

PASSING POINTS

Improving passing and receiving in a modified small sided game

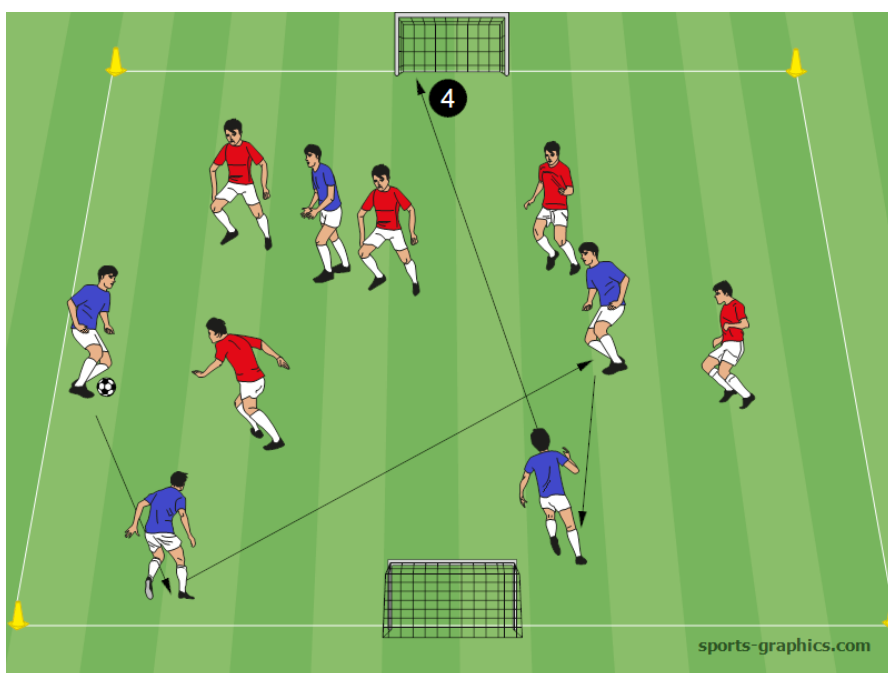
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x20 playing area with a gate or goal at each end. Size of playing area can be adjusted if necessary.

Divide players into two even teams.

Play regular football rules.

When a goal is scored it is worth the number of passes that were successfully made in the build up to the goal.

In this example, four points were scored.

If the opposition touch the ball, the value of passes is restarted.

After a goal has been scored or the ball goes out of play, the opposing team take possession of the ball.

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.
- Creating space away from the ball.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve team work.
- Improve the quality of passing and pass selection.

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
- Positive attitude to score
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Body shape.
- Can the pass go forward?
- Decision of what choice of pass.
- Emphasise when and how to play the ball without forcing the pass.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Good first touch.
- Observe how players react to the transition of in possession and out of possession.
- Observe the quality of technique.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Passing angles and distances.

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