



Scan, Open Out, Receive Across Your Body

Session 1 • Individual technique • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Open Body Grid

0:10 – 0:25 • 15 MIN

The Y-Gate

0:25 – 0:40 • 15 MIN

Four-Gate Scanning Game

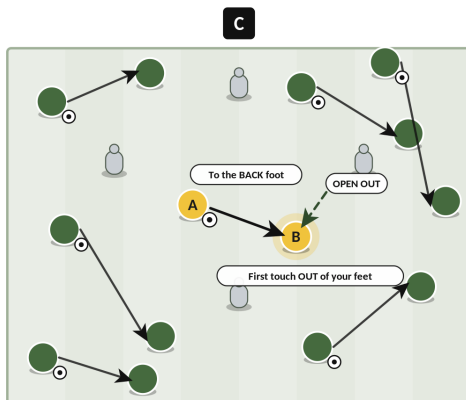
0:40 – 0:55 • 15 MIN

Turn Zone Match

0:55 – 1:00 • 5 MIN

Player-led review**1.1 OPEN BODY GRID**

Warm-up • 10 min



SCAN • OPEN YOUR BODY • RECEIVE ACROSS YOURSELF

SET UP

- 26 × 20 m grid marked with flat markers. Four mannequins spread inside it as passive obstacles.
- One ball per pair — 7 or 8 pairs. Odd number: make one group of three passing in a rotating triangle.

RULES

- Maximum three touches from minute 7 — below three the technique breaks down at this age.
- Loose ball: nearest player retrieves and the pair restarts on the move, never from standing.

COACH IT

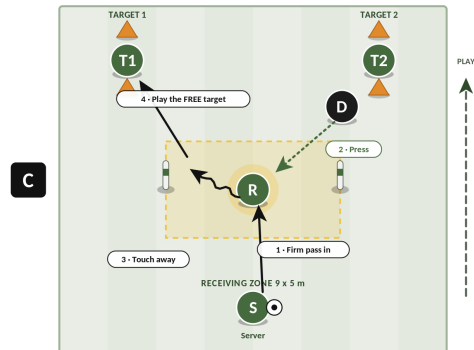
- Technical: Firm, along the ground, aimed at the receiver's back foot. Receive side-on, weight on the balls of the feet, using the foot furthest from ...

SAY

- Ask, don't tell: Which foot did you use? Try the other one and tell me what changes. They discover ...

1.2 THE Y-GATE — RECEIVE TO CHOOSE

Technical practice • 15 min



ROTATION: R follows the pass → T1 • T1 → S → S → D → D → R

SET UP

- Three identical stations, each 20 × 18 m, laid out along the far touchline with 5 m between them.
- Per station: a 9 × 5 m receiving zone marked with flat markers and a pole at each side; two 3 m ...

RULES

- 1 point for a clean pass received by a target inside their gate. 2 points if the receiver's first touch beat the press before the pass.
- 1 point to the defender for a win, an interception ...

COACH IT

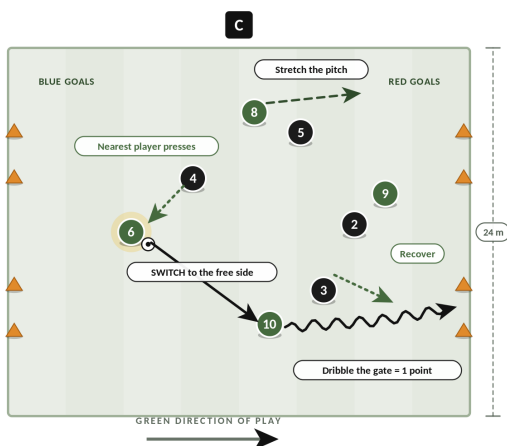
- Technical: Receive with the foot furthest from the defender. First touch travels away from pressure into the space the defender has left. Front ...

SAY

- Rewind the moment: Where were your toes pointing when the ball arrived? Where do you want them to ...

1.3 FOUR-GATE SCANNING GAME (4 v 4)

Skill game • 15 min

**SET UP**

- Two pitches, each 30 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: two 3 m cone gates on each end line, centred 7 m and 17 m from one corner; 4 red bibs, 4 ...

RULES

- 1 point for dribbling under control through a gate, or a pass through a gate received by a teammate. 2 points from game 3 for using the far gate.
- Ball out of play: the coach rolls a new ball in ...

COACH IT

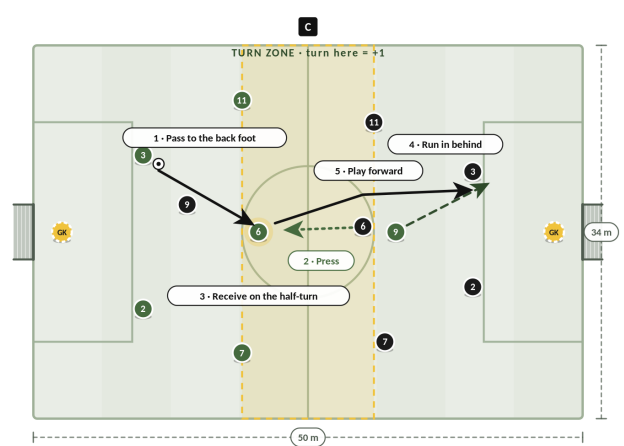
- Technical: Receive on the half-turn so both gates stay visible. First touch out of the feet towards space. Ball out of the feet when running into ...

SAY

- Don't freeze it. Ask between games: When we all went to the ball, what happened to the other gate? ...

1.4 TURN ZONE MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals. A 12 m Turn Zone marked across the full width, centred on the halfway line, using flat markers.
- Four spare balls in the back of each goal so the ...

RULES

- Goal = 3 points. Bonus = 1 point each time a player receives in the Turn Zone, turns, and plays forward (a pass or carry that beats an opponent). Bonuses count towards the final score.

COACH IT

- Technical: Receive on the half-turn with the back foot. First touch out of the feet and forwards. Pass to the back foot of the player you're finding ...

SAY

- Reward the courage, not the outcome: award the bonus for the attempt to turn for the first few ...