



Aylesbury United Ladies & Girls Football Club

Player Development From Home

Receiving (will require assistance to practice)



Core Skill Name	Movement, Challenge and Coaching Points	Level Achieved (for parents to use as guide to award level achieved)	Times Achieved
Receiving in the Air – Chest Can be done alone if kicking the ball against a wall and receiving. If you have a partner, they can feed the ball by either kicking or throwing it	See this link for demonstration of the skill <ul style="list-style-type: none"> • Receive the ball in the air • Asses the flight of the ball to get body in correct position to receive on chest • Arms out to aid balance • Withdraw chest on impact • Chest ball to enable next action (dribble, shoot etc) 	<ul style="list-style-type: none"> • Level 1 – Can assess where the ball is going and can get body in a position to receive it on their chest • Level 2 – As above, also can withdraw chest on impact with the ball • Level 3 – As above, also can chest ball onto or close to feet • Level 4 – As above, also can chest ball onto left or right foot, depending on where defender is (can use cone or something to act as the defender) • Level 5 – As above, also can knock ball past defender with either foot and have a shot on goal 	Once you have awarded your daughter a level, she is welcome to count how many times she can achieve this on her own and tell you. Once they move to a new level, they start again at Level J <ul style="list-style-type: none"> • Level A – Between 451-500 • Level B – Between 401-450 • Level C – Between 351-400 • Level D – Between 301-350 • Level E – Between 251-300 • Level F – Between 201-250 • Level G – Between 151-200 • Level H – Between 101-150 • Level I – Between 51-100 • Level J – Between 0-50
Receiving in the Air – Thigh Can be done alone if kicking the ball against a wall and receiving. If you have a partner, they can feed the ball by either kicking or throwing it	See this link for demonstration of the skill <ul style="list-style-type: none"> • Receive the ball in the air • Asses the flight of the ball to get body in correct position to receive on thigh • Arms out to aid balance • Withdraw thigh on impact • Thigh ball to enable next action (dribble, shoot etc) 	<ul style="list-style-type: none"> • Level 1 – Can assess where the ball is going and can get body in a position to receive it on their thigh • Level 2 – As above, also can withdraw thigh on impact with the ball • Level 3 – As above, also can thigh ball onto or close to feet • Level 4 – As above, also can thigh ball (with their left or right thigh) onto their left or right foot, depending on where defender is (can use cone or something to act as the defender) • Level 5 – As above, also can knock ball past defender with either foot and have a shot on goal 	<ul style="list-style-type: none"> • Level G – Between 151-200 • Level H – Between 101-150 • Level I – Between 51-100 • Level J – Between 0-50
Receiving in the Air – Foot Can be done alone if kicking the ball against a wall and receiving. If you have a partner, they can feed the ball by either kicking or throwing it	See this link for demonstration of the skill <ul style="list-style-type: none"> • Receive the ball in the air • Asses the flight of the ball to get body in correct position to receive on foot • Arms out to aid balance • Withdraw foot on impact • Control ball to enable next action (dribble, shoot etc) 	<ul style="list-style-type: none"> • Level 1 – Can assess where the ball is going and can get body in a position to receive it on their foot • Level 2 – As above, also can withdraw foot on impact with the ball • Level 3 – As above, also can control ball so close to feet • Level 4 – As above, also can control ball (with their left or right foot) onto their left or right foot, depending on where defender is (can use cone or something to act as the defender) • Level 5 – As above, also can knock ball past defender with either foot and have a shot on goal 	If they are able to perform the drill using their left and right feet, they just need to

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Receiving on Ground – Inside of the Foot Can be done alone if kicking the ball against a wall and receiving. If you have a partner, they can feed the ball by either kicking or rolling it	See this link for demonstration of the skill <ul style="list-style-type: none"> • Turn to allow ball to travel across the body • Receive with furthest foot from the ball • Slight hop onto standing foot on contact to prepare for next action • Receive with the toe pointed up and ankle locked • Control ball to enable next action (dribble, shoot etc) 	<ul style="list-style-type: none"> • Level 1 – Can assess where the ball is going and can get body in a position to receive it • Level 2 – As above, also can let ball travel across their body to receive on foot furthest from the ball • Level 3 – As above, also can control ball so close to feet • Level 4 – As above, also can control ball (with their left or right foot) onto their left or right foot, depending on where defender is (can use cone or something to act as the defender) • Level 5 – As above, also can knock ball past defender with either foot and have a shot on goal 	do it roughly equal times with both feet to achieve a level e.g. to achieve Level A, they just need to do it approx. 250 times with each foot, not 500