

## LESSON PLAN: US RECEIVING

### WARM UP:

#### "Juggling Balloons or Beach Balls"

Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.



- Follow object/ball with your eyes.
- Move to get behind and in line with it
- don't stretch for it

### 2ND ACTIVITY:

#### "Juggling with a Partner"

Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.



- Move to get behind and in line with object.
- Select the surface quickly.

### 3RD ACTIVITY:

#### "Soccer Newcomb"

(use size 3 ball not too inflated)  
20x15 (one yd. "dead space" for net).  
2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control



- Move quickly to get behind and in line with flight of ball
- Select surface early
- "withdraw" on contact

### 4TH ACTIVITY:

#### "Toss-control-catch"



- Move to the ball
- Select surface early
- Look, get head up quickly
- Move to open space

4v4 in 40x30 yard area  
(includes 5 yd. end-zone on each end).  
Toss-receive-catch to advance ball.  
If ball drops to ground goes to other team.  
Score by receiving and catching in your end zone.  
Opponent cannot block the toss.

### 5TH ACTIVITY:

#### "The Game"



- Move to the ball
- Move to open space
- Look
- Choose surface early

4v4 in 45x30 with 4 yd wide goals no GK.  
Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.