

NATIONAL YOUTH CERTIFICATE COURSE  
**U10 LESSON PLAN**

# Receiving Lofted Balls

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ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE & COACHING POINTS
<p><b>1. Receiving Square</b></p>	<p>Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> </ol>
<p><b>2. Receiving Line</b></p>	<p>Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. First touch sets up your second touch.</li> <li>6. Ball should come down no farther than a "legs length" away.</li> </ol>

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ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE & COACHING POINTS
<p><b>3. Box to Box</b></p>	<p>Two players per team. Two boxes are made approximately 20-30 yards apart. There is a player from each team in one box. One team starts the game. When the ball is played to the other box, the attacking team gets the opportunity to get the first touch. Then they have to dribble outside of the box (square) to receive a point. The defending player is outside the box and has to wait until the attacking player gets the first touch. The defending player tries to win the ball after the first touch has been made. If the attacking player is successful in bringing the ball down and dribbling outside of the square then they keep it. If the defending player wins the ball after the first touch, then they become the attacking team. Coach may have to allow serving players to toss ball in air and then strike it to their teammate in opposite box.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. Take first touch away from where pressure is coming from.</li> </ol>
<p><b>4. 6v6 (4v2 in each half)</b></p>	<p>Play 4v2 in each half. Field is 50x 30 yards with no one allowed over half line. Four players from each team go into their defensive half of the field. The other two players go into the attacking half. The defending players can only defend with two. The other two defending players retreat back to their goal until possession is retained or the attacking team scores. Could make a restriction that the ball played into other half has to be in the air.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. Take first touch away from where pressure is coming from.</li> </ol>
<p><b>5. 6v6 match</b></p>	<p>Session should end with a 6v6 match played on a field that is 50x 30 or 60x 40.</p>		<p>Control made easier by early selection, getting in line of flight of the ball, and relaxing body part at impact.</p>