

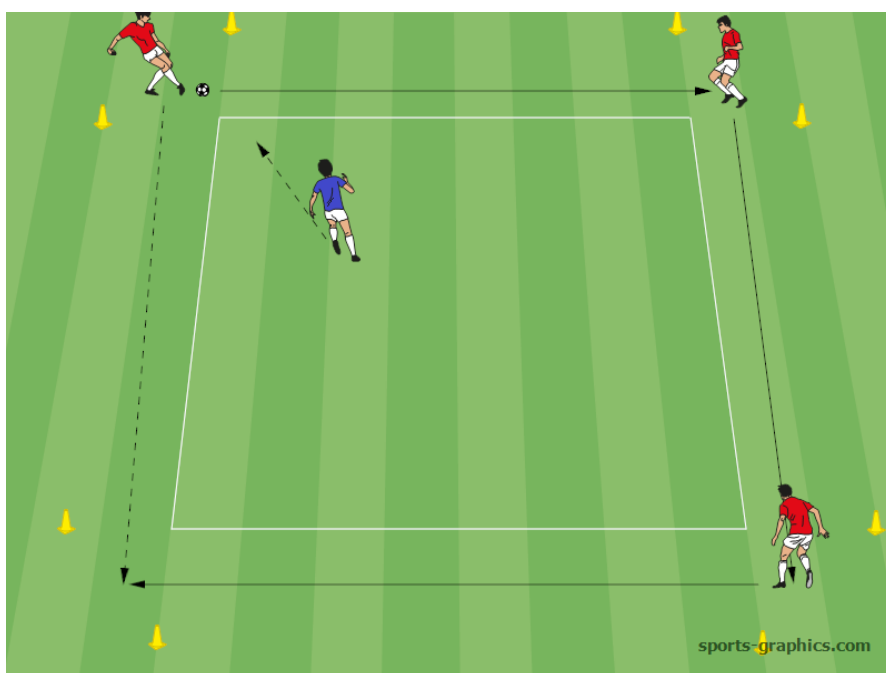
MOVING THE BALL IN A 3v1

To improve basic passing and receiving under minimal pressure from an opponent

TECHNICAL

Passing

Possession



Set up a 15x15 area with three players on the outside and one in the middle. Outside players pass the ball in the corridor around the area (one corner always open). Players are restricted to a maximum of two touches. Inside player attempts to intercept the ball and when successful gains a point. If the middle player wins the ball, they give the ball back to one of the outside players and play continues. The session runs for a couple of minutes and then players swap roles. Player with most interceptions wins.

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

- Correct passing technique.
- Correct technique to receive to gain an advantage.
- How the speed of the pass affects the movement of the receiver.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Good first touch using insides of feet
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Communication.
- Encourage communication between the players.
- 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.
- Let the game be the teacher.
- Observe the session from outside the grid to identify and make necessary improvements.
- Receiving with furthest foot to open up space.

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