

Soccer Drills for Receiving and Turning



Soccer Graphics

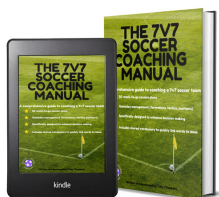


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

Use code AFL-RMTD for 5% off

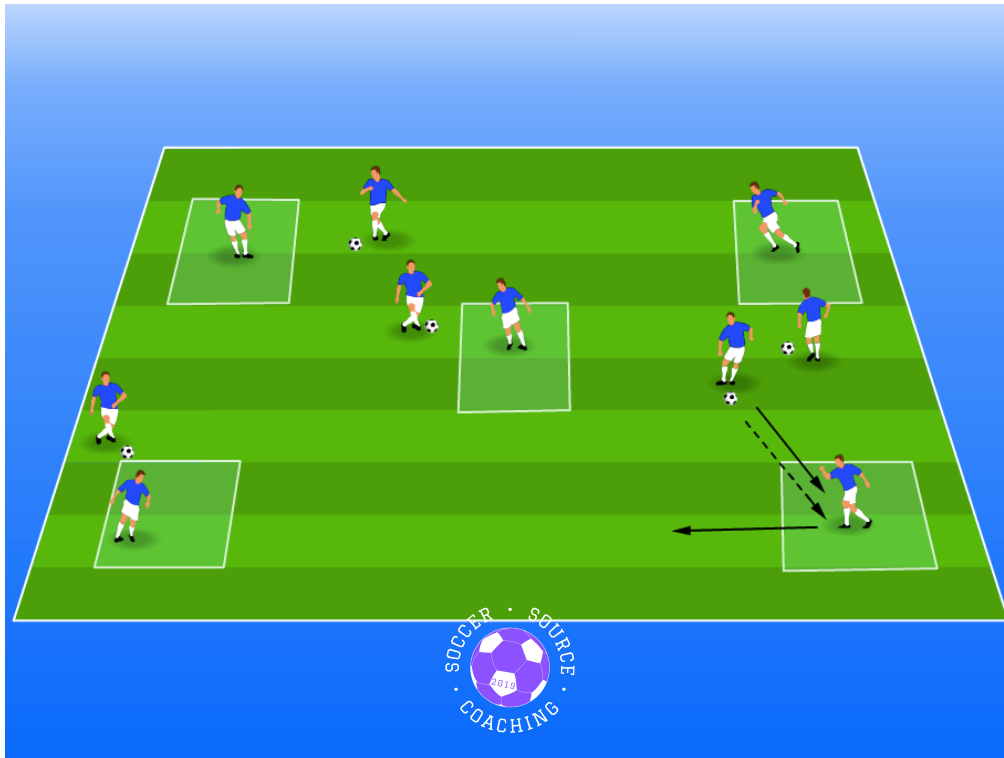
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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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Squares in an area Receiving Soccer drill

Purpose of the soccer drill:

The purpose of the soccer drill is to ensure that players are taking their touch away from the pressure and towards the space

Set up:

10 x 15-yard area
 5 squares inside the area (4 in the corners and 1 in the middle)
 1 soccer ball per 2 players
 10 players

Instructions:

Set up your area with your 5 squares in the corners and one in the middle. Place a player in each of the squares with the other players with a soccer ball in the larger area.

The player with the soccer ball will pass the ball to the player in the square, the player in the square will then take a touch outside of the square out of a different side to where they received the ball.

As the player has taken their touch outside the square the player who played the original pass will take their place in the square.

Players in a square must check out to a cone and then check in to receive the ball.

