

SIMULATING CENTRAL THREE

Develop passing and receiving in a skill related practice

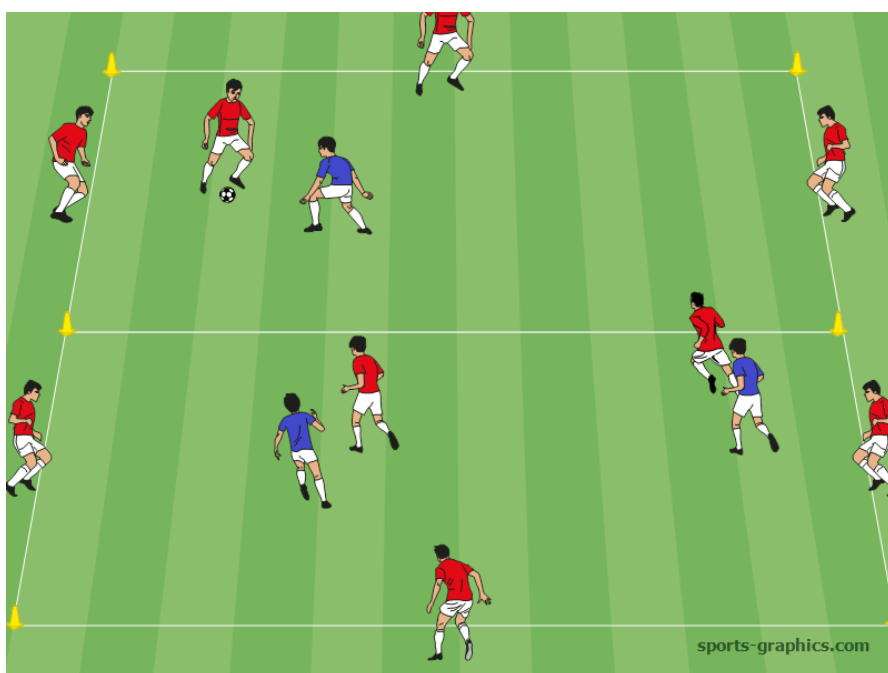
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Combination Play



Set up a 20x20 playing area marked with a centre line.

Nine reds play against three blues or adapt as necessary.

Players play a 3v3 with the remaining six players spread around the area as shown.

The three central red players combine to maintain possession of the ball using the outside players to their advantage.

When possible, players should play forward and then look to receive a second ball and play the other way.

Central players are locked into their half - one blue in one half and two blues in the other, same with the reds.

If defenders (blues) win the ball, play resumes from a red player and practice continues.

Ensure players swap roles 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.



LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- How to support the ball correctly.
- Improve team work.
- Passing angles.
- To learn when to release the pass (timing).

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Can the pass go forward?
- Decision of what choice of pass.
- Demonstrate good angles and distances of support.
- 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.
- Good first touch.
- Good movement to show for the ball.
- Keep the ball moving.
- Observe the quality of the pass (accuracy, weight and timing).
- Observe the session from outside the grid to identify and make necessary improvements.

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