

Drill Bank – Receiving Skills 2

Introduction

Static and Progress to moving: Static and progress to moving: – From behind L&R & aerial passes

Purpose: Drill 1: To coach receiving skills first stationary then on the move with vision.

Structure: of practice – See diagram below – it is NOT to scale

Drill 1: Receiving from behind – Left & Right

Have players in pairs and initially stationary with one player making a pass from behind and towards the receiver's left side. The player receives the ball and turns and makes a pass back to the first player. Each time the receiver must turn away from the passer and into a forward position.

Progress this exercise to players in rows of three or four and the ball is passed through the line with last receiver has shot on goal – work with keeper coach on this skill.

Final progression is players in rows of three and must stay in these rows but moving all together and receiving passes from behind – again complete exercise with shot on goal.

Coaching Points

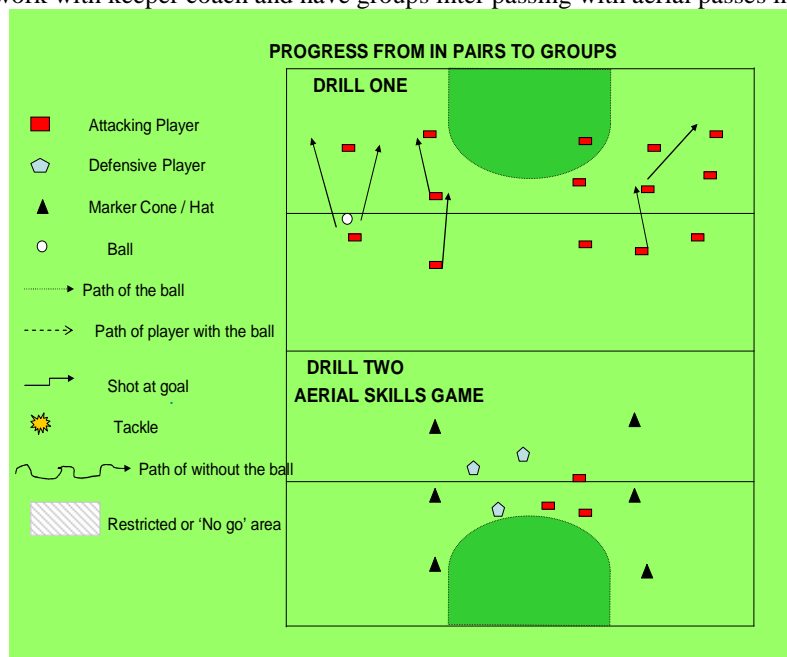
- ✓ Low body position and let ball come across the body when receiving from behind – left
- ✓ Encourage players to receive ball on reverse stick when receiving from right side – allow to come to front of body
- ✓ Progress to have players first touch in front of left foot (when receiving from left side) to change direction of ball across the body and second touch is outside and in front of right foot. This is good elimination skills while receiving.

Receiving 3D-aerial passes

Drill 2: Set up fun game within 15m area. Have the area set out with cones set randomly and players get into pairs and pass ball to each other in pairs using a mix of passes on ground and short aerial passes.

This exercise can be progressed:

- ✓ To have groups of three
- ✓ To add two or three defenders who try to intercept passes and knock ball out of area – if so then that group is out of the game until restarted.
- ✓ Can work with keeper coach and have groups inter passing with aerial passes into circle to shot on goal.



Coaching Points: Move onto the ball, work the ball in the air, low body position, good vision – ball out in front, quick hands, lift ball by stick low under the ball and across the direction of ball movement.