



4v2 Receiving Activity

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Description

Purpose of this activity is develop correct body positioning and receiving technique (back "vision" foot) for the 4 attacking players, while under pressure from 2 defenders.

4v2 Keep Away (25 mins)

Attacking players may move "on their line" between cones, outside of square

Players should receive ball with back foot and "face" defenders and square to keep all options available

Defending players may close down anywhere including outside square

Rotate defenders approx every 1-2 minutes

Coaching Points:

- Receiving player's body position and first touch when receiving the ball
- Attacking player's "facing the field" rather than facing where they are passing the ball

