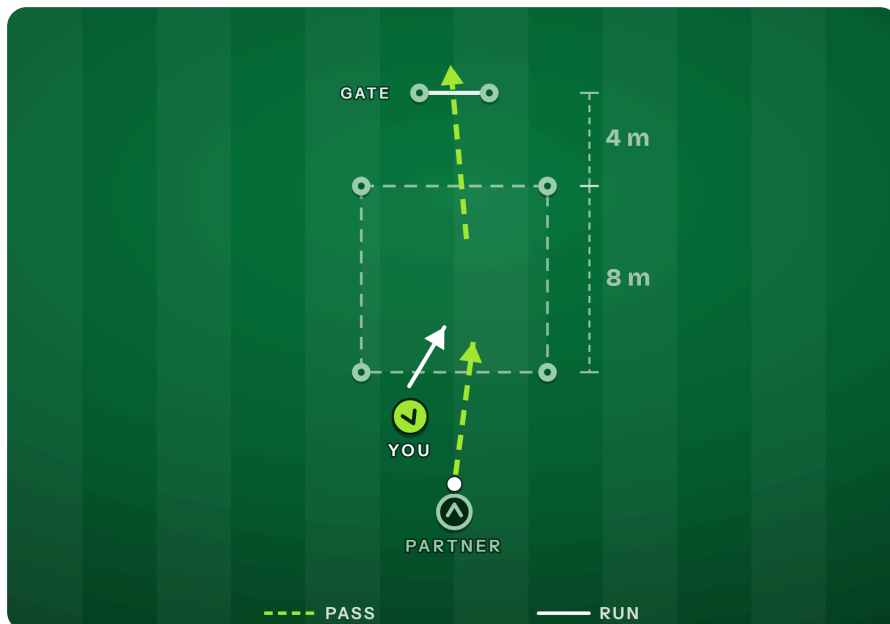




Set up

A partner and a ball

6 cones

4 in an 8 m square

A gate, 4 m beyond

Dose

3 sets of 8 receives

1 min rest, then swap

3 sets of 8 receives, 1 minute rest between, then swap roles (the Football Reach target, not an FA or FIFA rule).

What it trains

Receive between the lines: move into the gap between two lines of defenders, take the pass on your back foot with your body open, then turn and play forward. FIFA coaches this for midfielders and attacking midfielders.

How it works

- 1 Set 4 cones in an 8 m square: two lines of two defenders. Set a 3 m gate (2 cones) 4 m beyond the far side. Your partner stands with the ball about 6 m in front of the square.
- 2 Start in front of the near cones. As your partner gets ready, move into the gap between the lines and check over your shoulder.
- 3 Open up side-on, take the pass on your back foot and turn with that touch to face the gate.
- 4 Pass through the gate, fetch the ball and go again. Open up to your left on one rep and to your right on the next.
- 5 Do 3 sets of 8 receives with 1 minute rest between, then swap roles.

Coaching points

- 1 **Find the gap between cones**
Move into the space between the two lines as your partner gets ready, and check over your shoulder so you know where the gate is before the ball arrives.
- 2 **Back foot, face forward**
Stand side-on, let the ball run across you onto your back foot (the one further from your partner) and turn with that touch to face the gate.

× **Not this:** Waiting in front of the near cones, facing your partner. FIFA calls receiving in front of defenders with a closed body shape bad practice: from there it is hard to play forward.

➤ HARDER

Replace one cone with a third player as a defender who can only shuffle along their line to block the pass (no tackles): find the gap on their shoulder. Or pass through the gate with your second touch.

➤ EASIER

Stop the ball first, then turn, until opening up feels natural. Or make the square bigger and ask for softer passes.

🛡️ Safety

- Flat, dry ground with space around the square, never a road or a driveway.
- Keep the gate area clear of people while you pass.
- Passes along the ground only, firm but controlled.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/receive-between-the-lines

Then take the free test at footballreach.com

MY NOTES