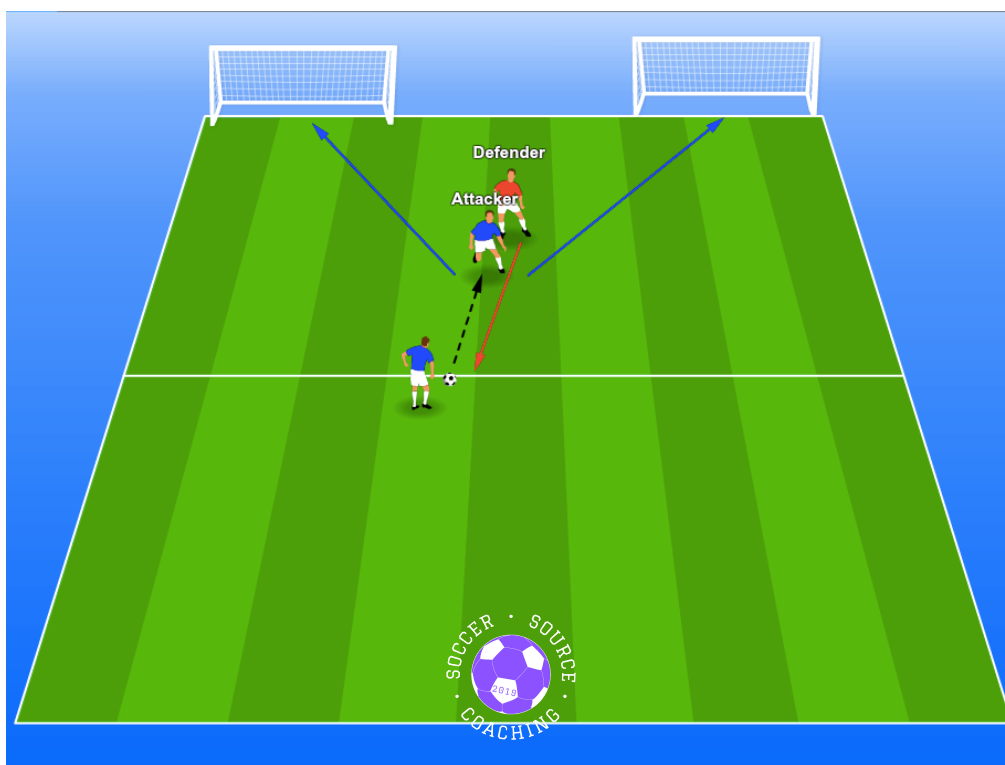
With this drill, you can encourage players to try different touches such as using the inside of the foot, outside of the foot, or even Cruyff turns.

Coaching points:

The checking in and out should be quick
 The first touch should be out of your feet and towards the space
 Accelerate out of the square

Questions that can lead to coaching points:

Why should you check in and out quickly? Who are you trying to get away from?
 What type of first touch should you take out of the square?
 Why should you accelerate out of the square?



[Click here for the video](#)

Receiving and turning soccer drill with your back to the goal

Purpose of the soccer drill:

The purpose of this soccer drill is to encourage players to check their shoulders and to receive the ball on a half-turn.

There are 2 goals that the attacker can score in to increase the decisions the attacker has to make.

Set up:

7x7 yard area
 2 goals
 3 players (1 feeder, 1 Attacker, 1 defender)
 5 soccer balls

Instructions:

Create your area and place 2 goals in the corners, these will be where the attacker will be trying to score.

The feeder always starts with the ball and being to drill by passing to the attacker. As soon as the ball is played to the attacker the defender can begin to pressure.

As soon as the phase of play is over the attacker can go to receive a new ball as quickly as possible.

A phase of play comes to an end when either the attacker scores a goal (3 points), the ball goes out of bounds or the defender is able to steal the ball back and pass it back to the feeder (1 point).

