OPEN THE GATE (BODY PROFILING)

Open body shape -> receive on back foot -> face forward -> play the next action

SESSION OVERVIEW

SESSION AIM

Develop "open the gate" body profiling so players receive on the back foot with an open body shape and instantly face the attacking

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Body Profiling	**Back Foot Receive**	**4v2 Open Gate**	**7v7 Directional**

ACTIVITY 1 | BACK-FOOT RECEIVE & OPEN OUT

ORGANISATION

Work in groups of three with one ball. Position two outside players 12-15 yards apart and one receiving player in the middle. Use two guide markers to help the middle player create an angled movement before receiving.

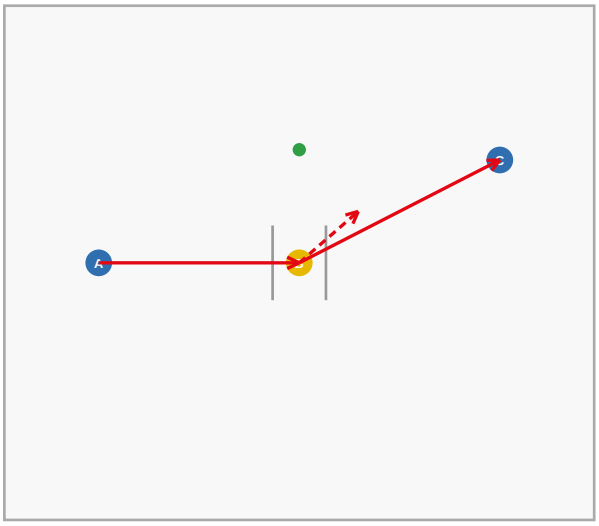
HOW IT WORKS

The middle player checks away, scans and then moves back toward the ball at an angle. Receive on the back foot with an open body shape so the next player is already visible. The first touch should 'open the gate' and allow the player to face forward immediately before playing to the opposite side. Rotate the middle player every 45-60 seconds.

COACHING POINTS

- Move away first so there is space to receive.
- Open the hips and shoulders before the ball arrives.
- Receive on the back foot so the first touch faces forward.
- Keep the head up and scan while the ball travels.
- Use one or two touches depending on the picture.

DIAGRAM



Create space, receive on the back foot and open out to face forward with the first touch.

PROGRESSIONS

1. Require the receiving player to play one touch whenever the next pass is visible before the ball arrives.
2. Add a passive recovering defender behind the receiver to sharpen the body position and first touch.

OPEN THE GATE (BODY PROFILING)

Open body shape -> receive on back foot -> face forward -> play the next action

ACTIVITY 2 | 4V2 OPEN THE GATE RONDO

ORGANISATION

Mark out a 20 x 20-yard area. Place four support players around the outside, one neutral midfielder inside and two defenders working centrally.

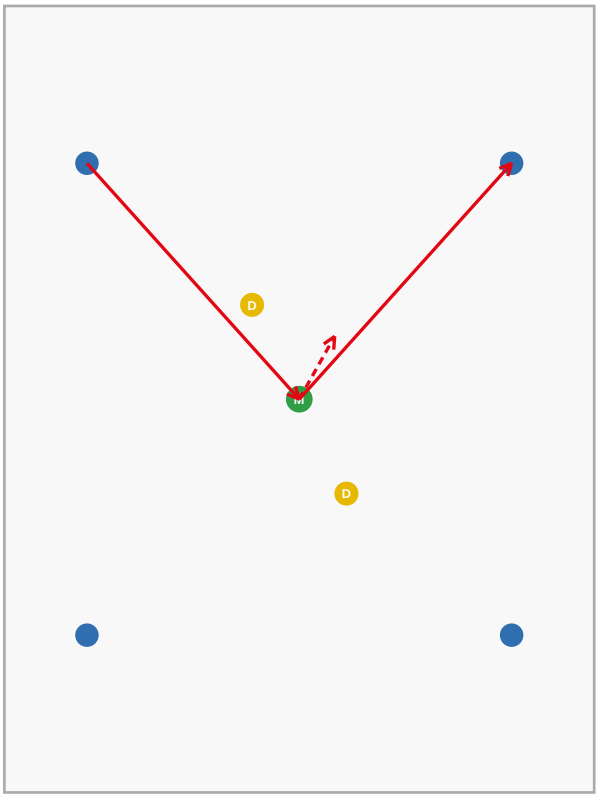
HOW IT WORKS

The outside players keep possession and look to connect through the neutral player. The neutral must constantly adjust to receive between the defenders, scan before the pass and open the body to play out of pressure on the back foot. Encourage one- and two-touch play so the ball moves quickly away from pressure.

COACHING POINTS

- Lose the defender by moving off the line of the ball.
- Check both shoulders before stepping into the pass.
- Receive across the body on the back foot.
- Open up to see both the passer and next option.
- Play away from pressure rather than back into it.

DIAGRAM



The central player receives on the back foot and opens out to connect the next pass.

PROGRESSIONS

1. Make a pass through the neutral worth two points when the neutral plays forward with the next action.
2. Reduce the area slightly so the receiver must scan and profile even earlier.

