

QUICK SUPPORT PLAY

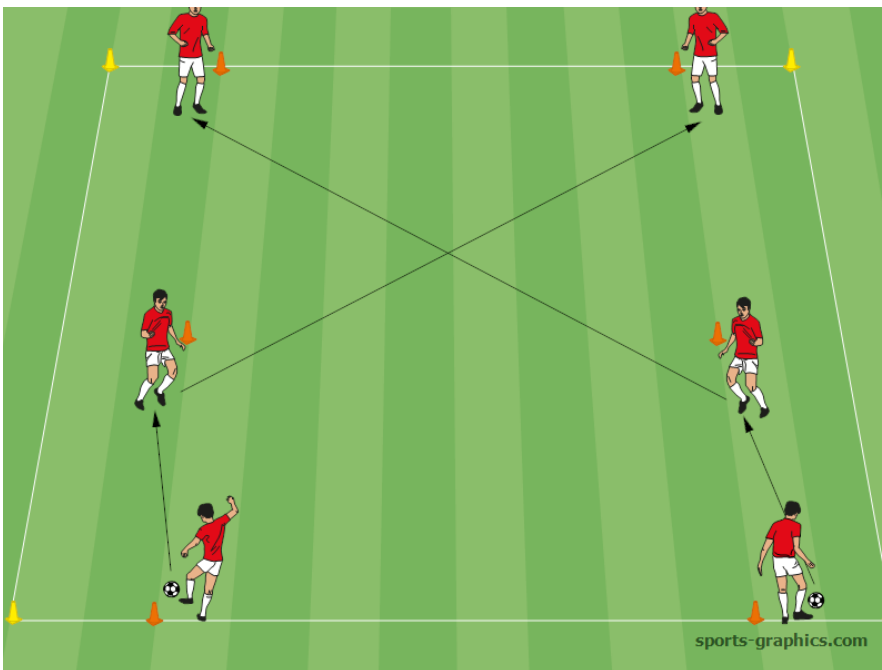
Improve ball control within a technical practice

TECHNICAL

PSYCHOLOGICAL

Ball Control - Receiving

Support Play



Set up a 15x15 playing area, adjust if necessary.
Set up six cones (orange cones) as shown, with a player on each.
Two balls are required as they will travel at the same time and the session will be continuous.
The balls start with the two players at the bottom of the area.
The first pass goes into each player on the middle cone.
They turn out on their back foot and play a pass to the opposite corner player.
The corner player dribbles the ball back to the starting position and the session is repeated.
Players follow their pass.

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

- How to make space as individuals.
- How to select the contact surface.
- Improve team work.
- Technical refinement of how to receive.
- Technical refinement of passing technique.
- To develop ball familiarity to feel what the ball does on touch.
- To understand how and when to support the player with the ball.
- To understand the passing priorities and select the appropriate pass for the situation.
- Work as a unit.

KEY FACTORS

- Communication
- Head up
- Keep the ball moving into spaces
- Move the ball off straight lines
- Quality of pass
- Technique - cushion/wedge

FOCUS AREAS

- Angles and distances of support.
- Change angle on first touch to create and gain advantageous space.
- Correct faults on and off the ball.
- Creating space and movement to receive the pass.
- Decision making and secondary players in supporting positions.
- Decision of what choice of pass.
- Ensure players get their body shape in the right position ready to receive the ball.
- Execution of the control - relax on impact.
- Movement at an angle to receive.
- Team work and communication.

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