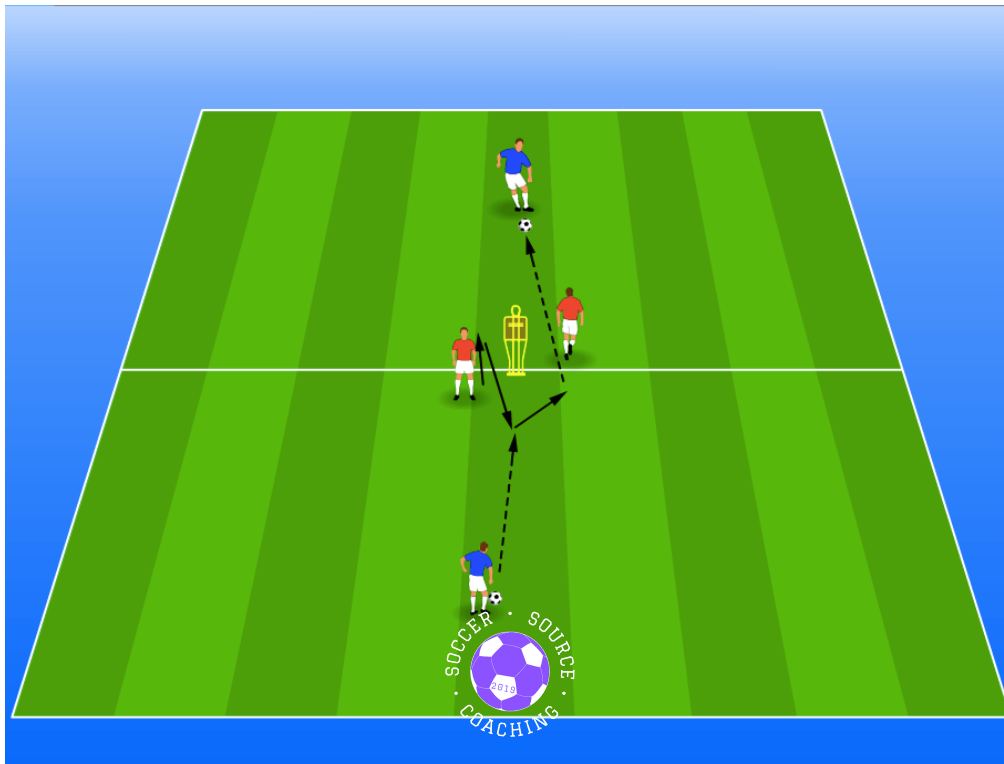
Each player will have 5 attempts when attacking and at the end of the 5 passes, players will swap roles.

Coaching points:

Check-in then check out to try to lose the defender to give you time to receive the ball and turn with it
 Check your shoulder before you receive the ball
 Receive the ball in a side-on position

Questions that can lead to coaching points:

How can you create space for yourself?
 What should you do before you receive the ball?
 What should your body position be like when receiving the ball?



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Receiving and turning without pressure

Purpose of the soccer drill:

The purpose of this drill it helps players get lots of repetition of checking out and in to receive the ball and try different types of touches they can take.

Set up:

7 x 10 yard area
4 players
2 soccer balls
1 large cone (Soccer Mannequin would be ideal)

Instructions:

Set up your area with your large cone or soccer mannequin in the middle. There will be 2 players on the inside without a soccer ball and 2 players on the outside with a soccer ball standing opposite 7 yards lines.

The players in the middle must receive the ball from one player on the outside and pass to the other player on the opposite side.

Players must check in starting from the mannequin, look to receive the ball on the half-turn then play a pass to the other player.

Encourage them to communicate with the player receiving the pass so they know when and where to pass it.

Make sure that players in the middle are taking their touch in the same direction (for example both going to the right). This ensures players do not turn into each other.

Alternate taking touches to the left side as well.

rotate players on the outside every 5 minutes.

Coaching points:

