

SUPPORT PLAY BETWEEN THREE TEAMS

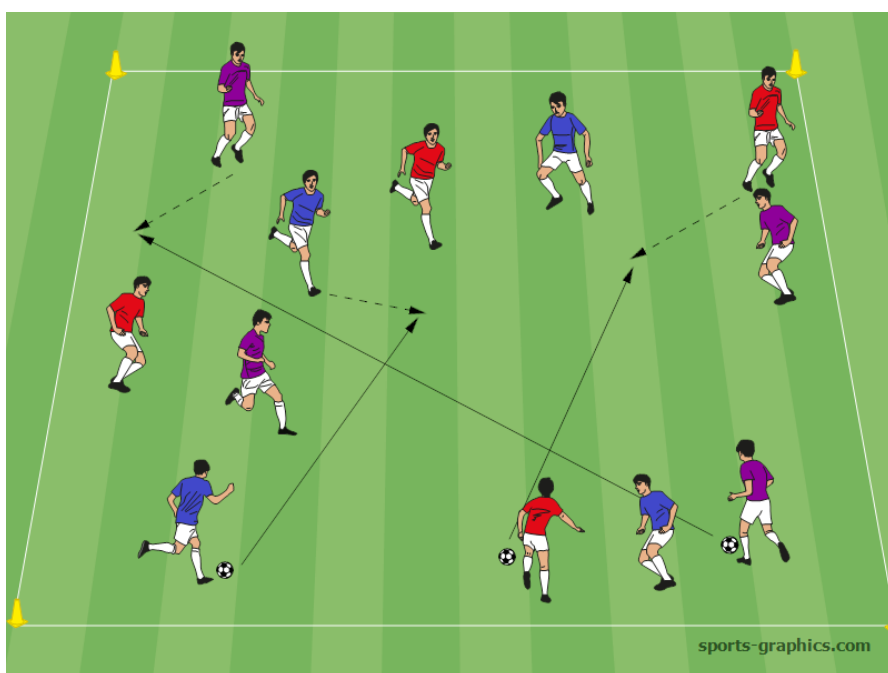
Improve passing and receiving skills in a technical practice

TECHNICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 20x20 playing area.
Divide players into three even teams.
All teams play within the area with one ball per team.
Players pass and receive from the same colour teammates with clear pathways around other players.
To increase the challenge, set a number of consecutive one touch or two touch passes to add competition to the practice.

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.
- Develop good decision making.
- Good movement to show for the ball.
- To develop more fluent and quicker passing.
- To learn when to release the pass (timing).
- Understanding of spatial awareness.

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)
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Awareness of position in which player may receive ball.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Ensure passes are kept on the ground.
- Observe the quality of the first touch into good space.
- 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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