***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*** |