

How to use: Train 2x/week if possible. Keep sessions 15-25 minutes. Complete Session A first, Session B later. Repeat a week if your player needs more confidence. Finish with play.

Week 17: Far Foot

Goal: Receive across the body and play forward.
Far Foot: Receive on the foot farthest from the passer.
Cues: Sideways body; far foot; drive out with 3 Toes.
V-Pull: Firm sole pull; redirect the point of attack.
Game: 1v1 to a goal after a reception. **Done** = Receives across the body and attacks space.

Week 18: Drift Run, BDT

Goal: Receive with an open body and keep options visible.
Drift Run / BDT: Separate quickly and see Ball-Defender-Target.
Cues: Quick drift; BDT; far-foot receive.
V-Pull L2: Firm pull; switch hips; make progress on touch two.
Game: 1v1 after a drift reception. **Done** = Creates separation and receives open.

Week 19: Check Run

Goal: Use movement to create space before receiving.
Check Run: Make two runs; move the defender; check into space.
Cues: 2 Runs; make it believable; attack middle.
L-Turn: Shot/pass fake; pull behind; switch hips quickly.
Game: 1v1 after a check-away reception. **Done** = Creates space, receives, and attacks.

Week 20: Body Position Review

Goal: Combine far-foot receiving, movement, and hip switches.
Review: Drift Run + Check Run.
Cues: Far foot; BDT; drift or check; attack across at speed.
Footwork: L-Turn or V-Pull to switch the hips.
Game: 1v1 to a goal. **Done** = Chooses the movement and first touch needed to attack space.

Simple Session Rhythm

1

Quick Start

2-3 min
 Start playing fast.

2

Learn It

Main skill
 Receive, move, redirect.

3

Use It

Add pressure
 Defender, wall, or goal.

4

Finish With Play

Play freely
 1v1 or small game.

Parent Coaching Rules

Say less. Let them try more.
 Give one praise and one simple cue.

Let the game teach.
 Use 1v1, a wall pass, or a simple receiving challenge.

Receive to play forward.
 Look for far foot, open body shape, and the next action.

Weekly Progress Check

Rate each area once per week: 1 = Not yet 2 = Improving 3 = Consistent

Skill	Week 17	Week 18	Week 19	Week 20
Far-foot receiving	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Open body / BDT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Drift + check separation	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
V-Pull / L-Turn hip switch	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Confidence under pressure	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Reminder: Look for the player receiving across the body on the far foot, keeping Ball-Defender-Target visible, creating separation with drift/check runs, and changing the point of attack with a V-Pull or L-Turn.