

# Principles of Receiving

Receiving is the ability to bring a moving ball under control using various surfaces of the foot and body. The modern game of soccer requires the player to be able to receive balls under pressure and on the run. The higher the level of competition, the faster the players are; so, it's not uncommon for a player to be challenged by two, or even more, opponents when receiving a ball. Because pressure is almost automatic in the modern game, players need to practice controlling balls under pressure.

## **Principles of Receiving:**

**Approach:** The controlling surface should be selected as early as possible and the player should be watching the flight path of the ball as it arrives to adjust positioning of body if needed. The part of the body that will come in contact with the ball is turning towards the ball.

**Surface:** The moment the ball makes contact, that part of the body being used should "give" with the ball and cushion the ball's impact.

**Moving:** The player's concentration should be divided between the ball and the opponent; therefore, when receiving the ball, the first touch should be used to maintain possession.

## **Common Faults to Avoid:**

Player's muscles are tense at contact with ball; un-cushioned, the ball ricochets away.

Ball is allowed to bounce; gives opponent time to close down space and possibly dispossess intended receiver.

Eyes do not meet ball as contact is made; player makes poor first touch.

Controlling surface is not positioned in line with ball.

Contact is made below midline of ball, forcing ball up in air.

Incorrect surface area is used to receive ball.

Ankle is not locked; ball bounces off foot unpredictably. (Foot must "give" at contact with ball, but keep ankle locked.)

Arms hang loosely at sides; permits player to be knocked off balance.

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