

GONE IN 60 SECONDS

Improving passing and receiving in a modified small sided game

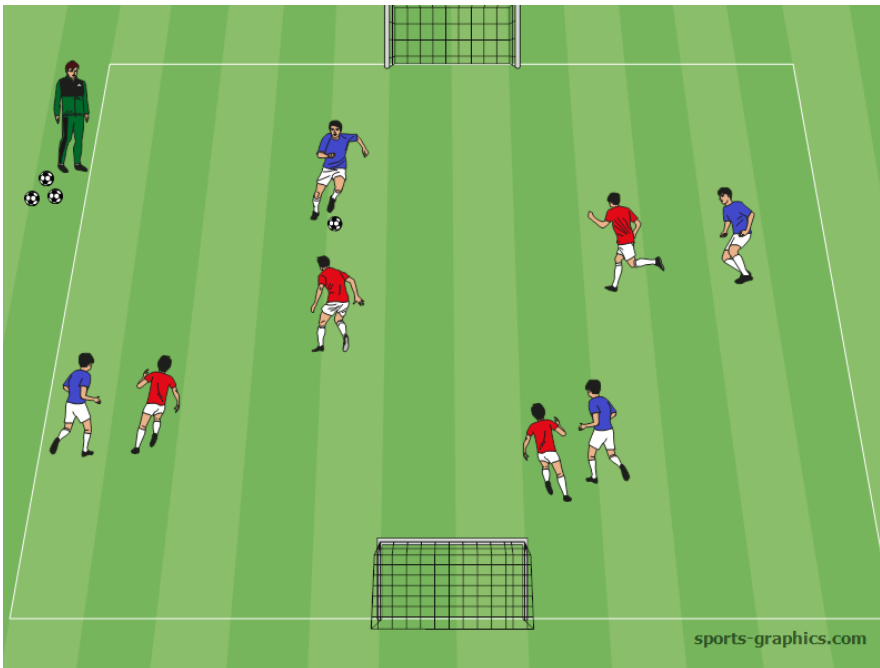
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a 30x20 playing area with a goal or gate at each end.
Size of playing area can be adjusted if necessary.
Divide players into two even teams.
Play regular football rules with the following scoring restrictions.
When a goal is scored, it doesn't count for 60 seconds, and if the other team score the goal is wiped.
If the same team scores again inside the 60 seconds, the first goal then counts immediately.
Simply, two quick goals (within 60 seconds), equals one goal.

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

- 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.
- Creating space away from the ball.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve team work.
- Improve the quality of passing and pass selection.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Positive attitude to score
- Support quickly

FOCUS AREAS

- Body shape.
- Can the pass go forward?
- Decision of what choice of pass.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- First touch.
- How to control the ball to gain an advantage.
- Passing angles and distances.

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