

## RECEIVING

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You can use many parts of the body to control the ball.

1. Make an early selection of body part and method of control.
2. Get in line with the flight of the ball.
3. Keep your eye on the ball.
- 4a. Relax the controlling surface for certain methods of control.
  - b. Wedge the ball between your foot and ground as another method.
5. First touch should always be away from pressure, in preparation for your next touch.

Commonly used receiving surfaces:

- **Inside of the foot:**  
Lock your ankle with your toe up and heel down.  
Cushion the ball, by moving your foot back, as you receive it.
- **Thigh:**  
Meet the ball in the air with the muscular part of your thigh above the knee.  
Cushion the ball, by lowering the knee, as you receive it.
- **Chest:**  
Meet the ball in the air with the center of your chest at the collarbone level.  
As the ball touches your chest, hollow your chest and cushion the ball to the ground.
- **Sole of the foot wedge:**  
Toe up and heel down.  
As the ball bounces in front of you wedge it between the bottom of your foot and the ground.