

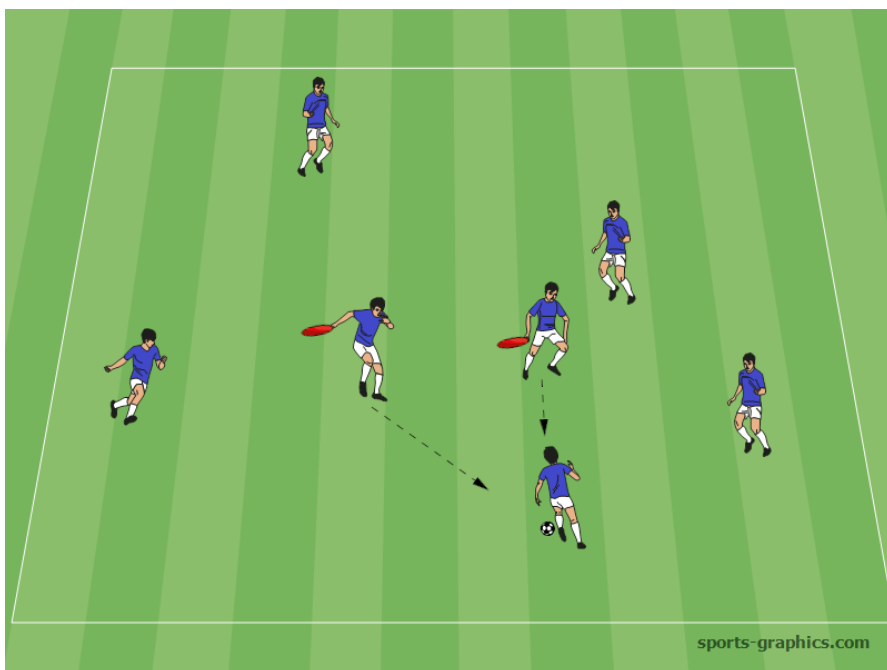
5v2 BASIC POSSESSION

Improving possession under limited pressure of opponents

TECHNICAL

Passing

Possession



Set up a 20x15 playing area.

Two players are assigned as defenders and hold bibs.

Five attackers keep possession with the two defenders attempting to intercept.

The defender changes position and hands over the bib, with the attacker that lost possession.

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

- Passing and moving techniques and shielding skills.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- To competently receive the ball using correct technique to gain an advantage.
- To make early decisions of when and where to pass the ball.
- 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 early decision making (on and off the ball)
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Good movement to show for the ball.

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