

MULLER CORNER

Develop good passing and support play

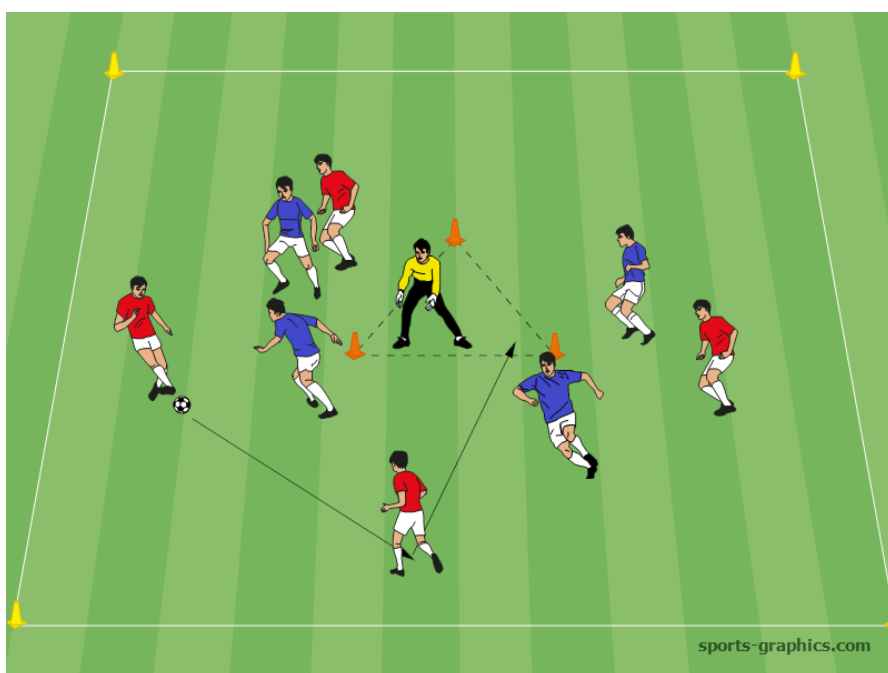
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Creating Space



In a 25x20 playing area arrange three cones in a triangle in the centre.

Divide players into two teams with a goalkeeper positioned within the cone triangle.

The three sides of the triangle are goals and it is the goalkeeper's responsibility to prevent goals being scored through any of the three.

Players play to keep possession of the ball and when they have made five successful passes can shoot at goal.

Normal football rules apply with players attempting to switch play to create more space and better shooting opportunities.

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.
- How to make space as individuals.
- How to provide three options for player on the ball.
- To make early decisions of when and where to keep possession of the ball.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Awareness of passing options.
- Awareness of position in which player may receive ball.
- Creating space as a team.
- Encourage communication between the players.
- Keep the ball moving.
- Observe the session from outside the grid to identify and make necessary improvements.
- Passing and support play skills.
- The technical execution by all players.

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