

SUPPORT PLAY IN RESTRICTED AREA

Develop ball control/receiving in a skill related practice

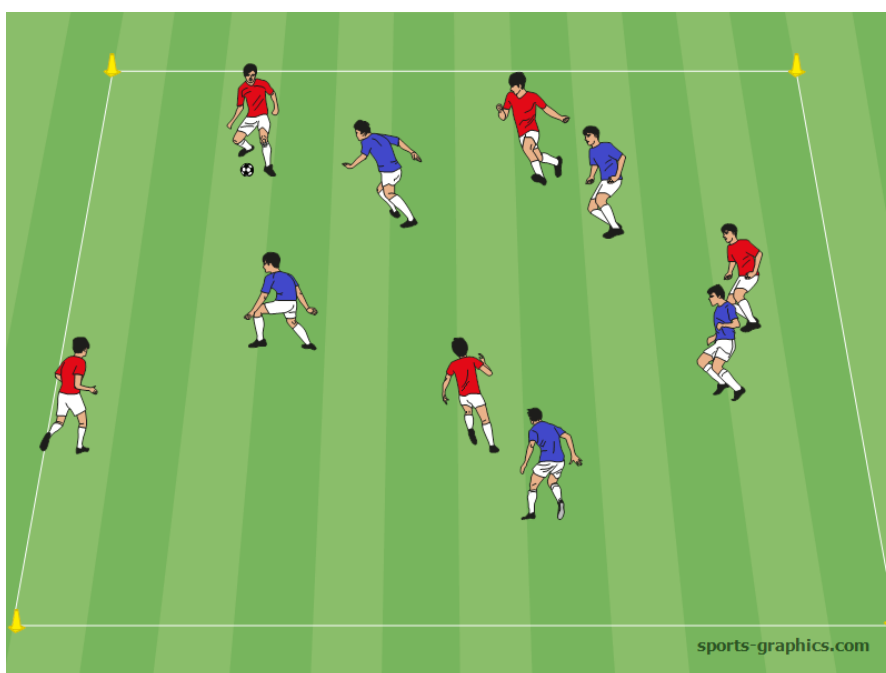
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Ball Control - Receiving

Support Play



Set up a 15x15 playing area or adjust as necessary.

Divide players into two even teams.

Players play in a restricted area to maintain possession and score a point for every five passes they make consecutively.

Play for a set amount of time.

Encourage players to maximise the use of the full playing area by spreading out to allow for more success.

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

- How to make space as individuals.
- Technical refinement of how to receive.
- Technical refinement of passing technique.
- To understand how and when to support the player with the ball.
- To understand the passing priorities and select the appropriate pass for the situation.
- Work as a unit.

KEY FACTORS

- Communication
- Decision - selection of pass
- Good first touch
- Head up
- Keep the ball moving into spaces
- Move the ball off straight lines
- Quality of pass

FOCUS AREAS

- Angles and distances of support.
- As the players become more competent, encourage to play with heads up to see options early. The importance of the first touch is now also vital. Teach players to move the ball off straight lines as this changes angles and therefore new passing options. By getting players to understand how to open their body when receiving will help them to find teammates easier and make play less predictable for the defenders.
- Awareness of passing options.
- Change angle on first touch to create and gain advantageous space.
- Control and protection of the ball to maintain possession.
- Correct faults on and off the ball.
- Creating space and movement to receive the pass.
- Decision making and secondary players in supporting positions.
- Decision of what choice of pass.
- Encourage communication between teammates.
- Encourage players to be constantly scanning.
- Ensure players get their body shape in the right position ready to receive the ball.
- Execution of the control - relax on impact.
- Movement at an angle to receive.
- Observe play from different vantage points.
- Pass selection (when, where and what technique).

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