

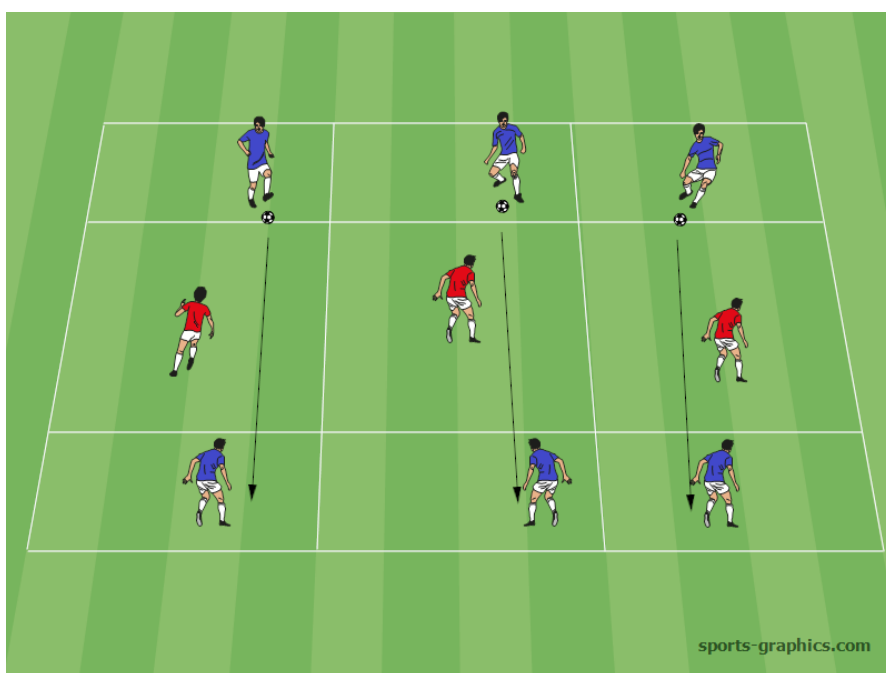
BEAT THE DEFENDER

To develop basic passing techniques under minimal pressure from an opponent

TECHNICAL

Passing

First Touch



Create an area up to 30x20. Modify the width depending on the number of players. Divide the area up into three zones of equal size.

Divide the players into three even groups if possible. There must be equal numbers in each end zone.

Players in one end zone have a ball each. Players in the outside zone try to pass the ball along the ground through the defender zone to the other end zone.

If a player in the defender zone manages to intercept the pass, they swap places with the player who passed the ball.

Defenders must intercept the ball with their feet only.

Play for two minutes and then swap the players as necessary.

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?
- Correct passing technique.
- Correct technique to receive to gain an advantage.
- Good movement to show for the ball.
- To develop fluent and quicker passing in tight areas.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- As players become competent, encourage playing with head up to see options early. The importance of the first touch is vital. Teach players to move the ball off straight lines as this changes angles and therefore new passing options. By getting players to understand how to open their body when receiving will help them to find teammates and make play less predictable for the defenders.
- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Correct technical shortfalls with quality of pass where necessary.
- Correct technical shortfalls with quality of the control.
- Encourage communication between the players.
- Receiving with furthest foot to open up space.
- Which is the most effective pass for the situation?

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