

## Receiving (First Touch Control)

### **Cushion Foot**

What: Gaining control of the ball played to the foot by withdrawing the foot on impact.

Where: Everywhere on the field.

Why: A controlled ball is easier to pass, dribble or shoot.

When: Player has time and space.

How: Step 1: Get in the path of the ball.

Step 2: Put the foot out in path of the ball.

Step 3: Loosen the foot.

Step 4: Just prior to impact begin to pull the foot back.

### **Wedge Foot**

What: Gaining control of the ball played to the foot by redirecting the ball.

Where: Everywhere on the field.

Why: A controlled ball is easier to pass, dribble or shoot.

When: Space and time is limited.

How: Step 1: Get in the path of the ball.

Step 2: Put the foot near the path of the ball.

Step 3: Lock the ankle and tighten the muscles of the foot.

Step 4: Push the ball into the intended direction

### **1<sup>st</sup> Touch Aerial Balls**

What: The player gets a ball out of the air under control by taking a cushion or wedge touch with their foot.

Where: Opportunities present themselves in all part of the field.

When: As the player is receiving a pass, clear, or miss kick.

Why: To get control of the ball in order to successfully dribble, pass, or shoot.

How: Step 1: Get in the path of the ball.

Step 2: Decide the surface of the body to receive the ball with.

Step 2: Decide if a cushion or wedge touch is needed.

Step 3: Place the body surface in the path of ball.

Step 4: In case of cushion: withdraw body surface on impact. In case of wedge: direct body surface toward ball in direction of open space.

Step 5: Immediate chase to be the first one to ball.