

PASS TO SCORE POINTS

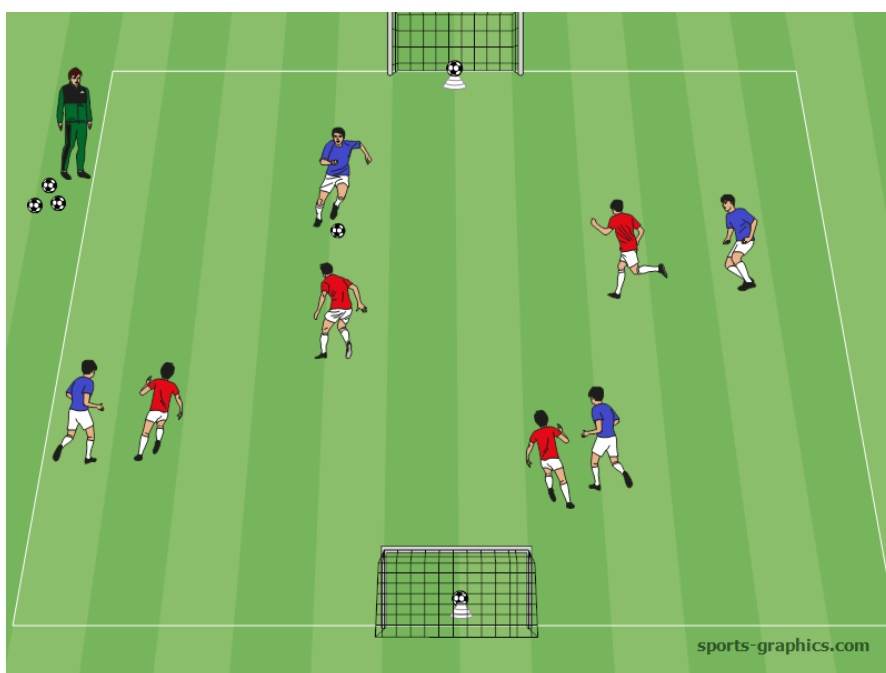
Improve passing in a modified small sided game

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a playing area 30x35.

Set up small goals at each end with a ball on a cone in front.

Arrange players into two even teams.

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

Goals are worth different points with reward for passing:

1-3 passes and goal = 1 point

4-5 passes and goal = 2 points

6-8 passes and goal = 3 points

9 + passes and goal = 4 points

Goal only stands if the ball on the cone is NOT knocked over.

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.
- Observation and selection of the pass.
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Head up
- Movement
- Play forward when possible
- Positive attitude to score
- Support quickly

FOCUS AREAS

- Correct timing to move ball forward with quality and precision.
- Creating space as a team.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- How to control the ball to gain an advantage.
- Make intelligent opening runs and play fast combinations.
- Pass selection and end product.
- Team work and communication.

PASS TO SCORE POINTS

Improve passing in a modified small sided game

