



David Robertson (@CincySoccer2307)
Cincinnati United Soccer Club (@CincyUnited)

Receiving Activity to create a thinking player

****Please note this is an activity observed during the Borussia Dortmund coaching clinic for Cincinnati United Soccer Club in Summer 2014.**

Setup:

- 2 activities running at the same time
- 2 Red Gates
- 2 Gates (2 different colors for receivers)

Line A plays the ball to player B

Player B can use any surface to go through either gate (Blue or Orange)

Once through the gate, quickly play the ball to player C

Line C goes to the back of Line A

Progression:

- Player A calls out a color for B to go through (Blue or Orange)
- Player A gives a simple math problem ($2+1 = ??$) even answers go through Blue gate, odd through Orange gate
- Player A yells out a type of food, things good for you go through Blue gate, bad for you through Orange gate.
- Lots of variations - be creative, make it fun

Technical Progression:

Player A sprints to defend player B after passing, who must take their 1st touch through either of the gates based on defenders angle of approach

Coaching Points:

- High Tempo
- Demand technical sharpness from players
- Create a thinking player (don't tell them how to receive.. challenge them)
- Make them solve a problem as the ball is travelling
- Create a competition between the two teams, who gets the most answers right in 1 minute, etc. Be creative

All players follow their pass