

MULTIBALL

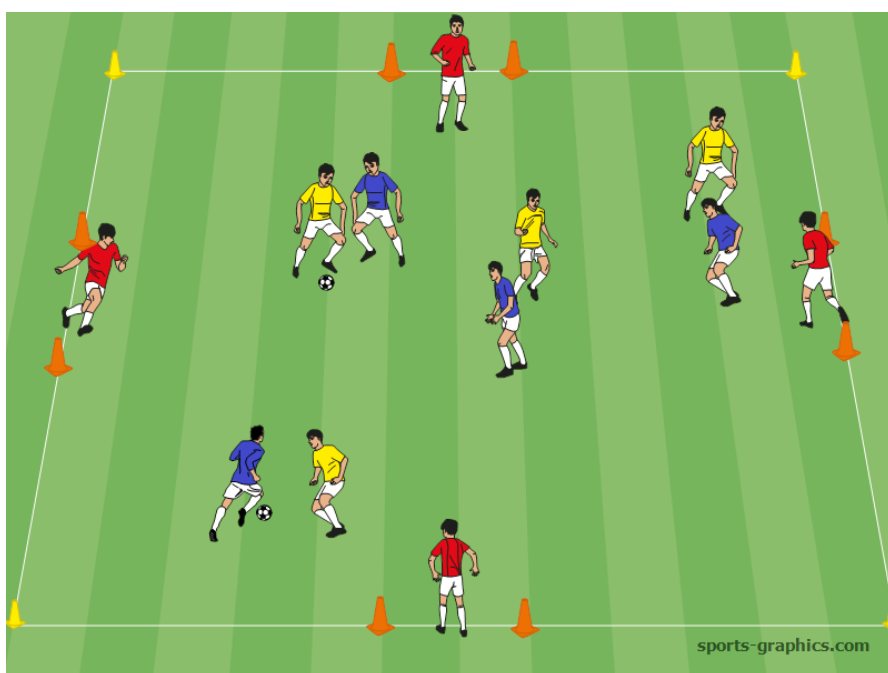
Develop passing and receiving in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x30 playing area with a 2yd wide gate on each side.

Adjust playing area if necessary.

Three teams are selected to play against each other.

One team act as goalkeepers and the other two play against each other.

More than one ball is used in the practice eg. two in this 4v4.

The aim is to score as many goals as possible in any of the goals.

The team that scores the most goals in a set period get to choose to go in goal or stay out on field in the next round.

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.
- How to create space to receive.
- How to make space as individuals.
- Improve team work.
- To develop more fluent and quicker passing.
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- 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

- Awareness of passing options.
- Creating space as a team.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Ensure players spread out wide and long.
- Good choices of techniques and skills.
- Observe the session from outside the grid to identify and make necessary improvements.

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