



★ RECREATIONAL ★ COACHING CURRICULUM

RECEIVING TECHNIQUE - INSIDE OF THE FOOT

Receiving the ball is a technique used to control the ball when it is passed to a player on the ground. We use the term receiving rather than trapping because it implies controlling the ball rather than stopping the ball. At the U8 age group we recommend encouraging players to receive the ball with the inside of their foot, as this is the simplest technique that can be used to control the ball. Advanced players in this age group should be asked to receive the ball away from pressure.

Best Used

- Control the ball following a pass from a teammate.
- Intercept the ball following a pass for the opposition.
- Receive the ball in a stationary position.
- Receive the ball while moving.

Technical Breakdown

- Player should be ready to receive the ball OR 'on toes'.
- Player's hips and shoulders should be ideally square to the ball as it arrives.
- Use the inside of the foot to control the ball. Open your foot square to the ball.
- Receiving foot should have its toes pointed up and its heel down (slightly off the ground).
- Try to have a soft touch on the ball as it hits the receiving foot. Withdraw your foot as the ball hits it, this should take the pace off the ball.

Common Mistakes

- Player is not ready to receive the ball, flat footed as the ball comes into the player.
- Player is sideways on as the ball comes into them, which allows the ball to run past them.
- Player's foot shape is incorrect, causing the ball to bounce off them in a different direction.
- Player has their foot too far off the ground, which allows the ball to run underneath their foot.
- Player does not accept / cushion / withdraw their foot as the ball hits it, which makes the ball bounce off the foot.