

SUPPORTING AND RECEIVING GAME

Develop ball control/receiving in a small sided game

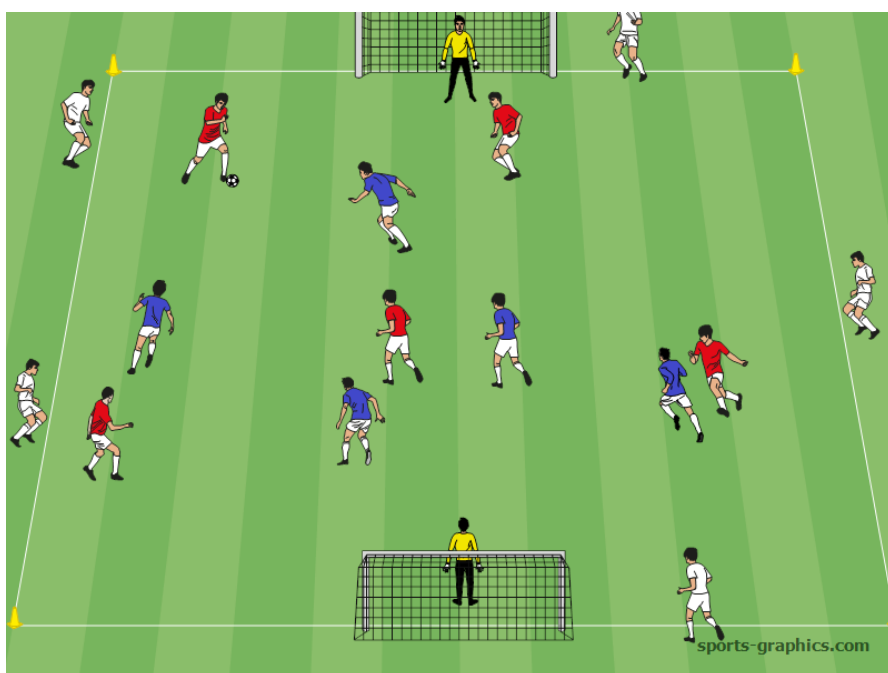
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Ball Control - Receiving

Support Play



Set up a 50x35 playing area with goals at each end with a goalkeeper in each. Adjust size of playing area if necessary. Split players into three even teams. Two teams play, one team are on the outside as neutrals. Teams look to score but can only do so after playing through an outside player. The player who passes into one of the outside players cannot receive the ball back straight away so the outside player will require support. Teams play for an allocated period before swapping with the outside players. Goalkeepers remain where they are.

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

- How to make space as individuals.
- Improve team work.
- Technical refinement of how to receive.
- Technical refinement of passing technique.
- 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
- Decision - selection of pass
- Early decision of controlling surface
- Good first touch
- Head up
- Keep the ball moving into spaces
- Move the ball off straight lines
- Quality of pass
- Receive facing forwards when possible

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Can the pass go forward?
- 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.
- End product.
- Ensure players get their body shape in the right position ready to receive the ball.
- Movement at an angle to receive.
- Observe play from different vantage points.
- Observe the movement to create space.
- Pass selection (when, where and what technique).
- Play forward passes.
- Team work and communication.

SUPPORTING AND RECEIVING GAME

Develop ball control/receiving in a small sided game