Communicate with your team so they know where and where to pass it to you

Quick check-in and out of the cone to create space for yourself

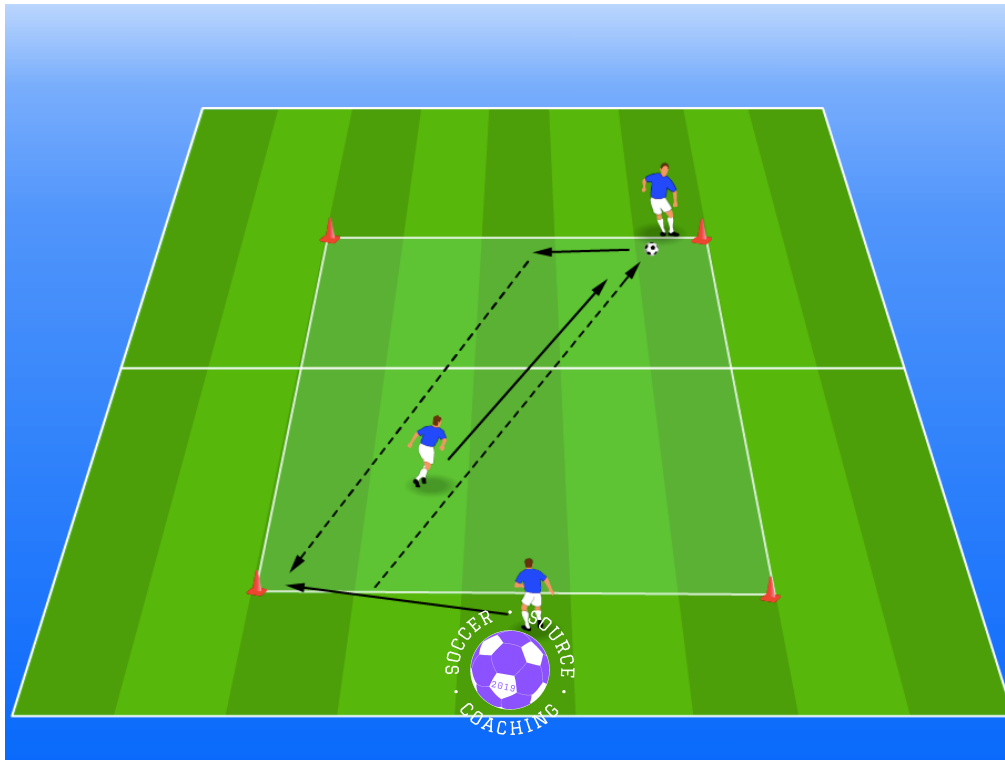
Check your shoulder so know what is going on behind you.

Questions that can lead to coaching points:

What can you do so you receive a good pass?

How can you create space for yourself?

How do you know what is going on around you?



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Passing and receiving soccer drill for a good first touch

Purpose of the soccer drill:

The purpose of this soccer drill is to get repetition receiving the ball under pressure and taking your first touch away from the defender.

Set up:

7x10 yard area
1 soccer ball per group of 3 players

Instructions:

Set up your area with 2 players on one 7-yard side with a soccer ball with the other player on the opposite 7-yard side.

The player with the ball will pass the ball to the player on the opposite side and follow their pass, this will cut off the angle of the player receiving the pass so they must take a touch out of their feet to the player the pass back to the other player.

Players should check to a cone to help create a better angle to receive the pass.

