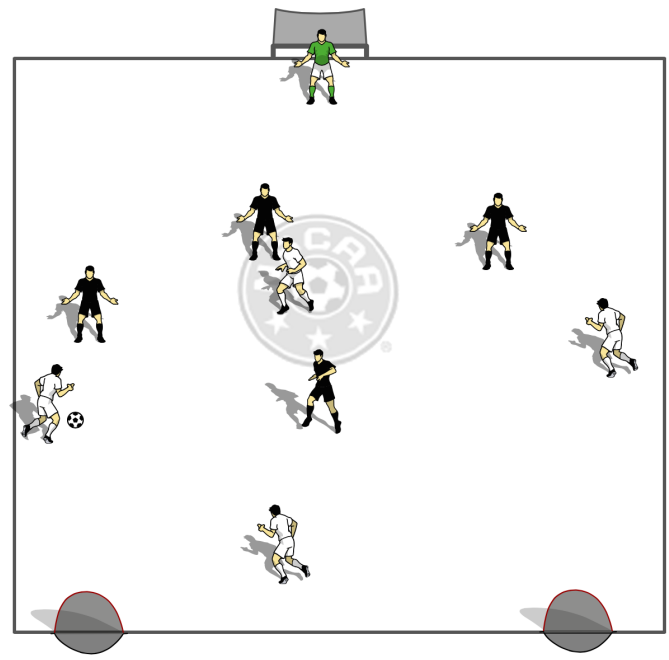
Second player attempt to dribble over opposite line



4v4 to Goal (40 x 30 yards)

Each team attacks one goal

When ball leaves the grid, the activity restarts with GK



4v5 to Goal w Counters (40 x 44 yards)

Team of 4 attacks the big goal (#9, #10, #7 and #11)

Team of 5 lines up with 3 defenders, 1 holding midfielder and GK

6v6 Scrimmage (50 x 40 yards)

No restrictions