

2v2 WITH FOUR OUT

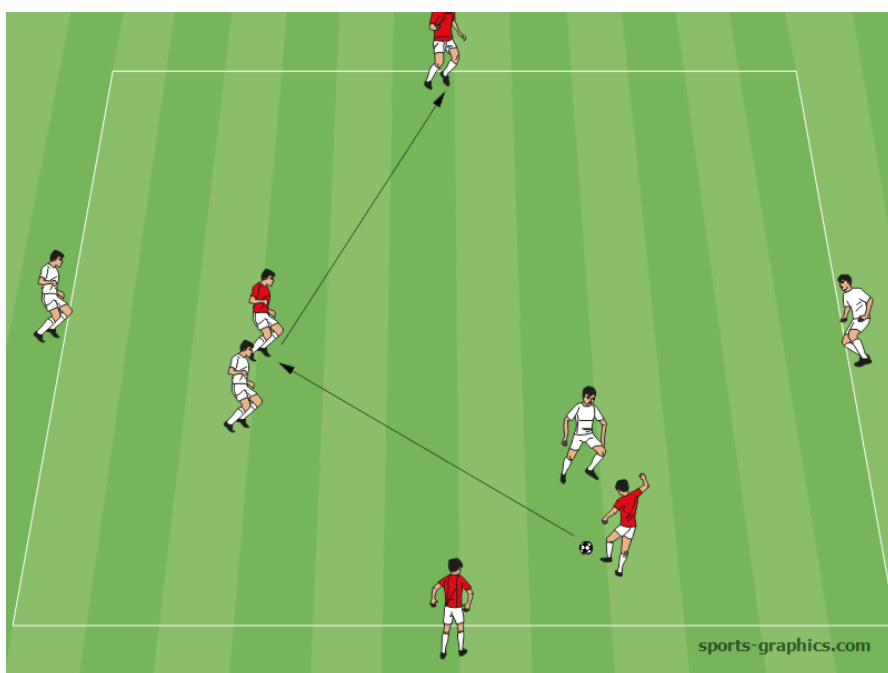
To improve decision making with passing and receiving in a skill related practice

TECHNICAL

TACTICAL

Passing

Support Play



Set up a playing area 15x15.

Play 2v2 with four players on the outside of the area as supporting players for the team in possession.

The team in possession can use any of the outside players.

When the ball is received by an outside player they must give the ball back to the same team.

Players should be changed regularly.

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.
- How to make space as individuals.
- 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
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Receiving on the back foot (furthest foot away from opponent)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Good movement to show for the ball.
- Let the game be the teacher.

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