

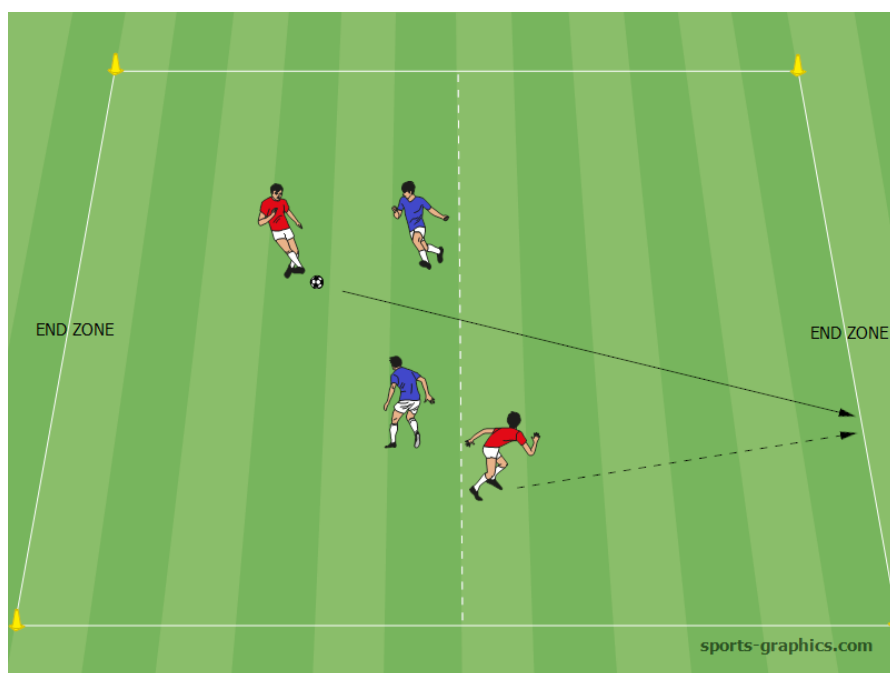
2v2 TO THE END ZONE

Basic passing and moving in a skill related practice against opposition

TECHNICAL

Passing

Support Play



Set up a 20x15 playing area with a halfway line. Two teams of two players with one ball start at opposite ends of the channel.

The game starts with one team passing the ball to the opposite end. That team then defends as soon as the ball crosses the halfway line.

Both teams attempt to score by stopping the ball across the opponents end zone but must complete a minimum of 5 passes before they can attempt to do so.

If the ball goes over the side line, it is returned to play with a pass or a dribble in. The practice can be intense - each game should only last a few minutes before changing teams.

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 passing technique.
- How to make space as individuals.
- 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

- Awareness of passing options.
- Creating space and movement to receive the pass.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Good movement to show for the ball.
- Which is the most effective pass for the situation?

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