

SCORE AND LAP

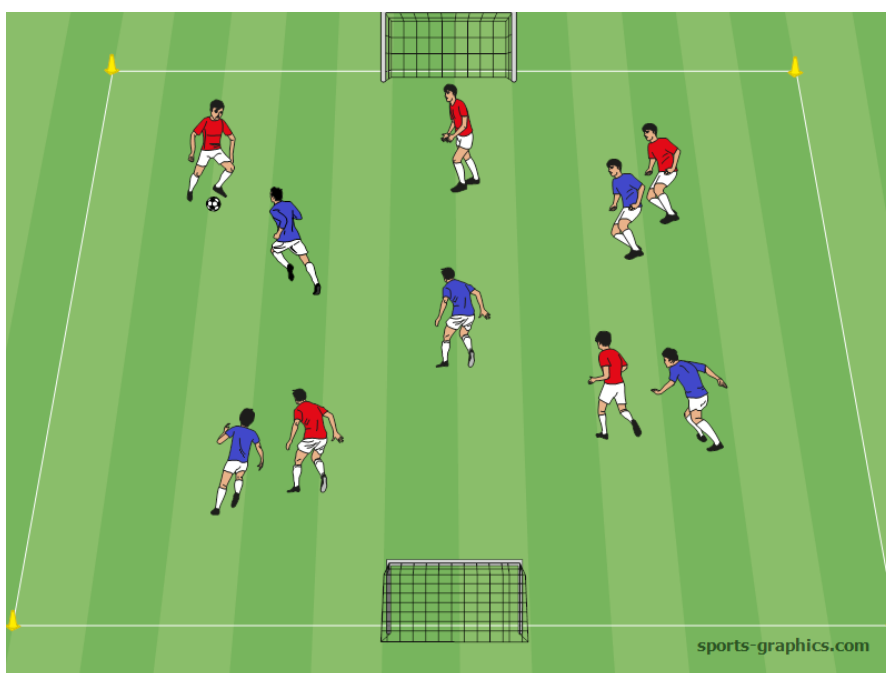
Passing and moving in a skill related practice to improve spacial awareness, vision and decision making

TACTICAL

PHYSICAL

Passing

Support Play



Place a mini goal at each end of a 30x20 practice area.
Divide players into two teams and play.
If a player scores, they must do a full lap of the area before re-joining the game, giving the team that conceded an overload for the short time the player is running.
Play for a set period of time.

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 technique to receive.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- 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 first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Body shape.
- Can the pass go forward?
- 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.
- Observe the quality of technique.
- Observe the session from outside the grid to identify and make necessary improvements.
- Pass selection and end product.
- Receiving with furthest foot to open up space.

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