

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

NSCAA Academy staff members Ron McEachen,

Tim Schum and Jeff Vennell present a comprehensive training session dedicated to receiving.

As with all material taught at NSCAA Coaching Academy courses, this session will progress from the Fundamental Phase to Match-related situations and conclude under Match conditions.

In the case of these fundamental exercises, they have been labeled B for beginning level players, I for intermediate players and A for advanced players. In some cases, they are applicable to more than one group of players. Obviously, by using restrictions, coaches can gear exercises to reach any level of players (i.e., more space for an exercise allows more time for players to react to a situation).

A major emphasis in this session will be on "preparing the ball" so that it is as close as necessary depending on the situation (degree of pressure the receivers find themselves under). Another definition might indicate that the technical reception of the ball needs to be as efficient and quick as possible in order that continued possession is tactically maintained by the team.

**Fundamental Phase, Part Two  
Receiving Balls in the Air**

**Exercise 1**

Organization: Warm-up, two groups of three players (B level) (see Diagram 8)

A. Passer using throw-in technique tosses ball to a receiver who controls and dribbles past the tossing player who rushes forward to apply pressure. Both players continue to the end of the line they are moving toward with dribbler leaving ball for next thrower.

**Exercise 2**

Dutch warm-up, team exercise (B-I-A levels)

A. Half of the group with balls, half without. Player with ball tosses to another player for designated receptions (i.e., chest receptions). Receive five tosses from one player, change players and receive five more from that player, etc.;

B. Add to A by having first player to receive five balls from four different players declared the winner;

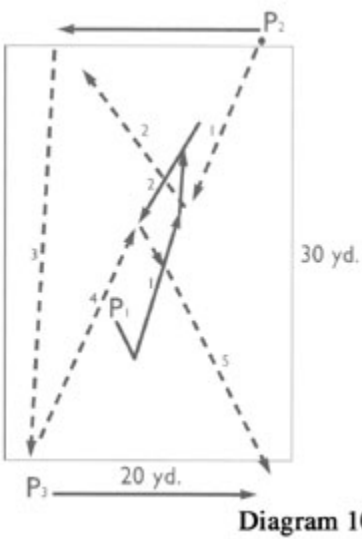
C. Add to A by having receivers control balls from as many different players as possible in 90 seconds. It is understood that players rotate from being passers to receivers.

**Exercise 3**

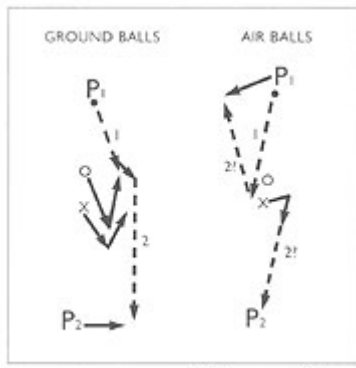
Organization: Three in grids, several balls with each server (see Diagram 9)

A. Two players serve balls (from hands, from volley kick, from surface (advanced players) to checking player. Vary services below knees, above knees and to chest areas. Server plays to receiver, receiver prepares return ball to passer, faces second server and repeats. Continue for one minute and change roles. Review fundamentals including:

- Get in line with flight of ball;

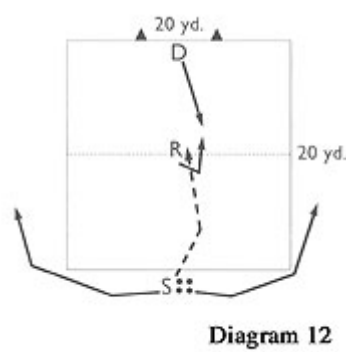


**Diagram 10**



**Diagram 11**

- Present body part to the ball;
- Relax body part at impact if ball to be collected;
- Move ball from the landing area;
- Win the ball early -- don't wait for it.



**Diagram 12**

of body to use for control;

- Decide by flight of ball which surface

- B. Control and play ball out of air to self and then to third player;
- C. Sprint to far line of grid and check back to ball at speed and prepare return;
- D. Add services from various angles, left and right;
- E. Add a shadow defender.

**Exercise 4**

Organization: Three or four players in open field, one ball (see Diagram 10)

A. Receiver (P1) checks to ball, plays back at angle to initial passer (P2). P2 now plays a long (30-40 yard) flighted ball to P3. While ball is in the air, P1 checks away and then to P3 upon his or her reception of the long ball and the entire process repeats itself. Review fundamentals:

- Emphasize reception of longer passes and timing of checking runs

- B. Add shadow defender to checking player (P1);
- C. Add fourth player, P4, behind P3 and once pass is made, player follows pass each time. P1 receives, lays ball to P2, takes P2's place; P2 plays long ball to P3, who supports at angle, and runs to middle and receives return pass from P3; P2 lays ball off to P3, who plays long pass to P1 and runs to support, etc.

**Exercise 5**

Organization: Four players, defensive pressure (see Diagram 11)

- A. P1 plays ground pass to checking receiver (O), and under the pressure of defender X, the receiver turns ball and plays to P2. X now becomes the receiver, etc.
- B. P1 plays ball in the air over the top of O to X who, depending on degree of control, can play to either P1 or P2. If to P2, then O receives the next air ball.

**Exercise 6**

Organization: Groups of three in grids, server plays ball in air to receiver who turns and takes on defender to goal. Use cones for goals (see Diagram 12).

A. Defender moves on initial touch by receiver. Play 1v1 and, upon the completion of play, repeat. Continue for one minute and reverse roles. Review fundamentals:

- All those covered in previous exercises;
- Ability to control ball out of air with change of direction;
- Prepare the ball away from the defender (spin turn technique can be used here).

B. Defender moves on flight of ball.