

## Receiving (20 mins)

### Organization:

2 players per cone to start  
3v3 setup  
15 yards between cones

### Instructions:

One team starts with the ball.

The first pass must be towards a cone.

Receiver must sprint towards the ball, receive it and pass into the middle of the laneway for player C to run and receive the ball.

Now Player C has 2 options to pass to on second touch while being pressured, either pass between C start and B start, or B start and A start.

Players in the Blue pinnies are to start running behind the receiver (Shadowing) to apply backpressure and try to win the ball. They can only pressure the player they are paired with once they are attempting to receive a pass.

All passes after the first one must be into a laneway between the cones and the receiver must sprint to the ball to receive.

After they receive the ball and pass it, they must turn and run to their starting cone while shoulder checking.

Blue player shadowing must sprint back as well and start 2 yards behind them.

**ALL PLAYERS MUST CALL OUT THE NAME OF THE PLAYERS LANE THEY ARE PASSING TO**

### Emphasis:

First touch  
Speed towards receiving the ball  
Awareness  
Shoulder checking  
Communication

### 4 corner approach

### Psychological:

Communication  
Awareness

### Physical:

Speed  
Endurance

### Tactical:

Passing into space  
Transitioning

### Technical:

First & Second touch  
Weight of pass

