

## Technique tip RECEIVING

<b>EXECUTION</b>	<b>OBJECT</b>	<b>POSSIBLE ERRORS</b>	<b>OBSERVE</b>
-Lightly receive the ball with inside or outside of foot and move off with it; keep toe pointed up	-Bringing all arriving balls under control	-Ball bounces too far away	-Move in an elastic way as if catching an egg on your body; the controlling part of the body withdraws in a smooth, controlled fashion
-Receive ball with thigh or chest, take the pace off of the ball by withdrawing the body part receiving the ball		-Pace of the ball is underestimated	