**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.

**Emphasis:**
- First touch
- Speed towards receiving the ball
- Awareness
- Shoulder checking
- Communication

**Psychological:**
- Communication
- Awareness

**Physical:**
- Speed
- Endurance

**Tactical:**
- Passing into space
- Transitioning

**Technical:**
- First & Second touch
- Weight of pass