

WORKING IN TWOS

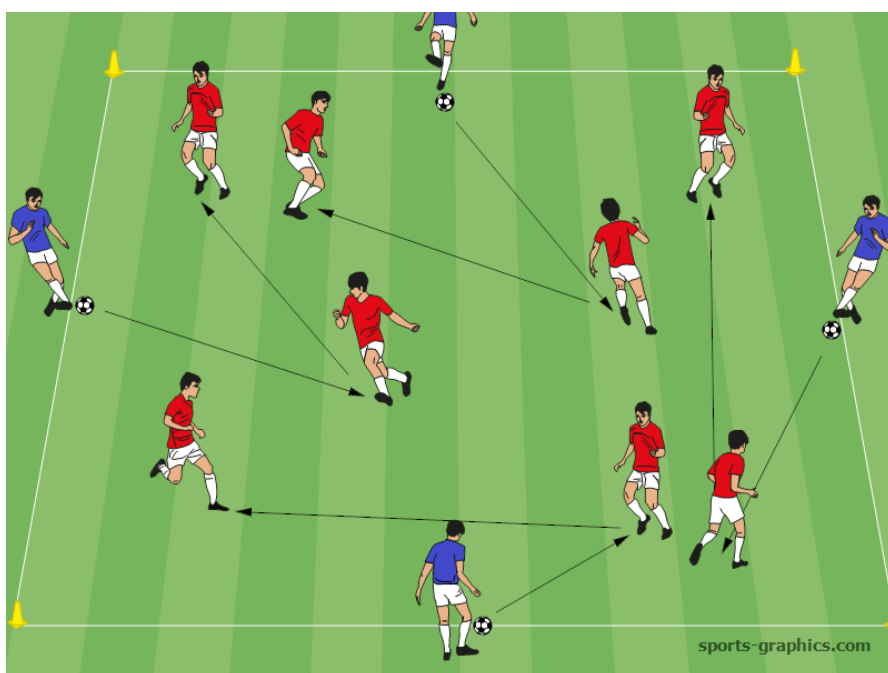
Develop basic passing technique with no defensive pressure

TECHNICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x30 playing area.

Arrange players in pairs except for four players who are positioned on the outside (blue).

Players must work in pairs to receive the ball from the outside players and find their partner.

The receiving and passing must be done with speed and correct technique to encourage game realism.

When the second player out of the two receives the ball, they must look to play the ball back to an outside player (blue).

The pair then go and seek another ball and repeat.

Regularly change the outside players and demand hard work in the short period of time of the practice.

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 passing and positioning.
- Improve team work.
- Passing angles.
- To learn when to release the pass (timing).

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)
- Support quickly

FOCUS AREAS

- Change players regularly.
- Decision of what choice of pass.
- Encourage players to keep the ball moving.
- Execution and weight of pass.
- Good movement to show for the ball.
- The technical execution by all players.

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