

4v4 THROUGH BALL

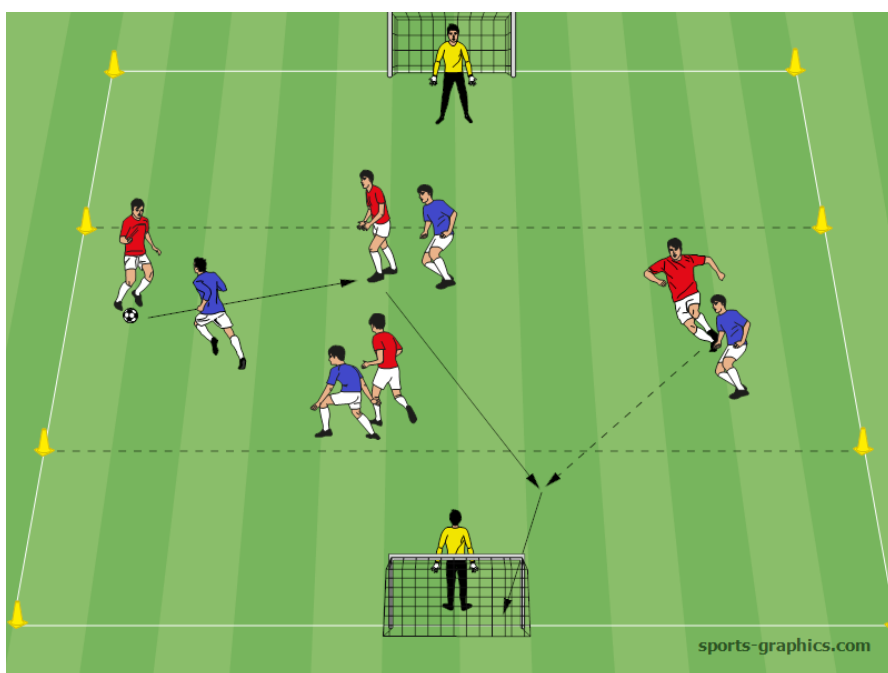
Improve passing in a conditioned game

TECHNICAL

PSYCHOLOGICAL

Passing

Combination Play



Set up a 50x40 playing area marked out in thirds with a small goal at each end. Size of playing area can be adjusted if necessary.

Divide players into two even teams with a goalkeeper in each goal.

Players play a 4v4 within the middle area and attempt to play a through ball when possible.

When this happens, a player from the same team will run into the final third and try to beat the keeper.

Only one defender can follow into the final third to try and defend.

Offside rule applies, meaning the player must still be in the middle third when the ball is played through.

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

- 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.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve team work.
- Improve the quality of passing and pass selection.

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
- Positive attitude to score
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Body shape.
- Can the pass go forward?
- Communication.
- Decision of what choice of pass.
- Decision on how to beat GK.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Execution and weight of pass.
- First touch.
- Passing angles and distances.

4v4 THROUGH BALL

Improve passing in a conditioned game

