

# BUILD UP PLAY AND ATTACKING GAME

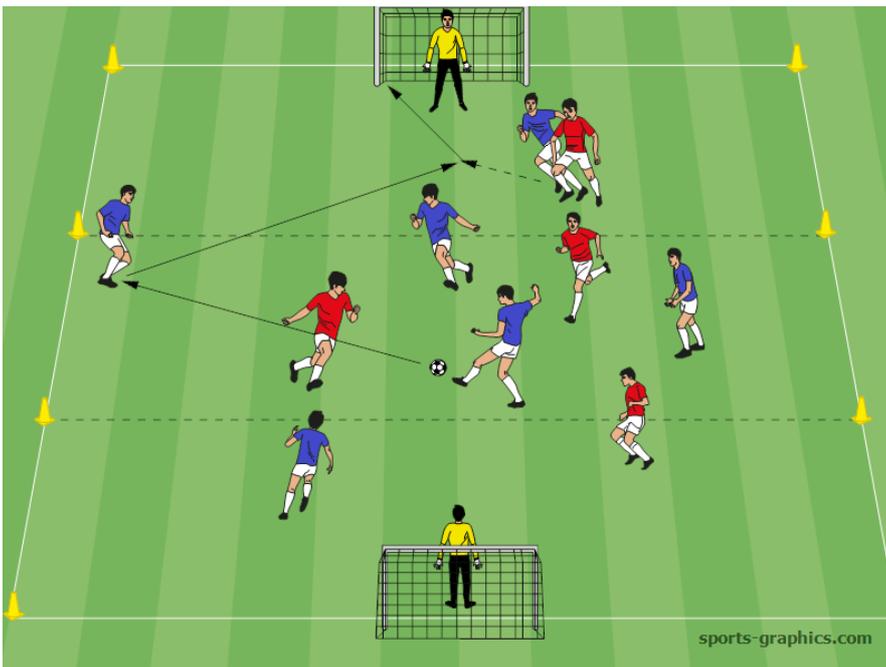
Basic fundamentals of team play, developing decision making and general attacking principles

TACTICAL

PSYCHOLOGICAL

## Passing

## Support Play



Set up a 30x20 playing area marked into thirds with small goals at each end. The game starts as a 4v2 in the middle section, 1v1 at each end. Players in the central area keep possession until there is an opportunity to pass the ball forward to one of their zone players who tries to score. Encourage players to do this as quickly as possible, and the players who are the targets should aim to shoot quickly.

## 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.
- Improve team work.
- To be comfortable in receiving the ball.
- To develop more fluent and quicker passing.

## KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)

## FOCUS AREAS

- Angles and distances of support.
- Can the pass go forward?
- Encourage communication between the players.
- Encourage players not to force the pass.
- Pass selection and end product.
- Play fast, confident passes.
- Team work and communication.
- To make play unpredictable.



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