

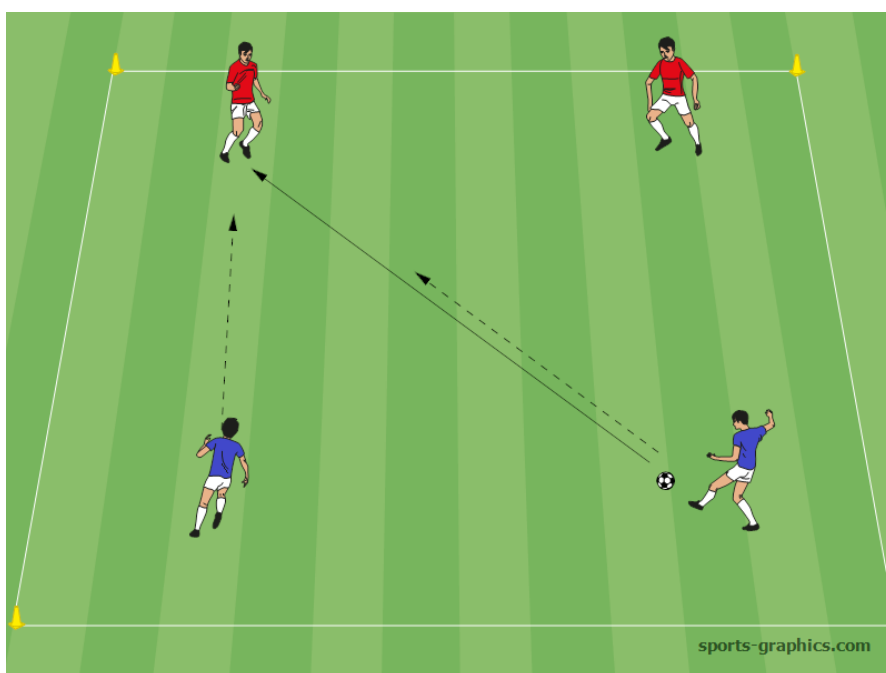
2v2 END LINE GAME

Develop passing and support play under pressure of an opponent

TECHNICAL

Passing

Support Play



Use 20x20 playing areas and set up enough so players do not have too much (or any) wait time.

Divide players into pairs.

The attacking pair starts with the ball.

Place as many balls as possible around the area for fast restarts.

The two teams start at opposite ends of the area.

The defending team pass the ball to the attacking team and follow the pass.

The defending team then attempt to regain possession of the ball. If the defending team win the ball they become the attacking team.

The attacking team attempt to dribble the ball over the defending team's end line. Change roles after each turn.

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

- Creating space and movement to receive the pass.
- Defenders should try to win the ball back quickly and counter while the opposition is unbalanced.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Good movement to show for the ball.
- Make intelligent opening runs.
- Play fast, confident passes.
- Supporting players must stay open (two passing options at all times).

2v2 END LINE GAME

Develop passing and support play under pressure of an opponent

