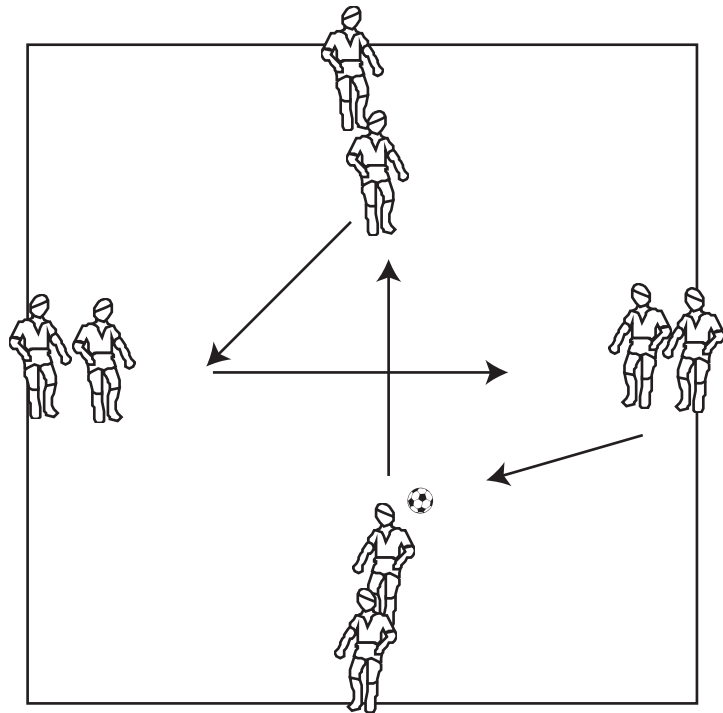
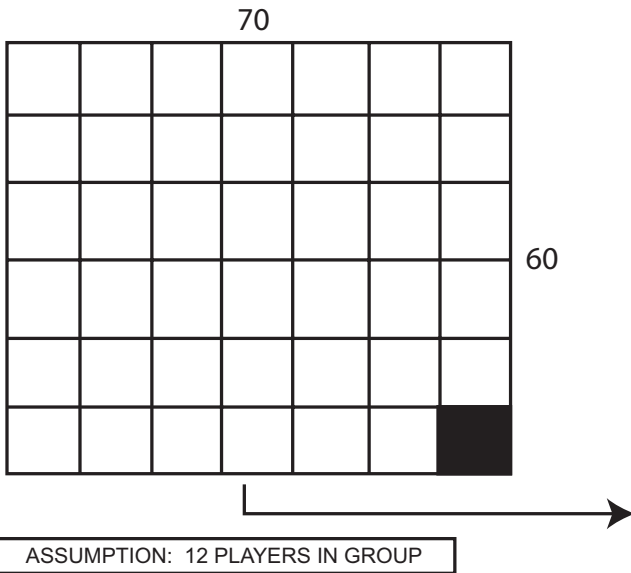


Passing And Support

Points Of Compass



Purpose

To develop quick short passes.

Organization

Set out a 10x10 yard area. Station two players in the center of each end line and one player on each sideline.

Game Objective

One of the players at the bottom of the area starts with the ball and it is passed in sequence as shown in the diagram above. Players make a quick sprint to follow their pass to a new position. Although the ball never changes sequence, the players must adjust to the direction of their next pass from their new position.

Progressions

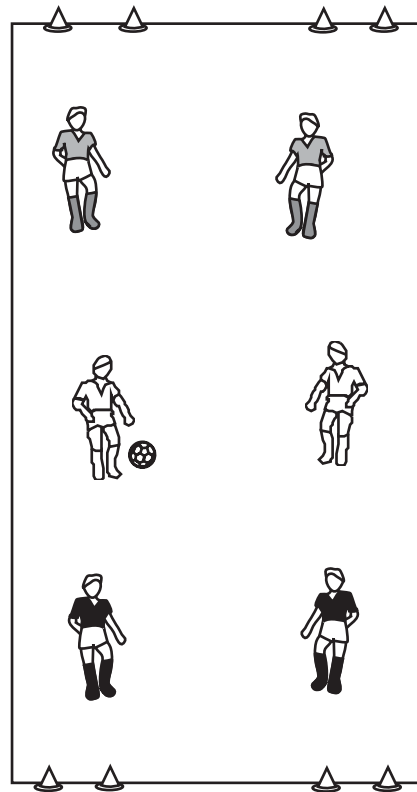
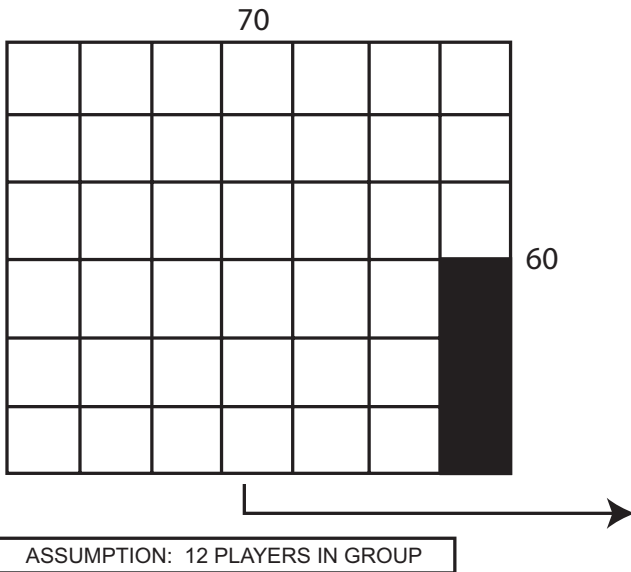
1. The passer moves one space to the right once they have played the ball.
2. The passer moves one space to the left once they have played the ball.
3. The passer can move to any space but there can never be more than three players at any one location.

Key Coaching Points

1. Use the controlling touch to move the ball in the direction you are to pass.
2. Push through the ball with the instep, keeping your head down and still.
3. Accelerate after the pass to your new position.

Creating Space As a Team

“Two-Two”



Purpose

To develop movement off the ball in attack.

Organization

Set out a 30x10 yard area. Place three-yard goals in the corners of each end line. Organize the players into pairs as in the diagram above. Repeat in another area for a total of twelve players.

Game Objective

The object of the game is for the pair in the middle to attack the top line first and try to score a point by running the ball through one of the small goals. The top pair then attacks the bottom goals. Rounds are played continuously for three minutes. The team with the most points after each round is the winner.

Progressions

1. Players have a ten second time limit to score or possession is given to the defenders.
2. Award double points if the defenders regain possession and score rather than kicking the ball out of play.

Key Coaching Points

1. Look to create 2v1 situations at all times.
2. Concentrate on the shape and timing of runs.
3. Communicate so your partner is aware of your position.
4. Be positive – taking defenders on should be encouraged.