

2v2 THROUGH BALL SIMULATION

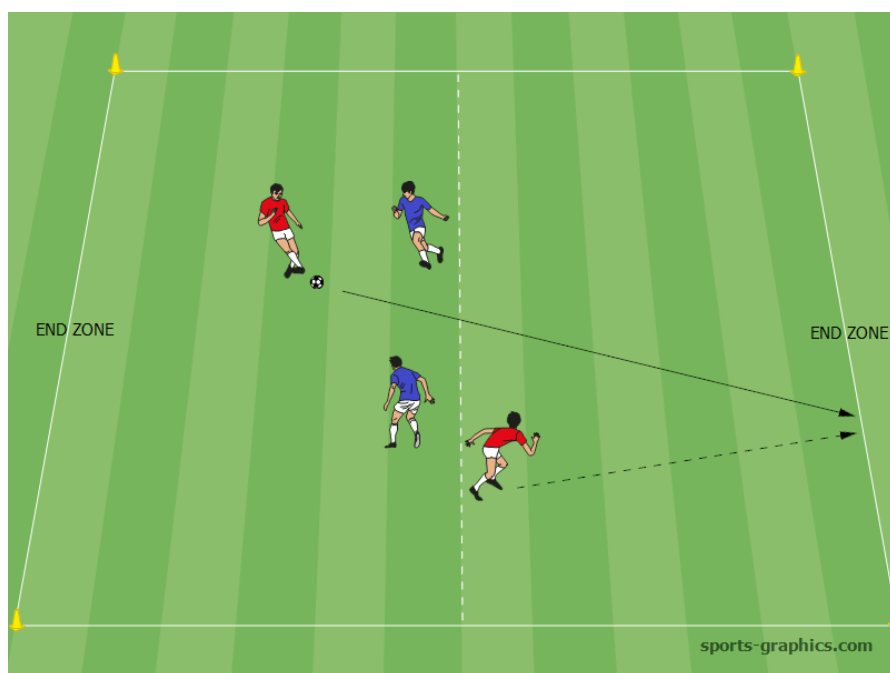
Basic passing and moving in a skill related practice against opposition

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 20x15 playing area.

Arrange two teams of two players with one ball starting at opposite ends of the channel.

The game starts with one team passing the ball to the other end.

The team then defends as soon as the ball crosses the halfway line.

Both teams attempt to score by playing the ball across the opponents end line for their partner to run onto, simulating a through ball for a player to time their run and meet the ball.

The through ball must be met by the player's partner no further than 10yds from the line.

If the ball goes over the side line, it is returned to play with a pass or a dribble in.

This can be intensive and each game should

only last a few minutes before changing teams.

The offside rule should apply to keep the practice realistic.

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

- Correct passing technique.
- 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 first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Attackers timing of runs.
- Awareness of passing options.
- Creating space and movement to receive the pass.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Good movement to show for the ball.
- Which is the most effective pass for the situation?

2v2 THROUGH BALL SIMULATION

Basic passing and moving in a skill related practice against opposition

