



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Topic = Receiving

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Two Servers with a ball each Ball is played to their teammates who have to play it back in different styles. * Pass * Two Touch * Half Volley * Two Touch of the thigh and the chest * Head Once they have played it back they switch places Switch roles after 90 seconds</p>	<ul style="list-style-type: none"> * Get in Line with the ball * Keep your eye on the ball * Relax the body when ball makes impact * Play the ball back to your partner with quality * Move quickly
<p>MATCH RELATED ACTIVITY</p>	<p>Players pair up in the middle, one attacker and the other a defender. Attacker has the ball Servers can move up and down on the outside Attacking players play it in to the server, whom can play it back to the attacking player in any fashion. If defender wins it they become the attacker</p>	<ul style="list-style-type: none"> * Head Up * Movement after the pass * Protect the ball, be aware where the defender is * Body Shape * Communication
<p>MATCH RELATED ACTIVITY</p>	<p>3v3v3 Area divide into thirds, with 3 players in each third Team that starts in the middle must try and win the ball off the other team in their third. Their aim is to try and play it through to the other team. If it goes through another defender goes in to try and win it</p>	<ul style="list-style-type: none"> * Support Play * First Touch away from the defender * Eye Contact with the receiving player * Playing the pass into the correct side of the receiver
<p>MATCH CONDITION ACTIVITY</p>	<p>6 v 6 Scrimmage 5 Outfield Players & 1 Goalkeeper Teams play in a 2-1-2 Formation</p>	<p align="right">LEGEND</p> <p>☺ ☺ = Players ○ = Ball -----> = Run with out the ball ————> = Pass</p> <p>▲ = Cone [Grid] = Goal Net</p>
<p>COOL DOWN</p>	<p>In Pairs players pass the ball around and stretch</p>	