

Diagram 13 Match-related Phase

Coaching Corner: NSCAA Coaching Academy Technical Series - Receiving (Part Three of Three)

NSCAA Academy staff members Ron McEachen, Tim Schum and Jeff Vennell conclude the training session dedicated to receiving with match-related exercises.

Parts One and Two of this training session dedicated to receiving presented fundamental exercises geared toward "preparing the ball" so that it is as close as necessary depending on the situation. The final two phases of the session - Match-related and Match-condition - allow players to apply the skills from the fundamental phases in game-like situations.

Exercise 1

4v2 in 20 x 30 yard grid (see Diagram 13)

Review fundamentals including:

Watch support movement to ball such that body position is open to all support players; Emphasis on good reception and positioning relative to being open to pass to any of three supporting players; Four play for possession with two-touch restriction. Emphasis on splitting two defenders with a through ball; All points covered in other exercises; Use of first touch in preparing the ball for next pass; Use of feints, ball runs to deceive defenders, buying time for easy possession.

Exercise 2

6v6 to two goals (see Diagram 14)

Organization: Unlimited touches. Play 4v2 in each half, plus goalkeepers defending each full-size goal. Field is 60 x 40 yards with no one allowed across halfway line. Play with four attackers vs. two defenders in each half. Defending team marks 2v2 in other half with two others retreating out of play until possession is regained, at which time it can play 4v2 until ball is played to its strikers in other half (2v2 again!). Use restrictions in match (touches, etc.) if objectives are not being achieved.

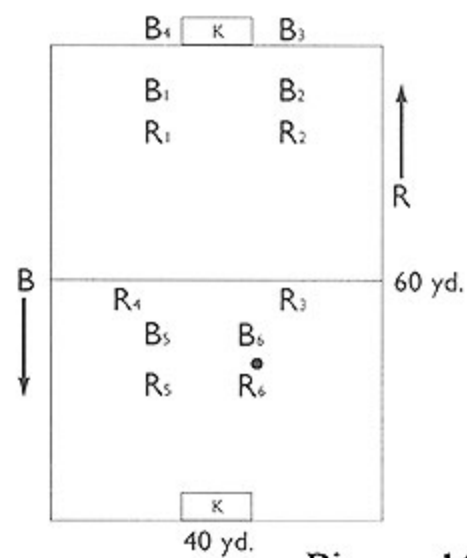


Diagram 14

Review fundamentals:

When in possession, be composed;

Use first touch to:

1. Relieve pressure with angle and distance of touch;
2. Attack non-pressuring defender;
3. Set up a pass or shot – distance of touch;
4. Keep possession – distance of touch

Control made easier with good body position for reception.

Match condition

The session should conclude with a 6v6 match from 18-yard box to 18-yard box with a field width of 44 yards. While there has been some designation as to the level of skill demanded by the fundamental exercises discussed in this practice session, the match-related exercise and concluding match can be adjusted in various ways by the coach to achieve certain objectives, based on the ability level of the players involved.

Conditions that may be imposed include:

- Touch restrictions (two-three touches (generally); one touch for expert players);
- Long, narrow field for more vertical passing;
- Wider field encourages wing play;
- Channels on the touch lines of the field encourages crossing/heading play;
- Four goals would encourage mobility of play by the participants.

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