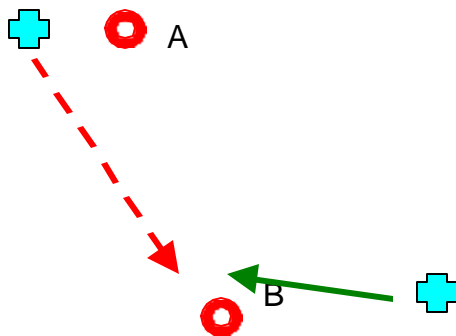


## Dynamic Receiving

Coach Peter Gratton, a USSF D License coach that I know from the soccer coaching list makes some additional good points about passing and receiving on the move.

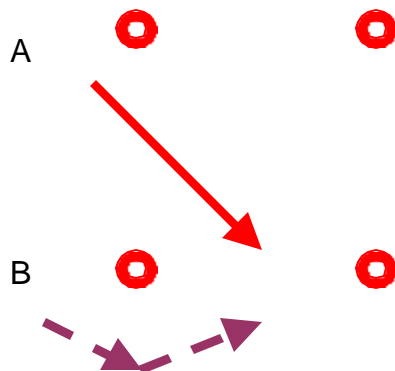
One of the things that many players without good receiving skills "**good first touch**" do is to **wait on the ball**. They actually stand still and allow opponents to close down on them. Many times they are completely open - stand still and allow the defender to close on them. For most this static version is how they were taught to receive a ball/pass. This needs to be changed to "**DYNAMIC RECEIVING.**"

One simple technique ESPECIALLY for younger players U-5 - U-10 is to NOT pass to the player doing passing drills/activities. Cones are very easy to use to cause this "moving to the ball/DYNAMIC RECEIVING."



Simply have A pass to the cone beside B. B must receive the ball before it reaches the cone. Go back to original position and pass back to A's cone and then repeat.

Another version,



Again A passes between B's cones. In this version B moves behind, receives and then returns to their original position and passes through A's cones. Another version is to increase the distance and require the player to run through the cones to receive the ball. Then the player moves back through the cones to their original position and passes to their partner.