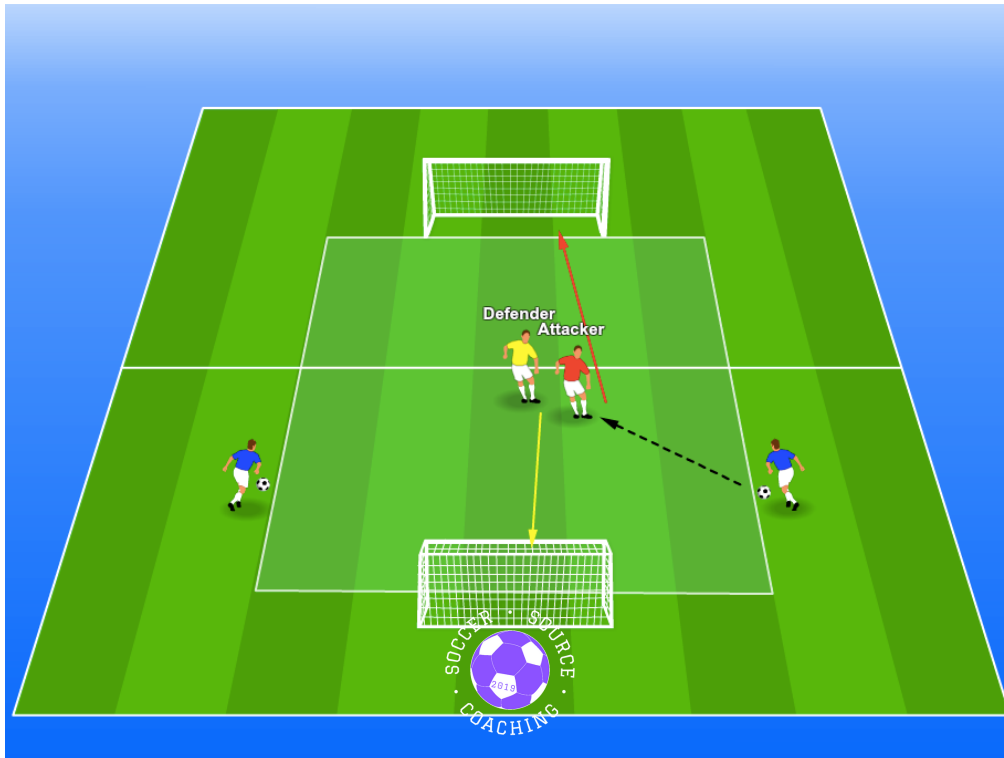
Players can vary the different types of touches they can take, either using the inside or outside of their foot.

Coaching points:

Check out a cone when looking to receive the pass, this makes it easier for a player playing the pass
The first touch should be out of your feet, so with your second touch you can play the pass
The first touch should be towards the space and away from the pressure

Questions that can lead to coaching points:

How can you make it easier to receive a pass from your teammate?
What are the benefits of having a touch out of your feet?
Where should your first touch take you?



[Click here for the video](#)

1v1 soccer drill to receive a pass on an angle

Purpose of the soccer drill:

The purpose of this drill is to try and turn and receive the ball under pressure from a defender so you are in a position to play forward.

Set up:

7x7 yard area
 4 players (2 feeders, 1 attacker, 1 defender)
 4 soccer balls
 2 goals

Instructions:

Set up your area and goals opposite each other and place the 2 feeders in the corners of the side that the attacker will be defending.

This will create a 1v1 in the middle, the attacker will get to choose which player and which feeder they get to receive the ball off of.

The attacker must check in and out with quick movements to try and lose the defender before receiving the ball.

If the attacker scores a goal it will be worth 3 points, if the defender scores it will be worth 1 point.

After 6 attempts rotate the players on the inside and outside.

After 3 rotations everyone should have had a chance to be the attacker and defender from both pairs.

Coaching points:

Quick movements to get away from the defender
 Check your shoulder as often as possible so you know where the defender is
 The first touch should be away from the defender and into space

Questions that can lead to coaching points:

How can you lose the defender to yourself time to turn?
 What can you do so you know where the defender is?
 Where should you first touch take you?



[Click here for the video](#)

1v1 receiving and turning soccer drill square

Purpose of the soccer drill:

The purpose of this drill is to try and turn and receive the ball under pressure from a defender so you are in a position to play forward.

Set up:

7x7 yard area
 4 players
 2 balls per 4 players
 2 goals

Instructions:

Set up your area and place 2 players on opposite sides with a soccer ball each and 2 goals opposite each other on the free sides.

This will leave 2 players in the middle, one attacker and one defender.

The attacker can choose which player they receive the ball from, if they receive it from one player they must try to play a pass to the opposite player.

If they do this successfully they will get 3 points.

The attacker is able to reset, so if they receive a pass and cannot go forward they can pass it back to the outside player.

The attacker can then choose who they want to receive the ball off again.

If the defender wins the ball and is able to score in either of the 2 goals then they will get 1 point.

Rotate players every 5 minutes.

Coaching points:

Quickly check out then in to receive the ball. The first movement is away from space the second movement is back towards the space

Check your shoulder as frequently as possible to see where the defender is

Receive the ball on the half turn

Questions that can lead to coaching points:

How can you create space for yourself to receive the ball and turn it?

