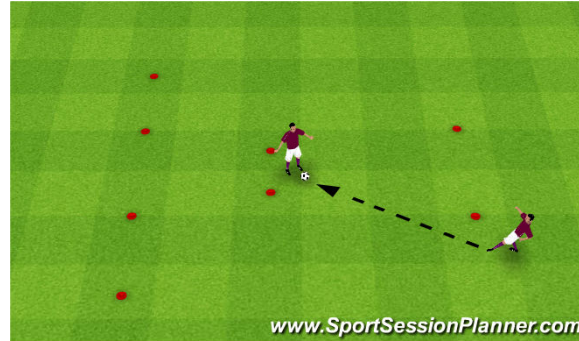




**Technical Skills: Week of May 11-17**  
**Set-Up: 8 cones**



**Receive and Turn – Level 2**

<b>Exercise</b>	<b>Description</b>	<b>Coaching Points</b>	<b>Reps</b>	<b>Sets</b>
Outside Foot Flick and Spin	Player 1 passes the ball to the front foot of Player 2. Player 2 flicks the ball with the outside of the foot while spinning away and back to the ball.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, raise front foot off the ground and lightly hit the ball on the outside of the foot.	6	3
Pause and turn to the inside	Player 1 passes the ball to the front foot of Player 2. Player 2 receives the ball with the bottom of the foot and then turn to the inside.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, use bottom of the foot to receive the ball, quickly turn to the inside.	6	3
Pause and turn to the outside	Player 1 passes the ball to the front foot of Player 2. Player 2 receives the ball with the bottom of the foot and then turn to the outside.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, use bottom of the foot to receive the ball, quickly turn to the outside.	6	3