

TWO AREAS THREE GOALS

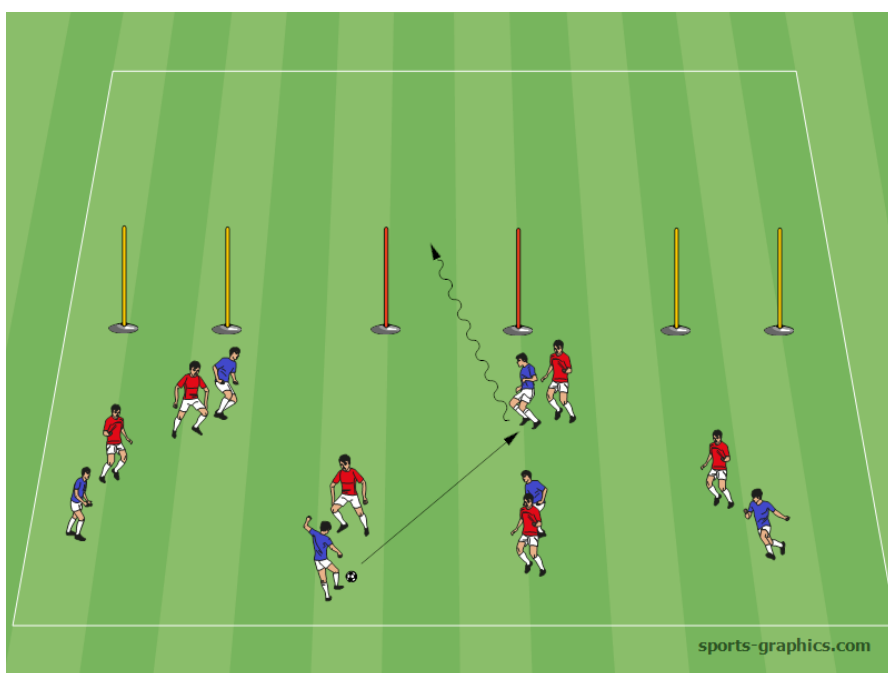
To develop quick transition and support play when the ball has been played forward in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up three goals (using poles or cones) 5yds wide across the middle of a 30x40 practice area. Modify the size depending on the number of players.

Divide players into two even teams (6v6). Place spare ball around the outside for quick restarts.

Teams play 6v6 and try to score by dribbling the ball through any of the three goals.

When a goal is scored both teams sprint to the other area and resume play.

Teams must play at least three passes once they have changed area before they can dribble through the next goal.

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.
- Passing angles.
- To develop more fluent and quicker passing.

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)
- Selection of pass - technique
- Support quickly

FOCUS AREAS

- Assessment, decision and execution of strike at goal.
- Attack defender with ball.
- Feints to off-balance defender with intent to dribble or pass.
- First touch.
- Quick passing and wall passes in the grid.
- When to pass to feet, when to pass to space.

TWO AREAS THREE GOALS

To develop quick transition and support play when the ball has been played forward in a skill related practice