How do you know where the defender is and whether you can turn?

What position should you try to receive the ball in?



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2v2 turning and receiving square with a magic player

Purpose of the soccer drill:

The purpose of this drill is to help players find gaps to receive the ball so that they can turn and play forward.

As the team in possession has the number advantage this should give the possession team more success at trying to find gaps between the defenders to receive the ball.

Set up:

7x10 yard area

1 soccer ball

7 Players (2 target players, 4 possession players, 1 magic player)

Instructions:

Set up your area and place your target players opposite each other on the 7-yard lines.

These players will be neutral players and will keep possession for whichever team has passed them the ball.

Divide your 5 players in the middle into 2 teams of 2 with 1 player acting as the neutral player.

Similar to the target players on the outside the neutral player will be on the same team as the team that has possession of the ball.

Every time a team works the ball from one target player to another that will count as 1 point. The team with the most points will be the winner.

Rotate the players around in the middle every 5 minutes.

Coaching points:

If you are the neutral player in the middle you should be constantly moving to find gaps to receive the ball

Check in and out to create space for yourself and your teammates

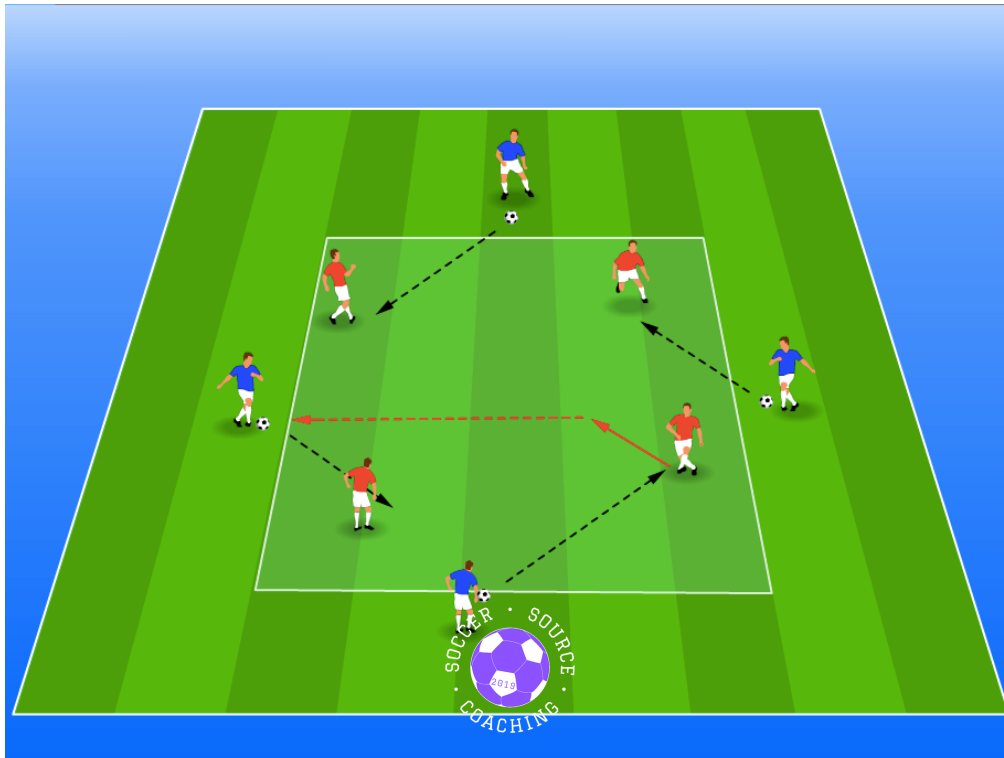
Receive the ball on the half turn so you can play forward as quickly as possible

Questions that can lead to coaching points:

If you are the neutral player what should you be trying to find?

How can you create space for yourself and your teammates?

What body position allows you to play as quickly as possible?



[Click here for the video](#)

Receiving and turning in the square soccer drill

Purpose of the soccer drill:

The purpose of this drill is to get lots of repetition of checking in and receiving the ball on a turn in an open body position.

