

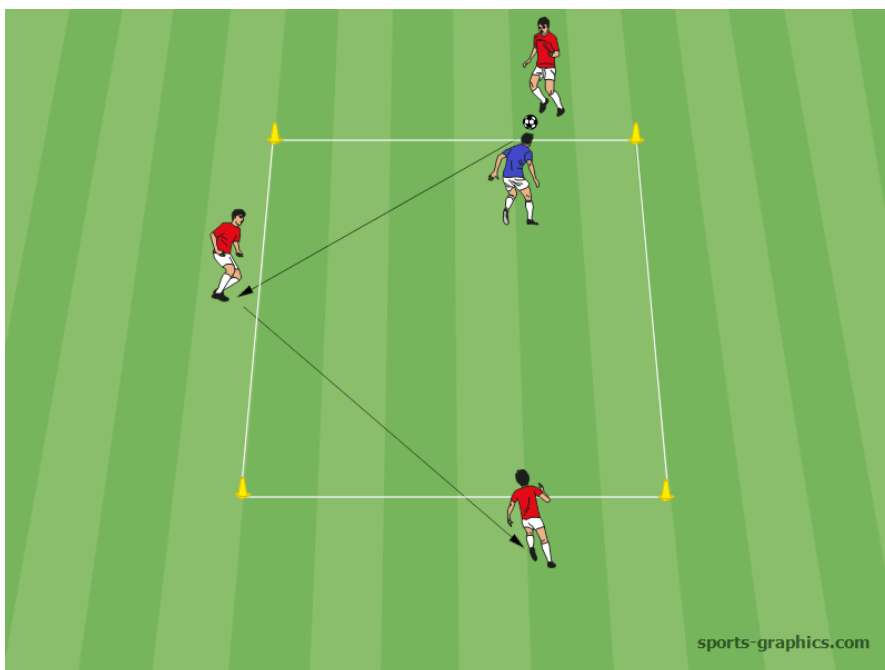
3v1 KEEP BALL ON THE OUTSIDE

Improve basic passing and receiving in a confined area under pressure of an opponent

TECHNICAL

Passing

Possession



Set up a 10x10 area with three attacking players against one defender. The attacking players keep possession from outside the square but must pass through the area to a teammate.. If the defender wins the ball, they give the ball back to the attacking team. After a short period of time, change roles. To make the practice more competitive the coach can count how many times the defender wins the ball in a set time period (one minute). This encourages intensity and makes the practice more 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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Develop good decision making.
- Passing angles.
- To improve receiving with the inside of the feet.
- To improve the technique of passing with the inside of the foot.

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

- Angles and distances of support.
- Appropriate speed of passes and inter-passing.
- Awareness of passing options.
- Change players regularly.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Ensure the pass is of a good strength (weight) and accurate in order to keep the session flowing. Often the pass is struck too hard which means controlling is difficult.
- Good movement to show for the ball.
- Passing and support play skills.
- Supporting players must stay open (two passing options at all times).

3v1 KEEP BALL ON THE OUTSIDE

Improve basic passing and receiving in a confined area under pressure of an opponent

