***Session: receiving out of the air (9-10 year olds)***

***Objective: To teach players how to receive the ball out of the air with feet, thigh , and chest***

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| ***Warm Up:10 Minutes*** ***1.Two lines 5 yards apart No more than 6 kids 2 touch then 1 touch passing*** ***2. 3 players 2 touch passing*** ***3. 2 v1 passing and receiving with modest defensive pressure (when appropriate)*** | ***Coaching points******1.focus on technique and accuracy*** ***2.player focus with high number of touches***  | ***Progression******1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  |
| ***Education: 15Minutes*** ***2 players face to face 5yards apart*** ***Players toss ball under hand executing receiving from feet, thigh or chest*** ***Make sure the flight and height of toss is appropriate for skill level***  | ***Coaching points*** ***1.Receiving with foot or thigh:*** ***Extend foot /thigh and when ball touches the body “ cushion “ the impact by lowering the foot or thigh. To change direction of the ball catch the ball on the inside of the foot or thigh and swing across the body*** ***2. Receiving with the chest*** ***Knees bent , Extend arms to expand chest , when ball hits the chest bring arms together to “cushion “ the ball turn at the waist to direct the ball***  | ***Progression******1.Add height and distance of toss as proficiency increases******2. add defensive player as proficiency increases***  |
| ***Reinforcement Games 15 Min******Game with Flank players … Players need to pass to flank players, flank players pick up the ball and toss it in the air back to the passing team*** | ***Coaching points***1. ***Reinforcing points above***
 | ***Progression:******1.Begin keeping score when maturity and competency are at appropriate levels*** ***2. adjust pressure based on proficiency***  |
|  ***Games 15 Minutes******1.Play soccer game*** | ***Coaching points******1.Utilizing passing in game situation*** ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:******1.Begin keeping score when maturity and competency are at appropriate levels***  |
| ***Warm down/Discussion 5 min*** ***1.Review session stressing no more than 3 points*** | ***Coaching points******1.attempt to get as much feedback from as many kids as possible***  | ***Progression:******1.As maturity exists ask players their perception of 3 most important points***  |