

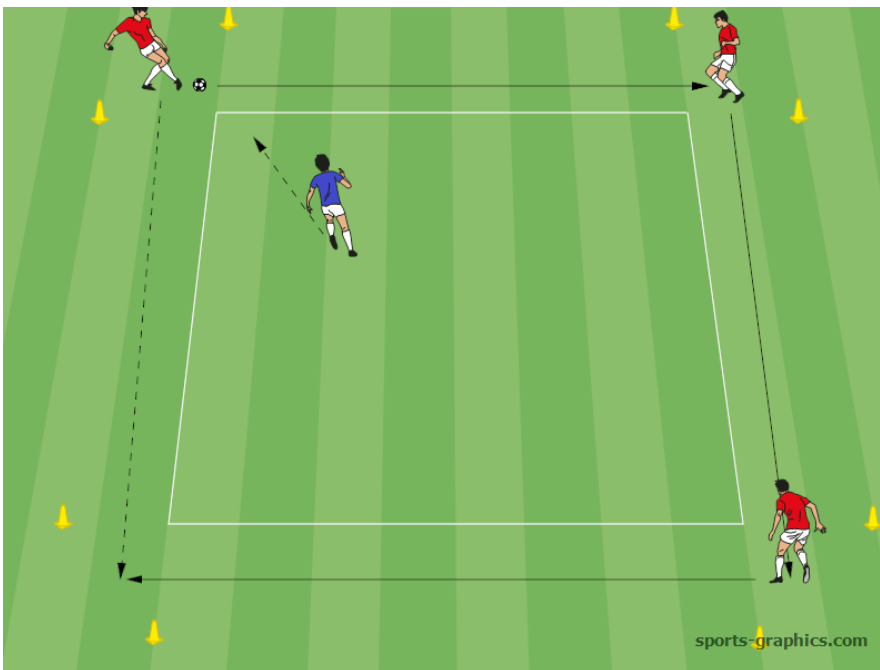
3v1 CORRIDOR

To improve basic passing and receiving under minimal pressure from an opponent

TECHNICAL

Passing

Possession



Set up a 10x10 square with an additional narrow corridor as per the diagram. Three players are positioned in the corridor on the outside of the square and one in the middle. Outside players pass the ball within the corridor around the area (one corner always open). Inside player acting as the defender attempts to intercept ball by blocking the passing lanes. Once the defender wins the ball or the ball leaves the defined corridor, they swap position with the player responsible for the error. Outside team scores one point for completing a given number of passes in a row. Roles should change frequently even when there has been success by the outside 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.



LEARNING OUTCOMES

- Correct passing technique.
- Correct technique to receive to gain an advantage.
- Develop good decision making.
- Good movement to show for the ball.
- How the speed of the pass affects the movement of the receiver.
- To be comfortable in receiving the ball.
- To develop fluent and quicker passing while under pressure in tight areas.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

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

FOCUS AREAS

- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Change players regularly.
- Communication.
- Emphasise when and how to play the ball without forcing the pass.
- Encourage communication between the players.
- Ensure passes are kept on the ground.
- Let the game be the teacher.
- Options from other players to pass to.
- Quality of the pass - accuracy, weight and timing.

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