



Control Receiving

Teaching Control-Receiving

In football, the first touch is the most important. The easiest way to receive a ball is with the inside of the foot. The player stands in a relaxed position with his/her eyes focused on the ball and adjusts his/her position to remain in the flight of the ball. The non-kicking foot is slightly in front of the other foot. The kicking foot meets the ball and is then immediately withdrawn on the moment of impact. This will generally push the ball away from the player's body.

1. Use the inside of the foot to bring a ground ball under control. All the body weight should be on the supporting leg with the receiving foot raised slightly off the ground.

Key Words

- Open up the foot
- Raise the foot

Relax and cushion the ball rather than offer resistance against the ball. The aim is to absorb any pace by meeting the ball with a cushioned touch. The ball is given as large an area to land. The chest, head, thigh or foot is withdrawn as contact is made.

Key Words

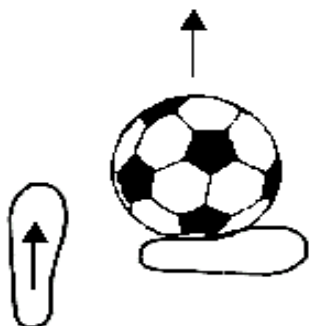
- Soft foot
- Cushion

Teaching Cushioning the Ball

1. Player must stand lightly as the ball approaches.
2. Position player in the ball's line of travel.
3. Assess player's options, then decide which part of the body he/she wants to control the ball with.
4. Look directly at the ball.
5. Position player's non-kicking foot ahead of the ball.
6. Use arms for balance.
7. Bring the striking foot back at the moment of impact.

Key Words

- Relax
- Cushion





Receiving a Pass, Using Inside of Foot

1. Receive the ball even with the toes of the plant foot or a little in front.
2. Stiffen or relax the receiving foot so the ball stops about one step away, enabling the athlete to quickly take one step and strike it. It is this step that gives power to the pass.
3. Be sure the receiving foot is four to five inches off the ground. If the receiving foot is too low, the ball will pop up and contact the ball on the back part of foot — under the anklebone, not near the toes. Pull the toes up so the foot is parallel with the ground, not pointing downward. If a player cannot remember to raise his/her foot, have the player practice by raising his/her foot higher than the ball and then bring the foot down in front of the ball to stop it. This will help them to remember.
4. If you want the ball to go to the left or right, instead of straight in front, the athlete must angle his/her foot and contact the ball more in front or behind, depending on whether he/she wants the ball to go left or right.

Skill Progression

- ☐ Attempts to control ball
- ☐ Brings rolling ball under control, using inside of foot
- ☐ Controls ball with chest
- ☐ Controls ball with thigh
- ☐ Cushions ball with chest or thigh
- ☐ Distributes body weight so that he/she is able to move backward, forward or sideways
- ☐ Judges ball flight speed appropriately
- ☐ Chooses the right technique and body surface to control ball

Faults & Fixes Chart

Error	Correction	Drill/Test Reference
Ball bounces away after receiving it.	Let the ball come and just as it is received, pull foot back slightly.	1. Roll or toss ball to player— slowly at first. 2. Increase ball speed until player is comfortable.
Ball goes under foot.	Watch ball all the way to foot.	Let the ball hit foot.