

SUPPORT PLAY FROM TARGET PLAYERS

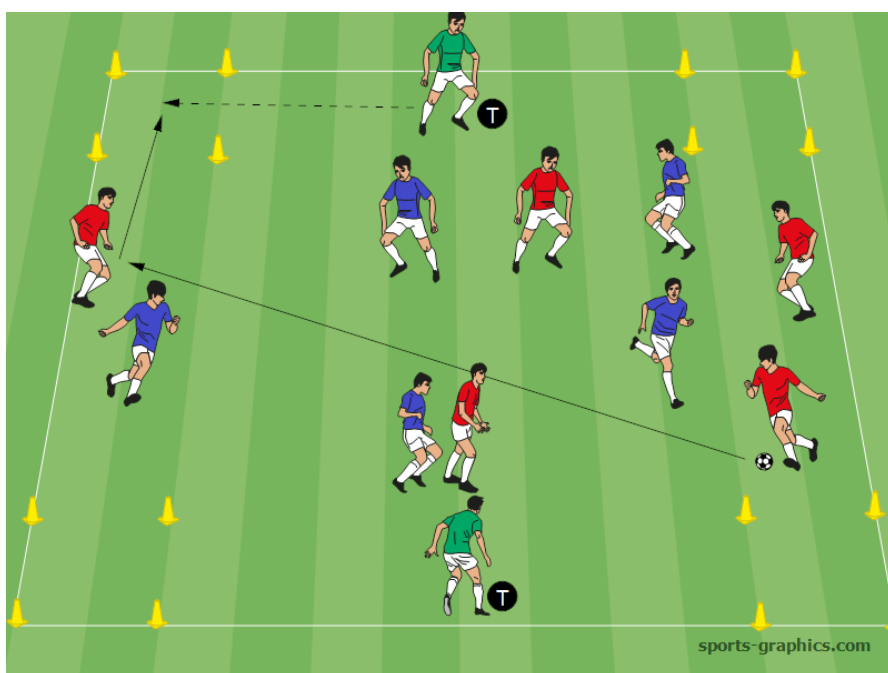
Develop passing and receiving in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x30 practice area with a scoring square marked out in each corner. Size of playing area can be adjusted as necessary.

Set up a target player (green) at each end to operate between the two scoring squares. Coach feeds ball into the attacking team who attempt to score by passing into either target player who must be in a scoring square. The target player must move into the scoring square as the ball is passed rather than waiting for the ball to arrive. When a goal is scored the ball returns to the attacking team and they look to score in a different square.

Rotate roles of the target player every few minutes.

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

- 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 passing technique.
- Correct technique to receive.
- Develop good decision making.
- Good movement to show for the ball.
- How to make space as individuals.
- Improve team work.
- To develop more fluent and quicker passing.
- To work within a team unit with an agreed outcome.

KEY FACTORS

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

FOCUS AREAS

- Combination play, using minimal touches.
- Creating space as a team.
- Encourage players not to force the pass.
- Execution and weight of pass.
- Good choices of techniques and skills.
- How to control the ball to gain an advantage.
- Pass selection and end product.
- Play fast, confident passes.

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