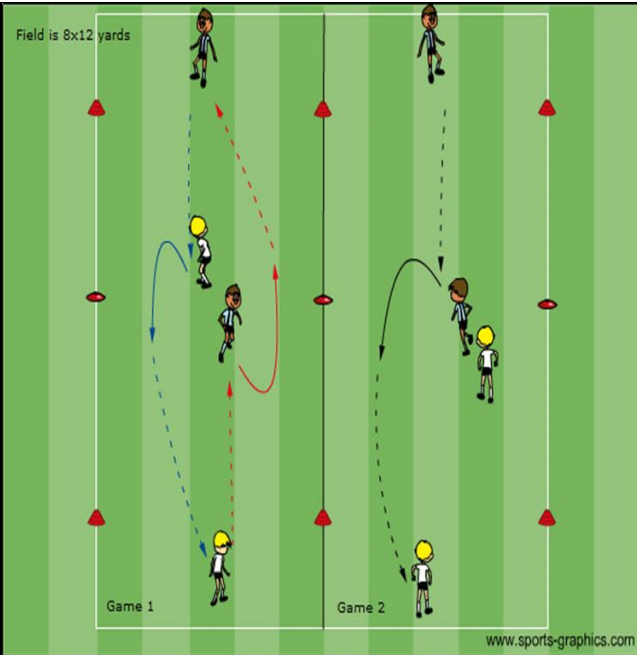


**U10: Week One and Two**  
**Receiving and Turning**



**Warm-up** Set up as many grids as needed for groups of 4 players working. Two in the middle and two north/south.

- 1) Outside players play the ball into the middle players, who receive and turn to play to the opposite side. Rotate players after #turns/time.
- 2) The two players in the middle play 1 on 1 to receive and turn and get the ball to the other side with a pass.

**Coaching Points**

- 1) Create an angle to receive the ball fully turned or 1/2 turned
- 2) Body shape to turn and the selection of surface to receive
- 3) Check over shoulder, can I turn?
- 4) When the defender is tight? Can I separate/shield or roll?
- 5) When the defender is not tight? Can I turn?

**2v2 to 2 targets**

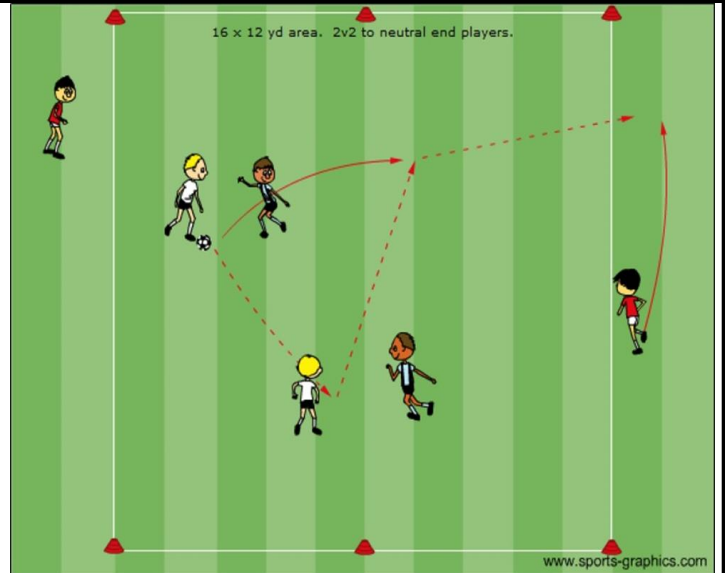
1) Target players play the ball into the middle players, who receive and turn to play to the opposite side.

Can be played a variety of ways:

- a) Multidirectional, the team who plays to the target attacks the opposite direction.
- b) Directional, the team who plays to the target become the defending team
- c) Allow the 2 in the middle the option to play backwards to the target player to create 3v2 situations.

**Additional Coaching Points**

- 1) Creating space in relation to the other teammate - high/low, wide/deep.
- 2) Decision of HOW and WHY to turn? Pressure/weight of pass?



**Conditioned Small Sided Game(s)**

**Small Sided Game**

**Game Focus**

Find moments in the game to:

- a) Coach receiving and turning in the game situation
- b) Show positive examples of training transfer

Team 1

Team 2

