

5v5 TO SCORE FROM BOTH SIDES

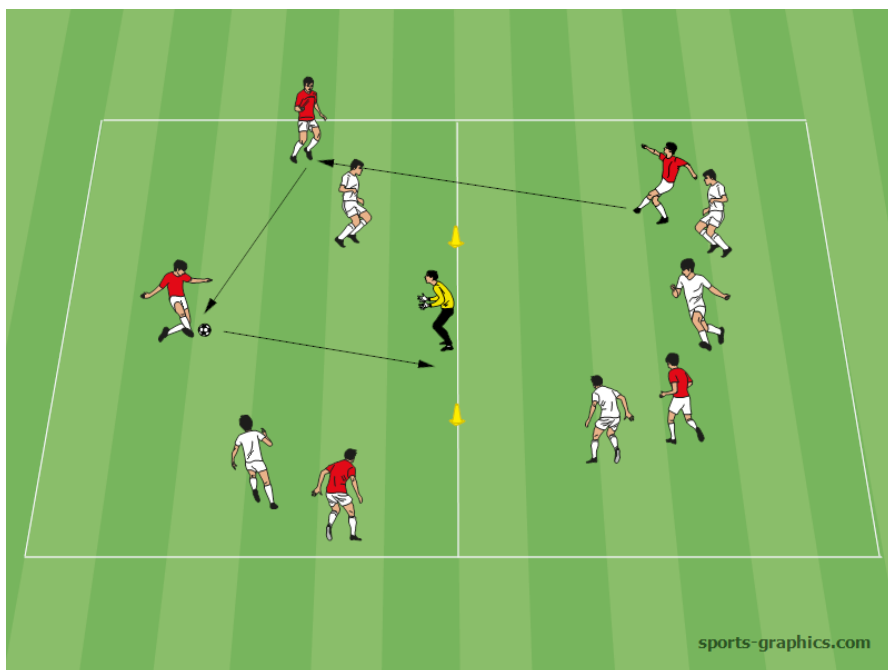
Develop passing and support play under pressure of an opponent

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 60x40 playing area with one goal on the halfway line. The players are split into two teams and are restricted to their own areas of three attackers and two defenders. More players can be used but overload in favour of the attacking team on both sides. A goalkeeper in the middle protects the goal from both sides. Both teams attempt to score from opposite sides of the goal. The defending team on winning the ball, must pass to their attacking players in the opposite area. The game is continuous. If the ball is saved by the goalkeeper it is rolled out to the defending team on that side of the area. They must then pass the ball to their attacking players in the opposite area.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Correct technique to receive to gain an advantage.
- How to make space as individuals.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Receive on furthest foot to face forward

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Attackers to be aware of position of defenders.
- Choices on techniques and skills to use to suit challenges set by defenders positions and defensive structure.
- Creating space and movement to receive the pass.
- Finish quickly.
- Pass selection and end product.
- Supporting players must stay open (two passing options at all times).

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