

TURNING ON THE PASS

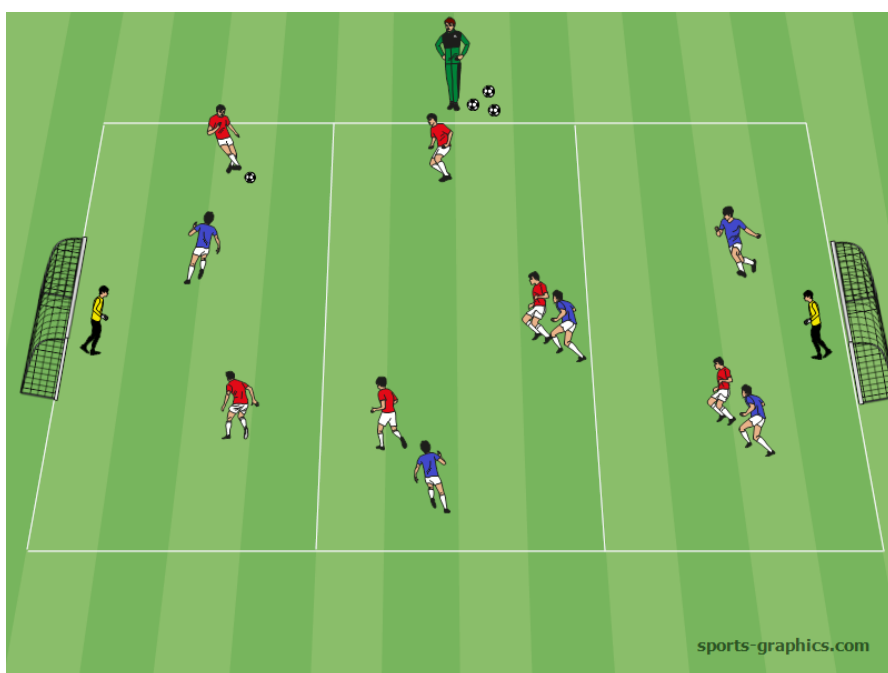
Game centred practice to develop turning

TACTICAL

PSYCHOLOGICAL

Passing

Playing through the Thirds



Set up a 30x20 area marked into thirds with a goal and goalkeeper at each end.

Arrange players into 2v1 in each end third and 2v3 in the middle third.

Players of both teams remain in their zones. Practice starts with the ball being played by the coach into one of the end zones to the attacking pair.

Attackers (red) play from end-to-end, through the middle zone, to their striker who attempts to score.

If the ball is won by the defending team (blue), the practice restarts with the coach who plays the ball into the opposite end zone for the blue team to build the attack in the opposite direction.

Rotate players within zones to ensure all receive opportunity to play in different positions and circumstances.

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?
- Develop good decision making.
- Improve team work.
- To competently receive the ball using correct technique to gain an advantage.
- To improve the technique of passing with the inside of the foot.
- To learn when to release the pass (timing).

KEY FACTORS

- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Awareness of passing options.
- Can the pass go forward?
- Emphasise when and how to play the ball without forcing the pass.
- Encourage communication between the players.
- Observe the session from outside the grid to identify and make necessary improvements.
- Passing and support play skills.
- Passing angles and distances.
- Play fast, confident passes.
- Quality of the pass - accuracy, weight and timing.
- Quick play to open up forward passing opportunities to attackers.

TURNING ON THE PASS

Game centred practice to develop turning

