

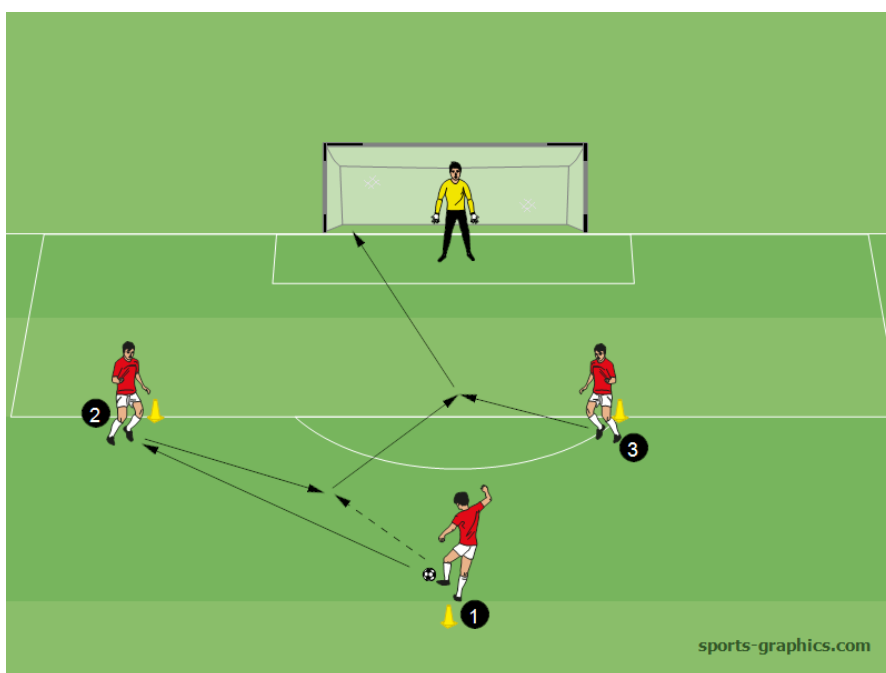
SLOTTED THROUGH BALL AND FINISH

To improve combination play, good decision making and understanding general attacking principles

TECHNICAL

Passing

Combination Play



Set up three players just outside the 18-yard box with a goalkeeper in goal.

This combination play should be done with speed and high intensity for game realism. Set up the three players as shown in the graphic.

Player 1 passes to Player 2 before receiving it back.

Player 1 then passes to Player 3 by feeding the ball into the path of Player 3 who has made a run into the box.

Player 3 attempts to finish.

Repeat and swap players' positions.

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.
- How to support the ball correctly.
- Improve team work.
- Passing angles.
- To learn when to release the pass (timing).

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
- Stay light on feet

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Encourage communication between the players.
- Encourage good crisp, flat passes. Players should pass and move quickly to open space. Reinforce this repeated action of pass and move, in all relevant practices and games.
- Ensure players are hitting the target.
- Good first touch.
- Good movement to show for the ball.
- Keep the ball moving.
- Observe the quality of technique.
- Quality of the pass - accuracy, weight and timing.

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