

BOUNCE PLAYERS 4v4

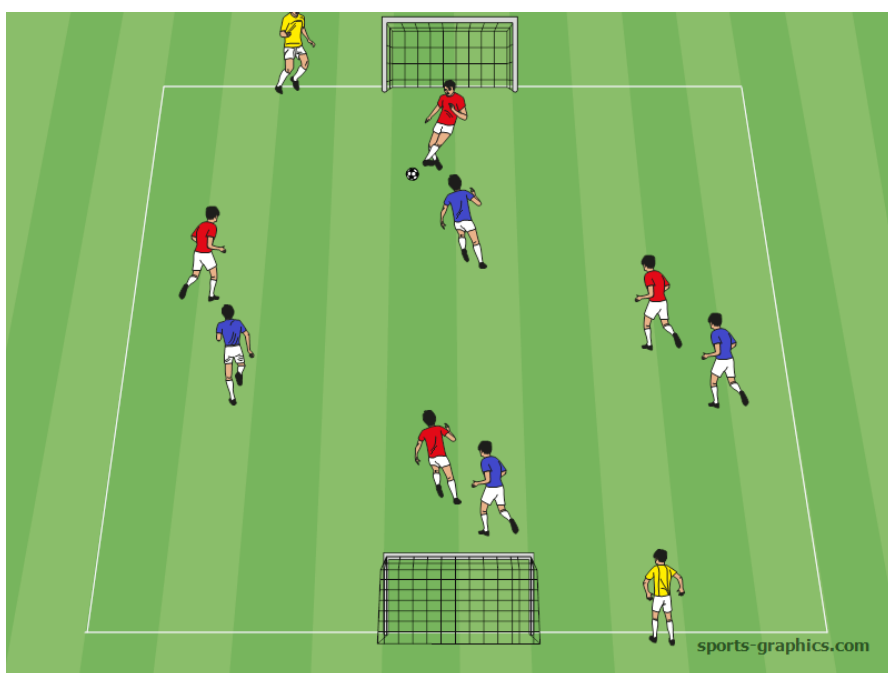
Improve quick combinations and then switch play

TECHNICAL

TACTICAL

Passing

Combination Play



Set up a 25x35 playing area (adjust if necessary) with small goals at each end. Divide players into two even teams plus place two players on the outside of the area next to the goal.

Teams attempt to score but must use one of the players on the outside (bounce players) for a 1-2 before scoring. The bounce players (yellow) can travel anywhere across the end line to support the team in possession, but must stay on the outside. Regularly swap bounce players.

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.



Modified Small Sided Game

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.
- Creating space away from the ball.
- Develop good decision making.
- How to play forward without forcing the pass.
- To improve receiving with the inside of the feet.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Head up
- Movement
- Play forward when possible
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Attacking Principles - width, depth, penetration, mobility and possession.
- Can the pass go forward?
- Correct technical shortfalls with quality of pass where necessary.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Good first touch.
- Observe the session from outside the grid to identify and make necessary improvements.

BOUNCE PLAYERS 4v4

Improve quick combinations and then switch play

