

THROW HEAD VOLLEY CATCH

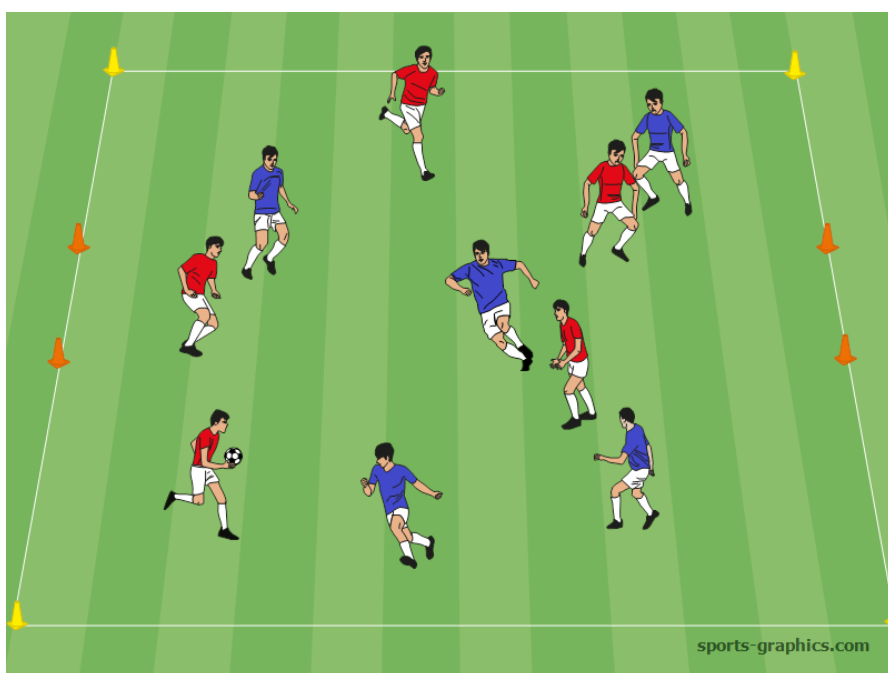
Develop passing and receiving in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x30 playing area. A gate or small goal is set up on each side of the area with no goalkeepers. Divide players into two even teams with one ball in play. The object of the practice is to score a goal with either a header or a volley. Passes are made by alternate headers and throws or by alternate volleys and throws. Players cannot run with the ball in their hands. Nor can they tackle, only intercept. If the sequence of throw, head, catch, throw, head, catch is broken the opposition get a free throw. The same applies if volleys are being used instead of heads.

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?
- Develop good decision making.
- How to create space to receive.
- Improve team work.
- Passing angles.
- To develop more fluent and quicker passing.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Stay light on feet
- Support quickly

FOCUS AREAS

- Can the pass go forward?
- Communication.
- Creating space as a team.
- Decision of what choice of pass.
- Encourage players not to force the pass.
- Keep the ball moving.
- Make intelligent opening runs.
- Pass selection and end product.

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