OPEN THE GATE (BODY PROFILING)

Open body shape -> receive on back foot -> face forward -> play the next action

ACTIVITY 3 | DIRECTIONAL POSSESSION TO GOAL

ORGANISATION

Use a 30 x 40-yard area with two goals and goalkeepers, or a directional grid with end targets. Play 5v5 plus two neutrals who support the team in possession.

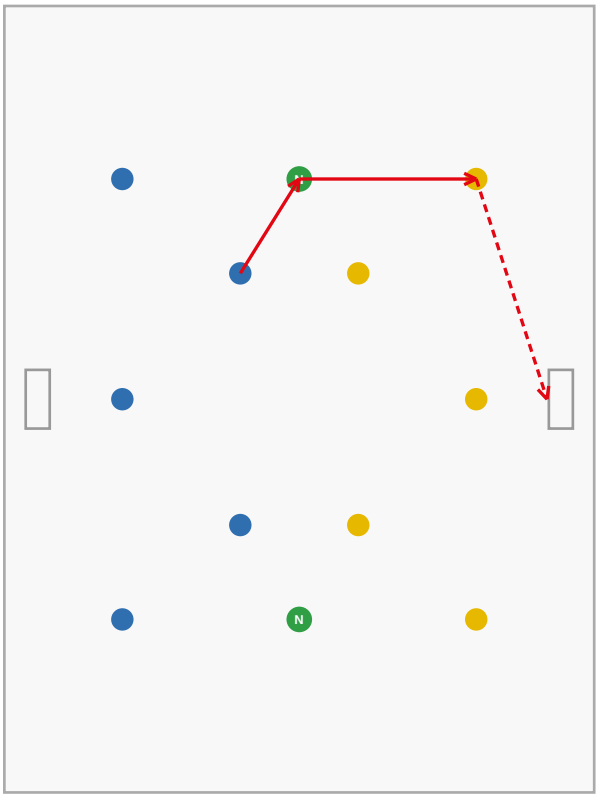
HOW IT WORKS

Teams keep possession and attack directionally. Encourage players in central areas to receive side-on, on the back foot, so they can instantly face the attacking goal. Neutrals help create extra passing lanes and allow the receiving player to open out and play forward. The emphasis is on body profiling before the ball arrives, not just after the first touch.

COACHING POINTS

- Check away from pressure before moving to receive.
- Arrive side-on so the attacking goal is in view.
- Take the first touch across the body and into space.
- Recognise when to play forward quickly and when to secure the next pass.
- Support beyond the ball once it has been opened out.

DIAGRAM



Directional play that rewards receiving side-on and opening out toward the attacking goal.

PROGRESSIONS

1. Limit the central players to two touches to encourage a quicker open-body first touch.
2. Award a bonus goal when the attack begins with a player receiving on the back foot and facing forward immediately.

OPEN THE GATE (BODY PROFILING)

Open body shape -> receive on back foot -> face forward -> play the next action

FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

Play 7v7 plus goalkeepers on an appropriate pitch with normal rules and no fixed zones.

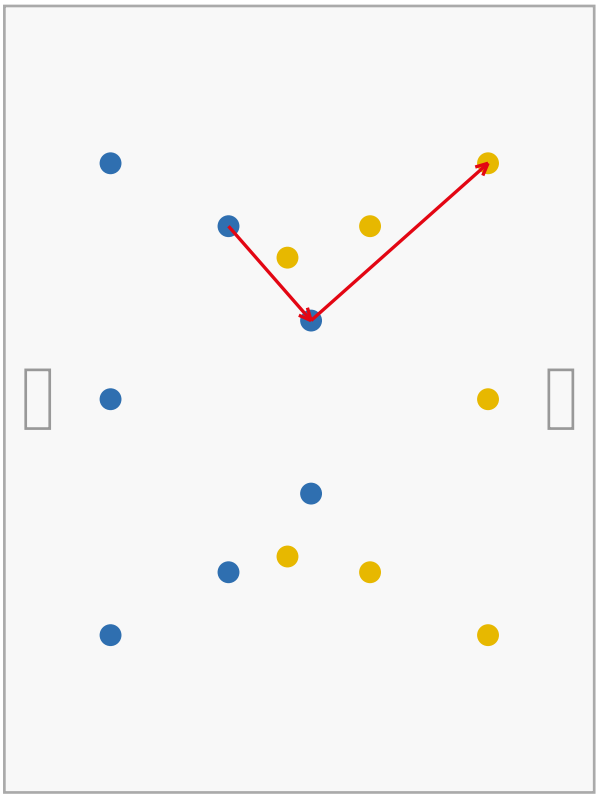
HOW IT WORKS

Play freely and challenge players to transfer the session theme into realistic game play. Look for midfielders and forwards creating angles, opening their body before the ball arrives and receiving on the back foot so they can face forward immediately. Coach selectively when there is a clear moment to reinforce body profiling.

COACHING POINTS

- Create the angle early rather than waiting for the pass.
- Scan before receiving and set the body early.
- Receive on the back foot with an open body shape.
- Face forward quickly and recognise the next action.
- Support the player who has opened out by running beyond or around the ball.

DIAGRAM



Final game to transfer open-body receiving and back-foot control into realistic play.

PROGRESSIONS

1. Award a bonus for goals that come from a player opening out on the first touch and playing forward.
2. Finish unrestricted and observe whether the body profiling habits remain.