

PLAYING FORWARD WHEN POSSIBLE

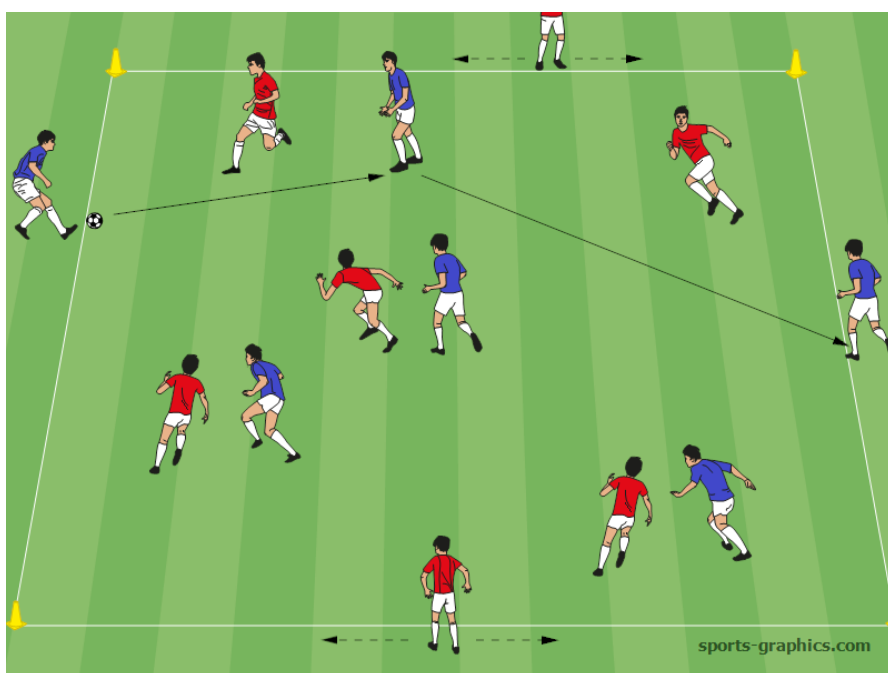
Improve passing and receiving to keep possession in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a 30x30 playing area and arrange players into two teams. The size of the area can be adjusted where necessary to suit the number of players.

Each team places two target players on opposite sides of the square. The target players can travel along the side but cannot enter the playing area.

Practice starts with a blue target player in possession who passes to a fellow teammate inside the area. The team attempts to combine to pass the ball through the area to their opposite target player to score.

The player who passes to the target player swaps places with them.

When the opposing team gain possession they have the option to play into either of their two target players.

If a team transfers the ball from one side to the other and then are successful getting the ball back to the original outside player, they gain two points.

The loading of teams can be changed to produce overloads/underloads e.g. 4v2.

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

- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to play forward without forcing the pass.
- Improve team work.
- To develop fluent and quicker passing while under pressure in tight areas.
- To work within a team unit with an agreed outcome.

KEY FACTORS

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

FOCUS AREAS

- Can the pass go forward?
- Emphasise when and how to play the ball without forcing the pass.
- 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.
- Encourage players not to force the pass.
- Execution and weight of pass.
- Observe the quality of the pass (accuracy, weight and timing).
- Observe the session from outside the grid to identify and make necessary improvements.
- Pass selection and end product.
- Passing angles and distances.
- When to pass to feet, when to pass to space.

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