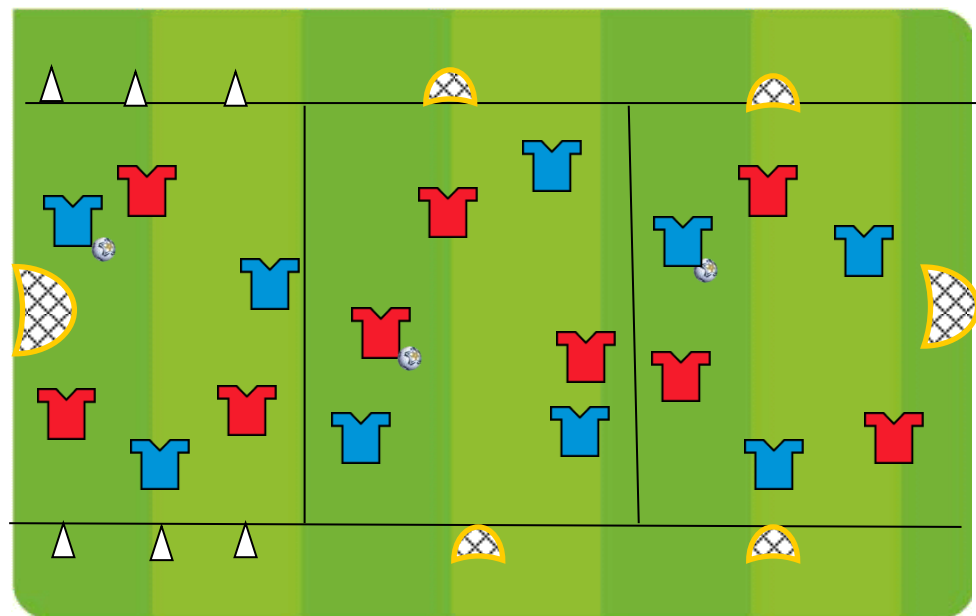
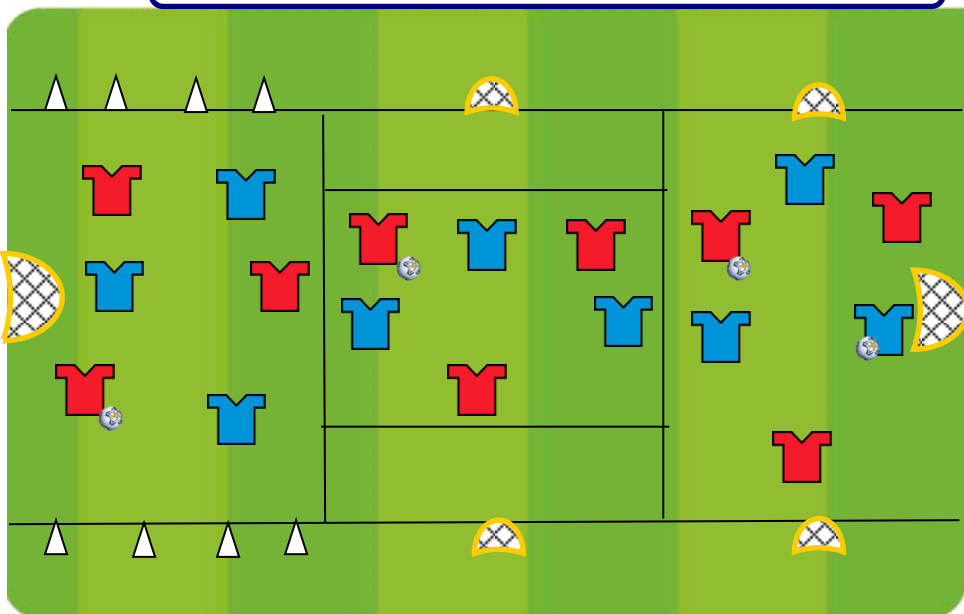


## Develop receiving (first touch) in different game situations



### Warm up

- Play 3 games simultaneously on 3 different size pitches:
- Game 1: to score players must knock over opposition cones with first touch and if successful need to bring this cone to his own line
- Game 2: to score player with the ball must receive the ball with first touch forward in attacking zone (1 defender can retreat to stop him from scoring 1v1)
- Game 3: to score team must be in possession of 2 footballs

### How to play & progressions

- Play 3v3 (could be more -depends on numbers). On each pitch is man to man marking when the number are equal. If any player on any pitch score move clockwise to play for his colour team on next pitch. This will create overloaded and underloaded game situations. If there is only 1v1-players remain on their pitch even if they score

### Decisions, challenges & questions within the game

- When to take first touch-which direction and away from whom?
- How did you receive the ball away from the marking defender?
- What may help you to received the ball away from marking defender?
- Recognize how to be unmarked to help player on the ball-movement?
- When to receive and when to play 1 touch-recognize moment?
- When to take my first touch receiving under pressure-how do I know where the marking defender is?
- How to use free man in overloaded game situations?
- Challenge 1: if you received the ball into a marking defender the other team have a goal.
- Challenge 2: if you underloaded and you score goal counts double

- Ball control
- Receiving/passing
- First touch
- Efficiency of touches

\*changing direction without the ball to receive in free space  
\*movement to lose marking defender  
\*

- Decision when received and when to play 1 touch
- Confidence under pressure
- Determination to stay on the ball
- Risk v reward-understanding the difference

- Learning from others
- Positive environment
- Discussion in pairs with social game

