

PLAY THROUGH AND FINISH

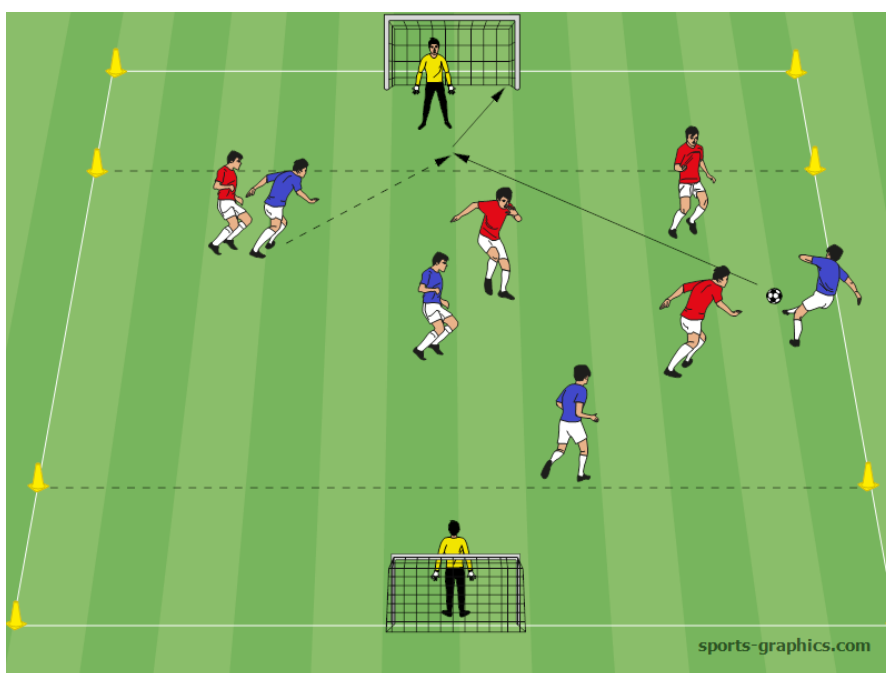
Improve possession and recognise moments in the game (attacking and defending principles)

TECHNICAL

TACTICAL

Passing

Possession



Set up a 30x40 playing area with a small goal and a 5-yard attacking zone at each end.

Arrange ten players (including two goalkeepers) into a 5v5 with one ball. Players play in the middle zone retaining possession until there is an opportunity to play a through ball to a teammate who has made a run into the attacking zone. One defender can enter their defensive zone to prevent the opposition from scoring.

Each team attempts to score in the opponent's goal from the attacking zone. No goals can be scored from the middle zone.

Encourage first time finish when possible. The loading of teams can be made to produce overloads/underloads e.g. 4v2.

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

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Play forward when possible
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep possession and break through defensive lines.
- Encourage players to keep the ball moving and to use the insides of feet to receive the ball.
- Encourage players to maintain their receiving and passing standards - insides of feet, furthest foot, and change of feet to move the ball away from defenders etc.
- Execution and weight of pass.
- Finish quickly.
- Observe the session from outside the grid to identify and make necessary improvements.
- Pass selection and end product.
- Play fast, confident passes.
- The technical execution by all players.
- When to pass to feet, when to pass to space.

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