Set up:

7x7 yard area

8 players

4 soccer balls

Instructions:

Set up your area and place 4 players on 4 the different sides with a soccer ball each.

The other 4 players will be in the middle.

The players in the middle must check-in, create an angle to receive the ball in an open body position and then look to pass to someone who is free on the outside.

They will then repeat the process.

Encourage players to use both feet.

You can also alternate which part of the foot they can control the ball with as well.

Coaching points:

Check you shoulder before you check in so you know where you want to take your first touch

Create an angle to receive the ball in an open body position

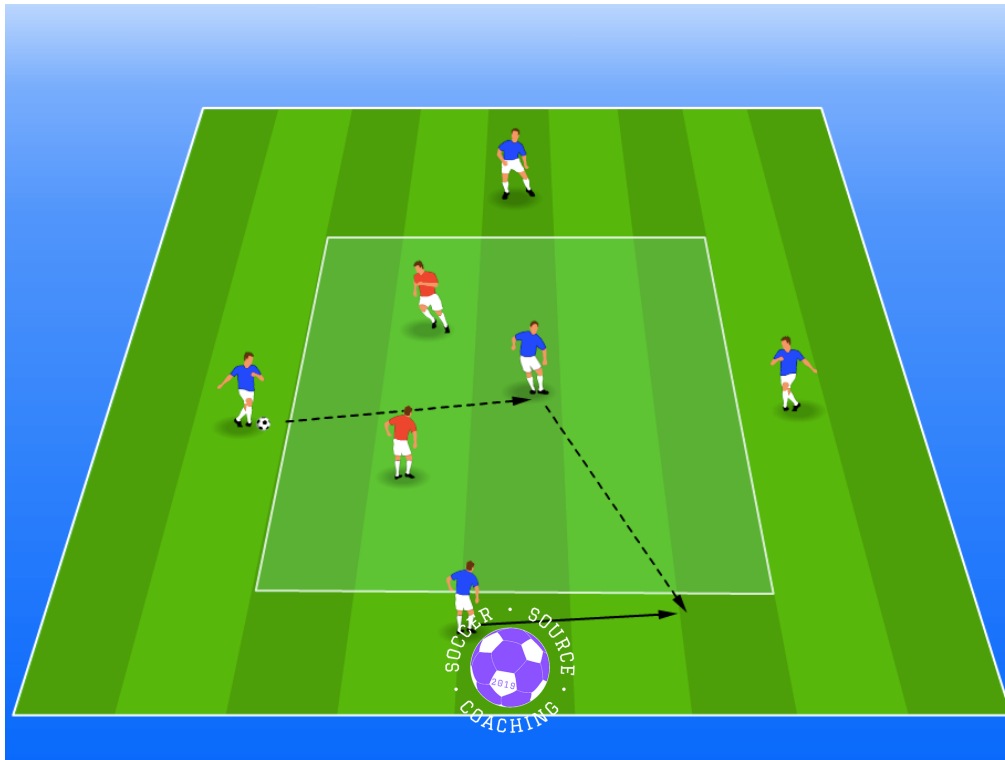
The first touch should be out of your feet and your second touch should be a pass

Questions that can lead to coaching points:

What should you do before you check in? Why?

How should you receive the ball?

What should your first touch be like and where should it go?



[Click here for the video](#)

1 player in the middle rondo soccer drill

Purpose of the soccer drill:

The purpose of this soccer drill is to help players in the middle find gaps between players to be able to play quick 1 touch passes to teammates

Set up:

5x5 yard area
1 soccer ball
7 players

Instructions:

Set up your square 5x5 yard area and place 4 players on the outside, 1 player for each square.

There will be 2 defenders and an attacker in the middle.

The possessing team gets a point every time a pass is successfully played from the outside to the inside player and then back to the outside player.

