



Drill Name: PSC RCM Warm Up Receiving PrPI 10 P.43 GS

Set up :

10x10 grids. Two players/ grid; One ball/ grid.

Instructions:

Pass ball along ground and control.

Receiver cushions ball with inside of foot...first touch... & passes ball with second touch.

When ball is in air receiver relaxes thigh or instep to bring ball down and under control.

When receiving ball with chest and head, get under ball to cushion it.

Coaching Points:

Good service!!!

Key Factors:

Body behind ball; Attack the ball; First touch... decision; Eye on the ball; Head up.