

3v5

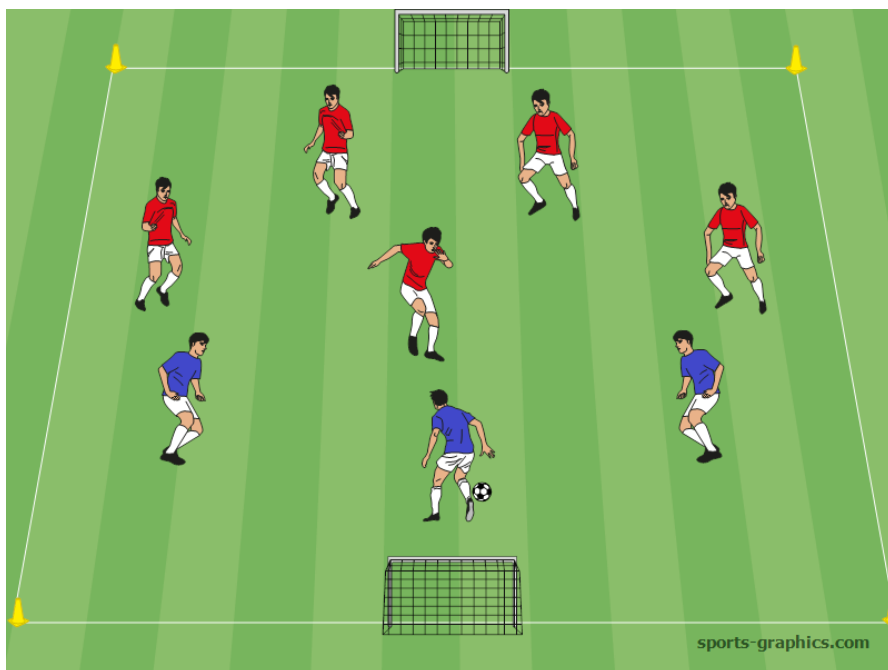
Improving passing and receiving in a modified small sided game

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 40x30 playing area with goals or gates at each end.

This is a modified game with one team of five and one team of three – adapt if necessary.

The team of three play regular football with no restrictions while the team of five are restricted to playing one or two touches(maximum).

Change the roles of the teams after a set period of time.

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 technique to receive.
- Creating space away from the ball.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve passing and receiving techniques.

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

- Angles and distances of support.
- Body shape.
- Can the pass go forward?
- Communication.
- Decision of what choice of pass.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- First touch.
- Passing angles and distances.

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