

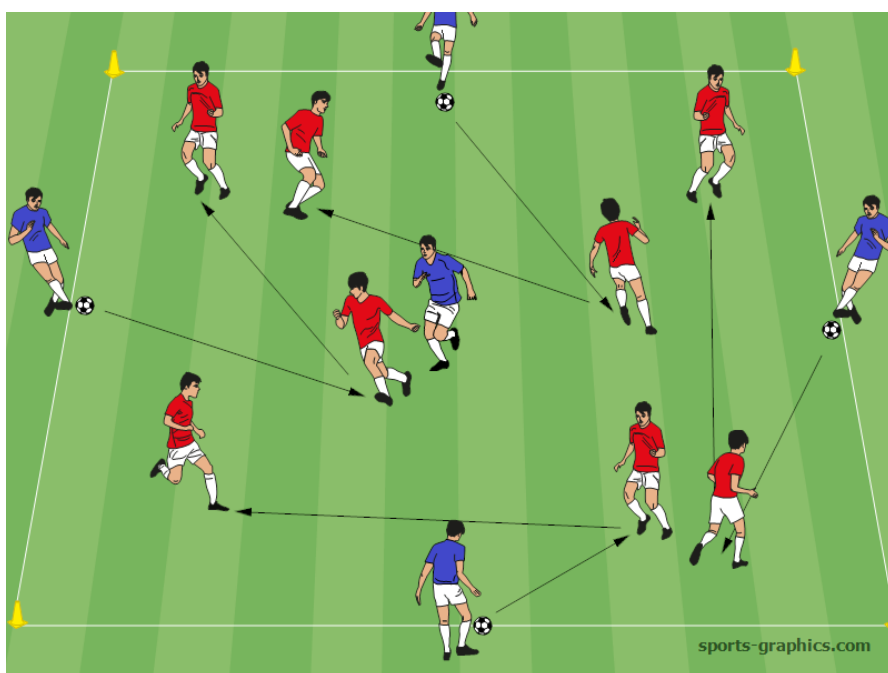
TWO WORKING WITH DEFENDER

To develop passing decision making under minimal defensive pressure

TECHNICAL

Passing

Support Play



Set up a 30x30 playing area. Arrange players into pairs except for four players positioned outside the area and one defender in the middle (blue). Players must work in their pairs to receive the ball from the outside players and then find their partner. The passing and receiving must be done with speed and correct technique to encourage game realism. When the second player out of the two receives the ball, they must look to play the ball back to an outside player (blue). The pair then seek another ball and repeat. The practice is successful when possession is kept as the defender works to intercept passes. Regularly change the outside players and demand hard work in each short period of

the practice.

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.
- Creating space away from the ball.
- Improve the quality of passing and pass selection.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Support quickly

FOCUS AREAS

- Appropriate speed of passes and inter-passing.
- Body shape.
- Decision of what choice of pass.
- Encourage players to keep the ball moving.
- Encourage use of both feet.
- First touch.
- Passing angles and distances.

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