

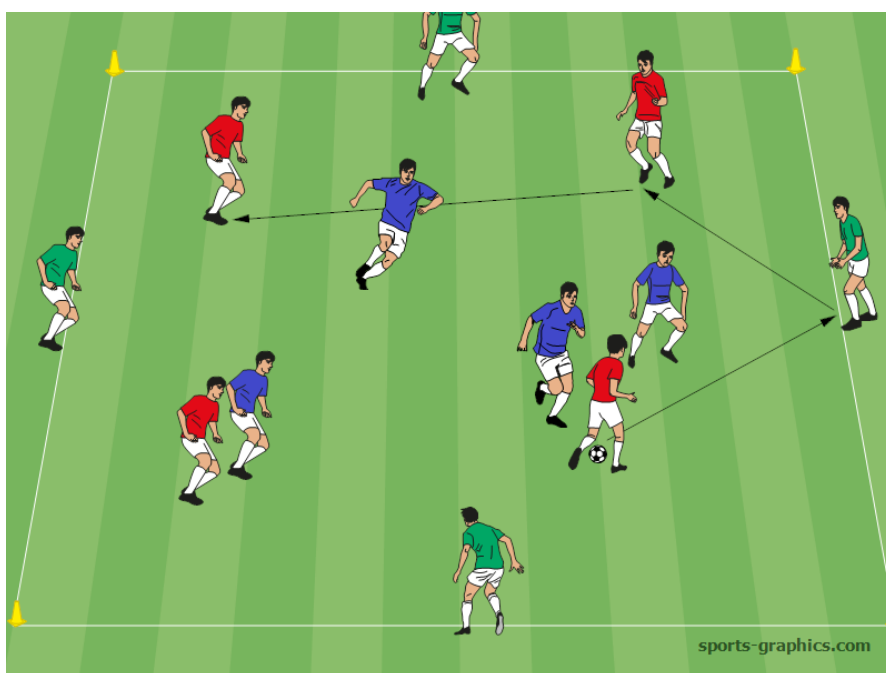
THREE TEAM PASS AND MOVE

This practice develops the basic principles of keeping possession with increased opposition

TACTICAL

Passing

Possession



Set up a 20x20 playing area.
Divide players into three even teams.
Two teams play with the third team placed around the area as wall players.
Wall players pass to the team in possession of the ball.
Players in the middle utilise the outside wall players as much as possible.
Players have a maximum of three touches on the ball.
Rotate teams.

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 technique to receive to gain an advantage.
- How to make space as individuals.
- Improve passing and receiving techniques.
- Passing angles.
- To be comfortable in receiving the ball.
- To develop more fluent and quicker passing.
- To understand how and when to support the player with the ball.
- 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
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Good movement to show for the ball.
- Keep possession.
- Keep the ball moving.
- Receiving with furthest foot to open up space.
- Supporting players must stay open (two passing options at all times).

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