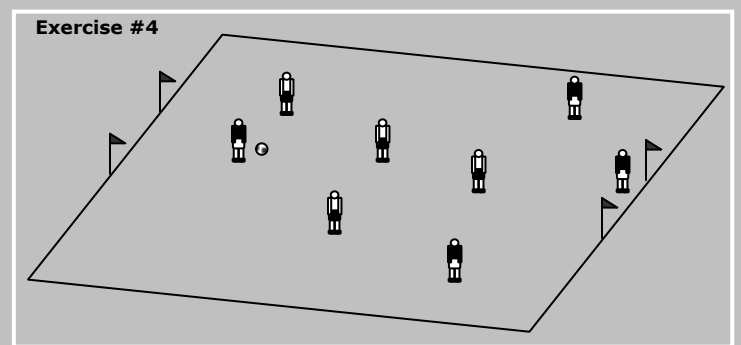
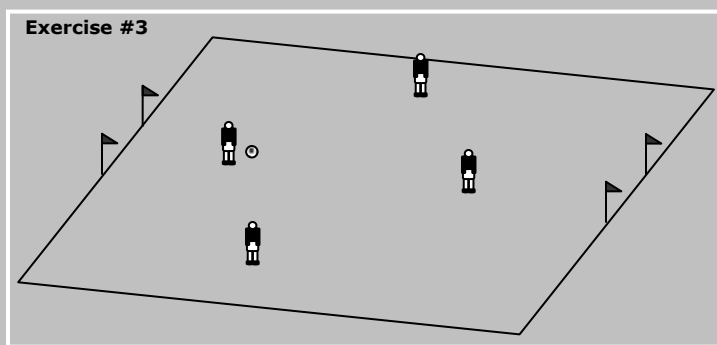
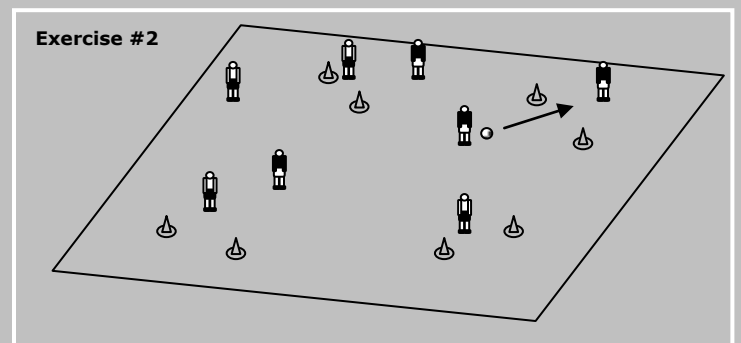
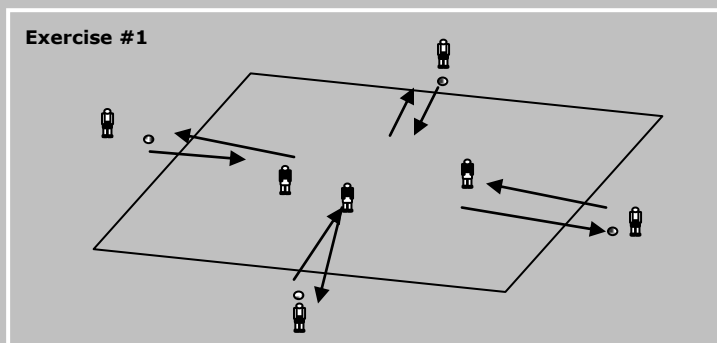


## U8 RECEIVING SESSION (1<sup>ST</sup> TOUCH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	1 <sup>st</sup> Touch	U8	Micro	U8E
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p>4v4 Windows: Four players are inside the grid checking to four players outside the grid who pass a ball to the inside player. The inside player controls the ball and passes it back to the outside player. After one minute players switch roles. After success with inside of the feet, have players use the outside of their feet. Grid Size is 20x30 yards. <i>Time: 10 min.</i></p>		<p>Receive with the inside of the foot, toe above heel, and ankle locked. Make contact on center of ball. Cushion/Give with the ball. Make your 1<sup>st</sup> touch in a different direction. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p>Multiple Goals: A team scores a point by passing through a window/gate to another teammate. A team cannot score a point in the same window/gate consecutively in the same possession. <i>Time: 15 min.</i></p>		<p>Same coaching points as above. Pass and move. 1<sup>st</sup> touch away from pressure. Encourage players to move the ball with a pass. Play and move within the 4v4 game. Be positive.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p>4v0: Players play to goal with no pressure, players must pass 3 times before they score. After players have success, have two groups playing at the same time in opposite directions. <i>Time: 15 min.</i></p>		<p>Same coaching points as above. Encourage players to receive the ball going forward to goal. Laugh and have fun with the players.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p>4v4: Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30x40 yard grid; use one ball per field. <i>Time: 35 min.</i></p>		<p>Encourage players to receive away from pressure and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			