

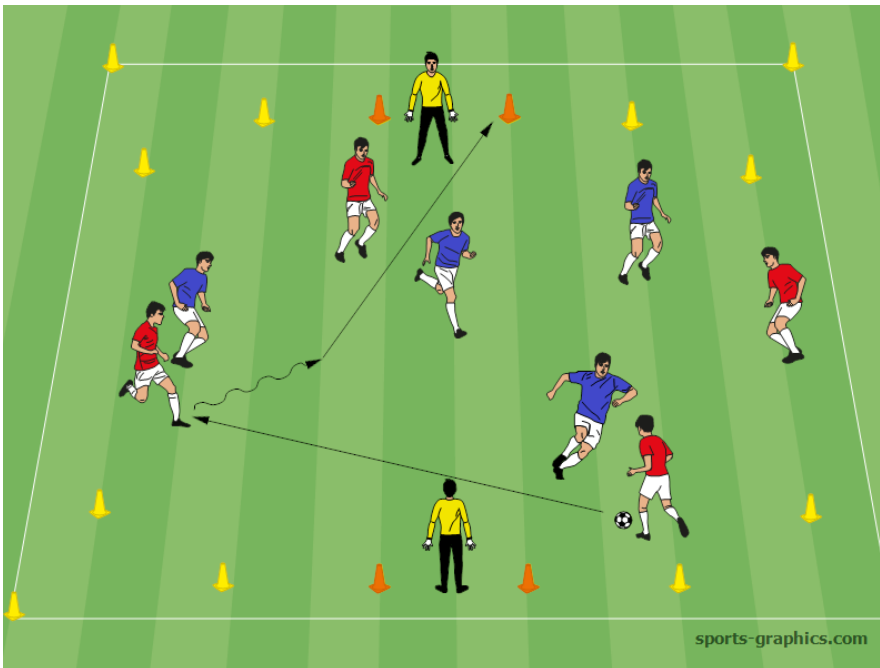
CREATING SPACE MINI GAME

Improving passing and receiving in a modified small sided game

TACTICAL

Passing

Creating Space



Set up a playing area 25x25.

Position three 1yd gates at either end of the area as mini goals.

Split players into two teams of four players and a goalkeeper for each team.

Each goalkeeper has a set of three mini goals to cover.

One ball to be used.

This is a directional practice with each team aiming to score by passing the ball through one of the opposition's three goals.

Defenders can't stand in the goals.

If a goal is scored the ball is left for the other team to attack.

Normal football rules apply.

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.
- Improve team work.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good first touch
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support.
- Combination play, using minimal touches.
- Creating space as a team.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Execution and weight of pass.
- Let the game be the teacher.
- Play fast, confident passes.

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