

Receiving a Pass

CB's Coaching Education and Development

Many children have not been taught how to properly catch a ball. A lot has to do with the fact that they may not have a PE specialist in their school. Also many kids have played soccer as their only organized activity.

Keys:

- They must first present a "ten finger" target to the passer.
- The arms should be extended away from the body.
- Use the finger pads to catch the ball
- When the ball is caught the arms should recoil to absorb the ball. This also creates a powerful position in the arms from which to return the pass.
- Listen to the sound of the pass. The ball should be absorbed in the fingers. If the arms are not extended very often the ball rebounds off the hands before the catch. A fumble or a bobbled pass is one of the biggest disruptors of flow in your offense.
- Catch with your eyes. The eyes are looking over the tops of the fingertips to the ball. This way the ball and hands are all in the field of vision. It is the same as holding your glove up by your face in catching a baseball. It is the same for football receivers.
- If the ball is above the chest the thumbs will be to the center of the body. Below the chest thumbs will be out (this would be a bad pass)
- Away from the body the ball must be blocked and then trapped.
- Don't over teach the hand position on the catch. We sometimes worry too much about the seams and hands. Just catch the ball clean. As they develop this can be added.
- Hop or step to receive. This requires timing. It is a more advanced skill.

