

Receiving To Play Forward

Objective – to score as many points as possible

GameFocusResetProgression

1. 5 or 6 players on each side works well.
2. Giving an overload to each team in turn gives time and space for the players on that team to practise receiving the ball facing forward
3. Every time a player receives the ball and plays forward they score a point for their team – this encourages an open stance so they can look and play in the right direction
4. Take long corners from the half way line
5. Backline offs to be fed by keeper

Keep the pitch size big to encourage space in which to play forward

1. Creating attacking opportunities by receiving the ball with an open stance, side onto the pitch gives players the best chance of playing forward into space.
2. Ask how to create enough space to play forward into and how they might scan the pitch before the ball arrives to create a picture of the pitch in their own mind.
3. To encourage a range of players to share their ideas share the captaincy round
4. To make this work especially well have a conversation at the start of the session about what makes a good captain
5. Ask what good teamship is

Coach feeds new one into space

1. Increase the number of points for passing the ball forward to exaggerate the importance of the skill.
2. Add an extra point if the person who initially passes the ball forward receives the next forward pass (this prompts players to lead ahead of the ball).
3. Award penalty corners for anyone that receives on the half turn in the D. To avoid interrupting the flow of the game store these up for the end of each half.

