Receiving on the Back Foot Plan

Make your own soccer sessions with my recommended coaching software:



TacticalPad is perfect for animated soccer drills in 2-D or 3-D that can be created on your phone, tablet or desktop.

Link: https://amzn.to/3nJQf7V



Tactics Manager enables you to create your sessions with a wide variety of tools that can be saved in PDF format to share with other coaches.

5% discount code: **AFL-RMTD**

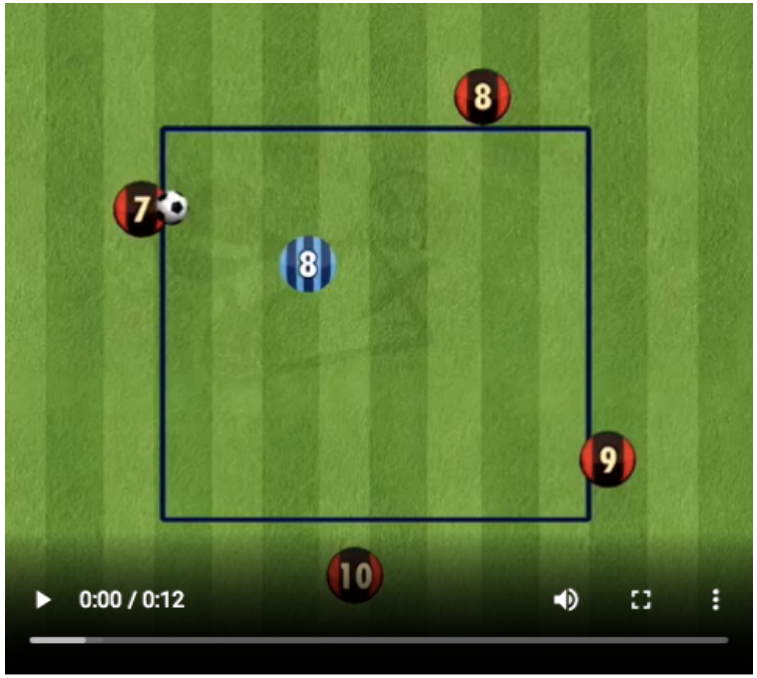
Link: https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a

Soccer rondo warm up

Time: 15 minutes

Set up:

- 4x4 yard area
- 1 soccer ball
- 5 players



Instructions:
Create your 4x4 yard and area and place a player on each line with one player in the middle who will be the defender.

The players around the outside must keep the ball away from the defender in the middle.

If the defender in the middle wins the ball they will swap with a player on the outside.

Coaching points:

- Light on your feet so you are ready to receive a pass
- First touch should take you away from the defender
- Use both feet ,try different first touches.

Questions that can lead to coaching points:

- How can we react quickly to a pass?
- Where should our first touch take us?
- What different types of first touches can we have?

Receiving on the back foot soccer session technical activity

Time: 15 minutes

Set up:

- 15x20 yard area
- 5 triangles(made up of 3 cones)
- 1 soccer ball per player

Instructions:

Set 5 up triangles in area, 4 in the corners and one in the middle.
5 players will be in a triangle without a ball and the other 5 players will have a ball in the other parts of the area.

A player with a ball will pass to a player inside of a triangle, the player inside the triangle will take a back foot touch outside of the triangle and look to pass to another player inside the triangle.

The player who made the pass will now go into the triangle and look to receive a pass.

Begin by asking players to use the inside of their back foot and then progress it by asking them to use the outside of your back foot

Coaching Points:

- Back foot is the foot furthest away from the ball
- Side on position when receiving with your chest facing the direction you want to take the touch to
- First touch must be out your feet and accelerate out of the triangle away

Questions that can lead to coaching points:

- Which foot should i be using to take my touch away?
- How should I be standing when I am receiving the ball?
- Where has my first touch got to take me?



Receiving on the back foot soccer session Progression

Time: 20 minutes
Set up:

- 15x20 yard area
- 5 triangles (made up of 3 cones)
- 1 soccer ball per player

Instructions:
Keep the same set up but now ask the player making the pass to put pressure on the player receiving, they are allowed to try and win the ball back.

If the player receiving the ball gets away after 3 seconds then the player who made the pass will go into the triangle.

If the player receiving the ball loses it they will stay in the triangle and the player who won the ball will find another player to pass to

This will encourage the player to make sure they are taking their touch away form pressure and towards space.

If the player pressuring looks like they are over committing to closing the player on the ball down, encourage player to try and cut the ball back across form where the defender came from.

Coaching points:

- Touch should be taken away from pressure towards the space
- Side on body position with your chest facing the direction you want take your touch

Receiving on the back foot Conditioned game

Time: 25 minutes

Set up:

- 15x20 yard area
- 4 goals
- 1 soccer ball

Instructions:
Create you area, place 4 goals opposite each other on the ends of the 20 yard lines 1 for each corner and divide your players into 2 equal teams.

This will create a wider but shorter player area.

This will be a normal scrimmage however players can score in two goals instead of one and will encourage players to take a touch away from a crowded area and towards the space.

Coaching points:

- Try not to coach as much and allow the players to play
- Give individual coaching points where necessary and use questions to guide them to the right answer.

Regular scrimmage: 15 minutes