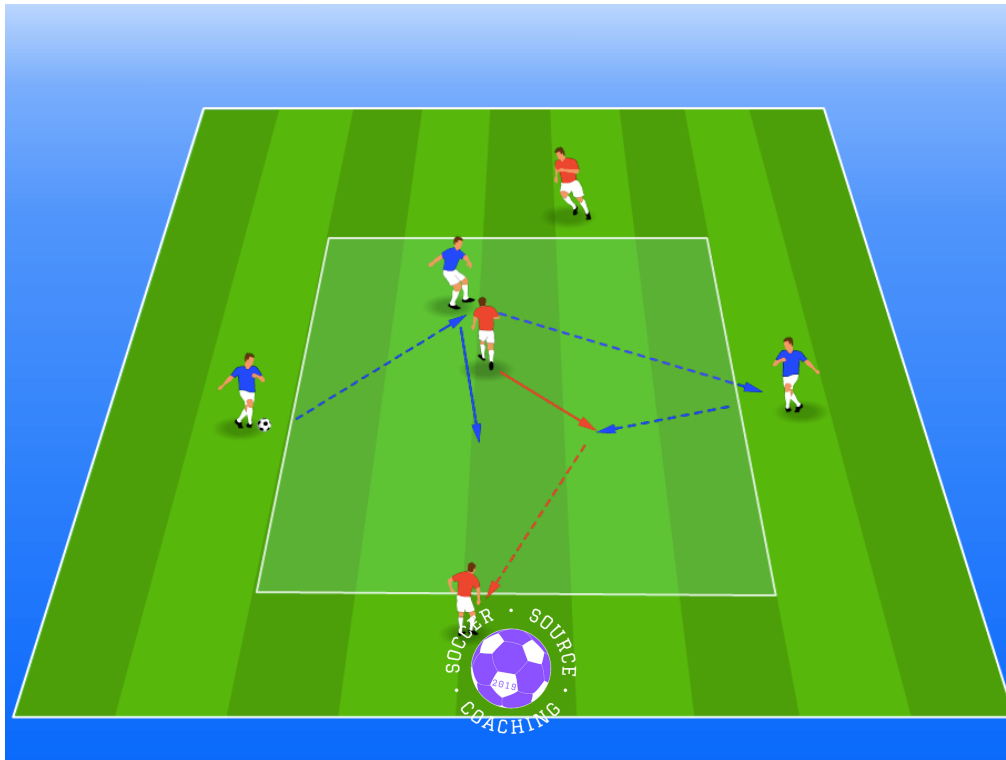
Rotate players around every 5 minutes and see who can get the highest score.

Coaching points:

The attacking player in the middle should be constantly looking for a gap between the defenders to receive the ball
The middle player should be constantly scanning the area so they are able to make quicker decisions
If you are in the middle try to receive the ball in an open body position to keep more options of a pass open for you.

Questions that can lead to coaching points:

As the player in the middle where is the best place for you to receive the ball?
How do you know what is going on around you?
What body position should you be in? How can this body position help you?



[Click here for the video](#)

1v1 possession square

Purpose of the drill:

The purpose of this drill is to get lots of repetitions of turning and receiving the ball under realistic game pressure.

Set up:

5x5 yard area
1 soccer ball
6 players (2 in the middle, 4 on the outside)

Instructions:

Divide your players into two teams of 3, 2 of these players will be on the outside opposite each other and 1 on the inside.

With your 5x5 yard area place 4 players around the outside but make sure that players on the same team are opposite each other.

The aim of this drill is to combine passes with their 2 teammates on the outside. If they are able to work the ball from one team on the outside to the other they will get 1 point.

This will leave a 1v1 in the middle with one soccer ball.

Coaching points:

Use quick movements to lose your defender with the first movement being away from the space and the second movement towards the space.

Scan the area as frequently as possible so you know when and if to turn

If you can't go forward play the ball back to give yourself a chance to reset and create a new option

Rotate the player's round every 5 minutes and the team with the most points at the end will be the winner.

Questions that can lead to coaching points:

How can you lose your defender?

What can you do to help improve your decision-making?

Do you always need to go forward?