

BOUNCE

Improving passing and receiving in a modified small sided game

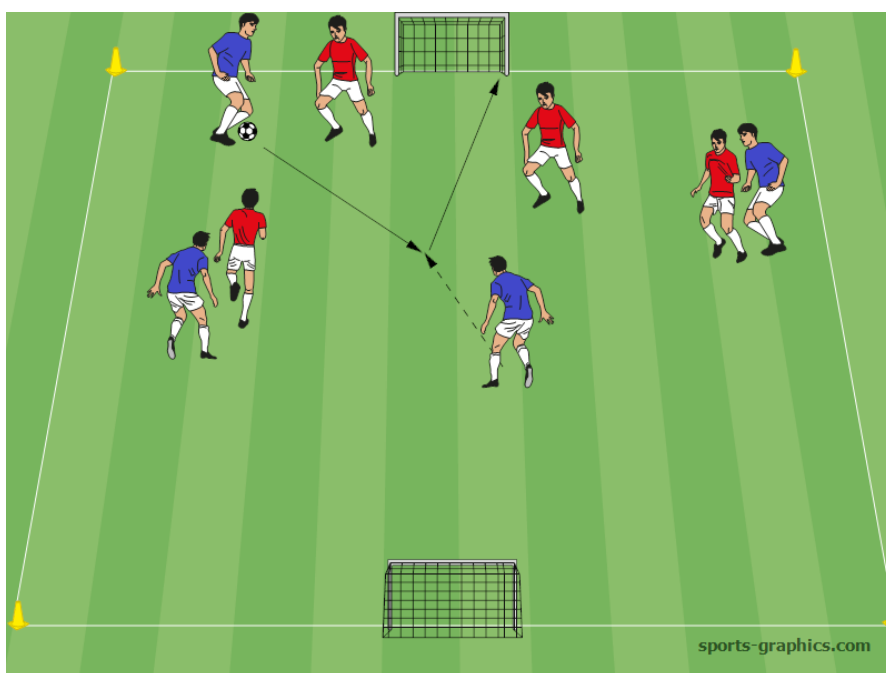
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x20 playing area with a goal or gate at each end.

Adjust the size of the playing area if necessary.

Arrange players into two even teams. Play with regular football rules and the following conditions.

Goals can only be scored with a one touch finish.

The pass to the scoring player must be a backwards pass to encourage players from midfield to get forward to score.

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.
- Creating space away from the ball.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve team work.
- Improve the quality of passing and pass selection.
- Observation and selection of the pass.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Positive attitude to score
- Support quickly

FOCUS AREAS

- Body shape.
- Can the pass go forward?
- Decision of what choice of pass.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- First touch.
- How to control the ball to gain an advantage.
- Passing angles and distances.

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