

MIDDLE GOALS

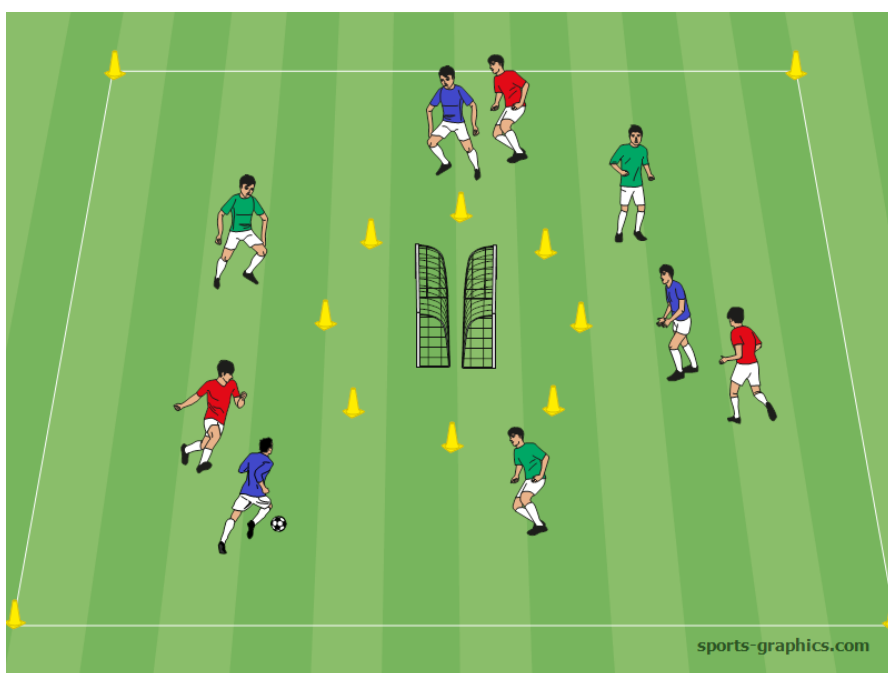
Develop passing and receiving in a skill related practice

TECHNICAL

PSYCHOLOGICAL

Passing

Creating Space



Set up a 30x30 playing area. Adjust size of playing area to suit where necessary. Set up two goals back to back in the centre of the playing area surrounded by a circle of cones. Select three even teams to play. One team will be defending and two teams will join to be the attackers. The objective is to score as many goals in either of the two central goals without going inside the circle of cones. The defenders are trying to prevent the attackers scoring. Players are encouraged to shoot at every opportunity. Whether a goal is scored or missed, the ball will continue in play. Defending team will rotate with attacking team.

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?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- Good movement to show for the ball.
- Improve team work.
- To develop fluent and quicker passing while under pressure in tight areas.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Awareness of passing options.
- Body shape.
- Creating space as a team.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Keep the ball moving.
- Passing and support play skills.
- Passing angles and distances.

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