

CREATING SPACE THROUGH THE GATES

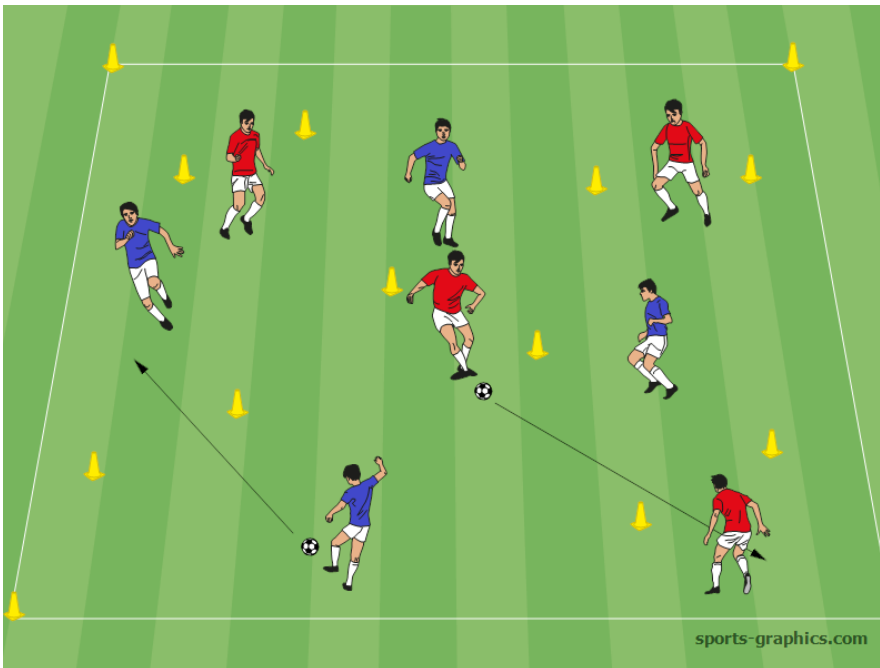
Improve passing and receiving skills in a technical practice

TECHNICAL

TACTICAL

Passing

First Touch



Set up a 25x25 playing area.

Arrange five gates of varying sizes around the area on different angles.

Split players into two teams with different coloured bibs, each team with one ball. Each team begins by passing and moving within the area, with the aim of passing the ball through one of the gates, to a receiving teammate on the other side to score a goal (ball can be passed either way through the gate).

Players can dribble, run with the ball, or combine. However, the ball must be a pass through a gate to score.

Players are encouraged to find different ways of passing the ball through the gate, from varying distances, with different techniques, applying disguise etc.

Receiving players are encouraged to move

into a position to receive the ball in space, looking at moving away from congested areas, and looking at moving to gates that are free from players.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- Improve the quality of passing and pass selection.
- To develop fluent and quicker passing in tight areas.
- To understand how and when to support the player with the ball.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Stay light on feet
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Body shape.
- Correct technical shortfalls with quality of pass where necessary.
- Correct technical shortfalls with quality of the control.
- Encourage communication between the players.
- Encourage use of both feet.
- Keep the ball moving.
- Play fast, confident passes.

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