



What it trains

Receive on the half-turn: stand side-on before the pass arrives, so you see the ball and the space ahead, then take it on your back foot and go forward with your first touch. FIFA coaches this in a passing circuit for midfielders.

Set up

A partner and a ball

4 cones

10 m apart

3 m gates, 10 m back

Dose

Switch sides every rep

8 each side, swap roles

8 each side, then swap roles, within 15 minutes, 3 times a week (the Football Reach plan target, not an FA rule).

How it works

- 1 Stand 10 m from your partner, who has the ball. Set a 3 m gate (2 cones) on each side, about 10 m behind you at an angle.
- 2 As your partner gets ready, step 2 to 3 m to one side and stand side-on, so you can see your partner and the gate on that side.
- 3 Let the pass run across your body, take it on your back foot and dribble through the gate.
- 4 Jog back, then go the other way. 8 each side, then swap roles.

Coaching points

- 1 **See the ball and gate**
Check the gate before the pass is played, then stand side-on so you can see the ball and the gate at the same time.
- 2 **Touch it towards the gate**
Let it run across your body onto your back foot (the one further from your partner) and push it towards the gate.

× **Not this:** Standing square on to your partner as the ball arrives. You only see the passer and need extra touches to turn.

MY NOTES

HARDER

Add a passive defender behind you: check over your shoulder before the pass and turn away from them. Or play it through the gate with one touch.

EASIER

Stop the ball first, then turn, until standing side-on feels natural. Or stand 6 m apart and pass softer.

Safety

- Flat, dry ground with space around the gates, never a road or a driveway.
- 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-on-the-half-turn

Then take the free test at footballreach.com