

ONE DIRECTION

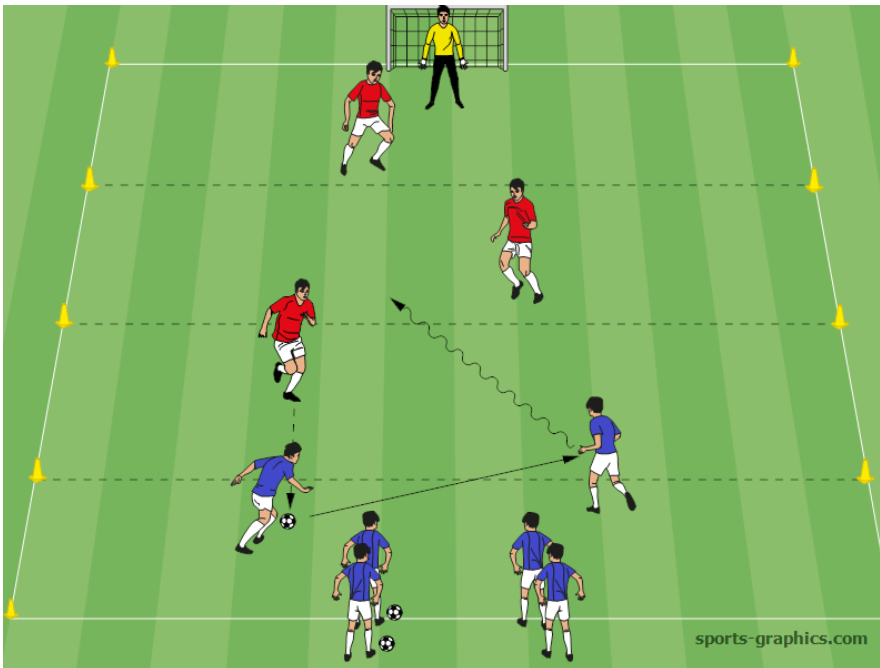
This practice develops passing and moving to enable an attack in a 2v1 situation

TECHNICAL

PSYCHOLOGICAL

Passing

Combination Play



Set up a 30x25 playing area with a goal and goalkeeper at one end.

Size of playing area can be adjusted if necessary.

Mark out the area into four even zones. Attacking players (blue) make two lines at end opposite goal – one line has a ball each. Three defenders (red) have a zone each.

A pair of attacking players attempt to combine through each area playing 2v1 to shoot at goal.

Encourage attackers to both pass and dribble past defenders before having a shot in the final area.

Repeat and change roles.

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.
- Develop good decision making.
- How to make space as individuals.
- How to provide three options for player on the ball.
- To make early decisions of when and where to keep possession of the ball.

KEY FACTORS

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

FOCUS AREAS

- Awareness of passing options.
- Awareness of position in which player may receive ball.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Keep the ball moving.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Passing and support play skills.
- Passing angles and distances.
- The technical execution by all players.

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