

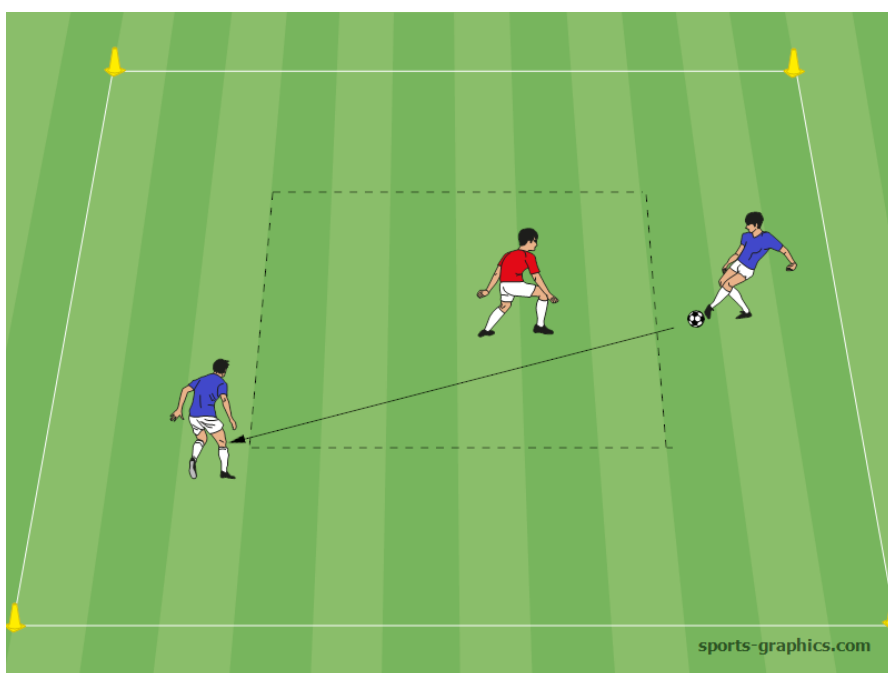
FORWARD PASSING 2v1

Develop support play in tight areas

TECHNICAL

Passing

Support Play



Set up 10x10 playing areas for each three players.

Play 2v1. Two blue players on the outside of the square play against one red player.

The red player must remain in the central box.

The blues must pass the ball through the square without the red player intercepting the ball.

The blue players can pass the ball through any sides of the box.

Blues need to make five passes to win a point.

Red defender must make three interceptions to get a point.

First team to get three points wins (all players then swap roles).

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?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- Good movement to show for the ball.
- How to play forward without forcing the pass.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- 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.
- Combination play, using minimal touches.
- Decision of what choice of pass.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage use of both feet.
- Ensure passes are kept on the ground.
- Execution and weight of pass.
- Patience and selection of correct pass.

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