

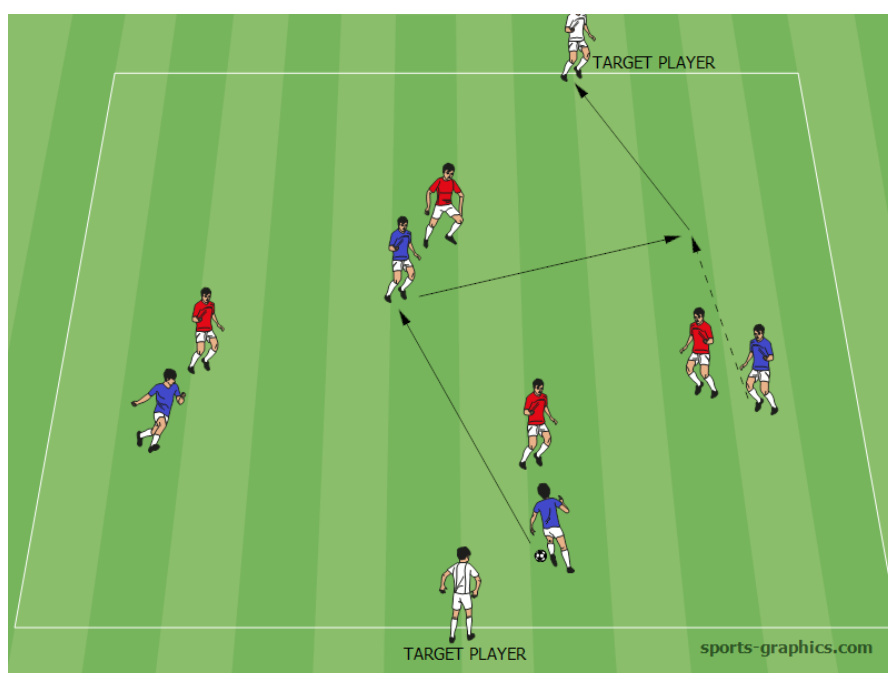
4v4 WITH TWO TARGETS TO PLAY FORWARD

Develop passing and support play under pressure of an opponent

TACTICAL

Passing

Support Play



Set up a 30x25 playing area with two end zones.

Players play 4v4 with two neutral players (targets) who show for passes from the sidelines.

The attacking team attempt to pass to a target player to score one point.

A second consecutive pass into the same target player does not gain an extra point, but can be used to help keep possession. Change the neutral target players regularly.

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

- Correct technique to receive to gain an advantage.
- How to make space as individuals.
- 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

- As players become competent, encourage playing with head up to see options early. The importance of the first touch is vital. Teach players to move the ball off straight lines as this changes angles and therefore new passing options. By getting players to understand how to open their body when receiving will help them to find teammates and make play less predictable for the defenders.
- Defenders should try to win the ball back quickly and counter while the opposition is unbalanced.
- Finish quickly.
- Good movement to show for the ball.
- Play fast, confident passes.
- Supporting players must stay open (two passing options at all times).
- Use of neutral players to quickly shift attack from side to side.

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