

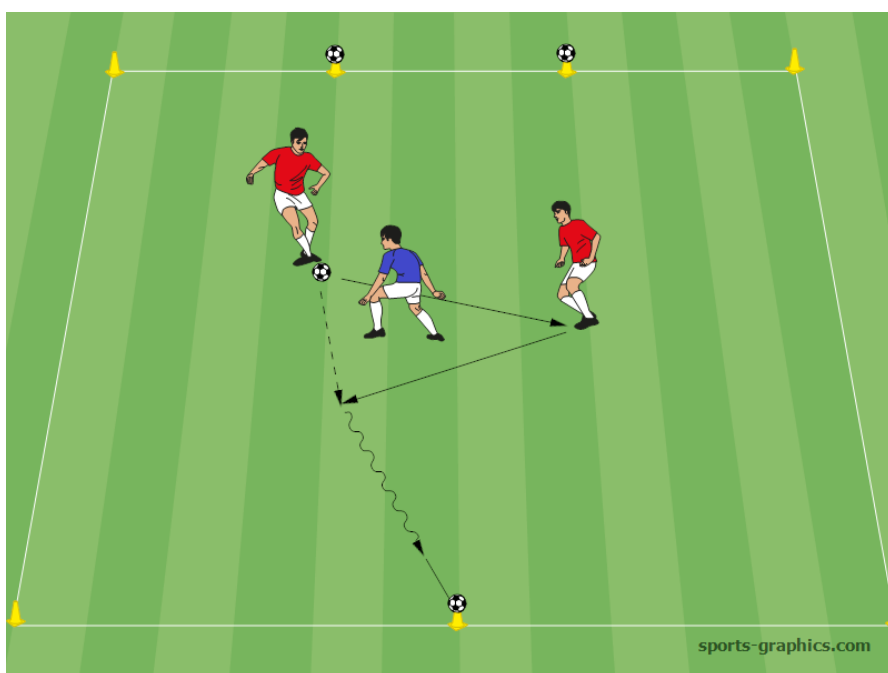
2v1 BALLS ON CONES

Improve basic passing to beat an opponent in a skill related practice

TECHNICAL

Passing

Support Play



Set up a playing area 15x20.

Place two balls on cones at one end and one ball on a cone at the opposite end.

Play 2v1 with two players attacking one ball on a cone and one player attacking the two balls on cones.

The two players must work together to knock the ball off the cone using one another to pass around the defender.

If the defender wins the ball they have two balls to aim at and two defenders to beat. Swap roles regularly and ensure the game speed is appropriate.

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?
- Correct passing technique.
- Correct technique to receive.
- How to make space as individuals.
- Improve team work.
- Passing angles.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Angles and distances of support.
- Attacking at speed with ball under control.
- Body shape.
- Communication.
- Creating space and movement to receive the pass.
- Decision of what choice of pass.
- Play fast, confident passes.

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