

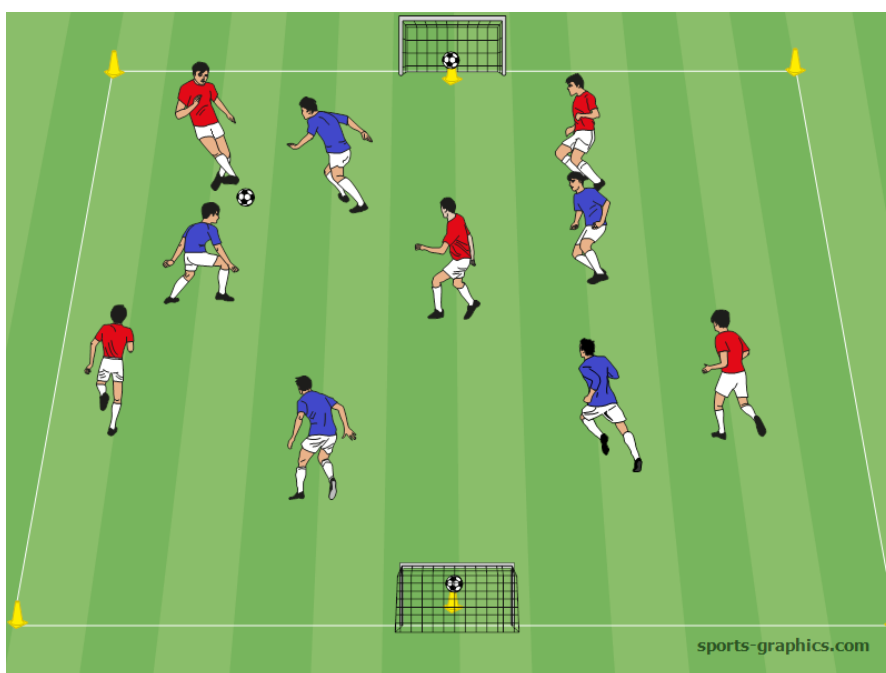
MISS THE BALL

Improve passing in a modified small sided game

TACTICAL

Passing

Team Attacking



Set up a 30x35 playing area with a small goal at each end. Adjust the size to suit number of players.

Place a ball on a cone in the front of each goal.

Divide players into two even teams.

Regular football rules apply where reds play blues and try to score.

A goal is scored by passing the ball into the goal. However, if the ball hits the ball on the cone, the other team score a point ensuring the final pass is accurate and well judged.

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.
- Develop good decision making.
- Improve team work.
- To be comfortable in receiving the ball.
- To develop more fluent and quicker passing.
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Head up
- Movement
- Play forward when possible
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- 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.
- Good first touch.
- How to control the ball to gain an advantage.
- Observe the quality of the pass (accuracy, weight and timing).
- Observe the session from outside the grid to identify and make necessary improvements.
- Opportunities to move ball forward with good quality, speed and precision.

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