

Football Specific Theme: Passing (Inc Counter Attack)

DRILL

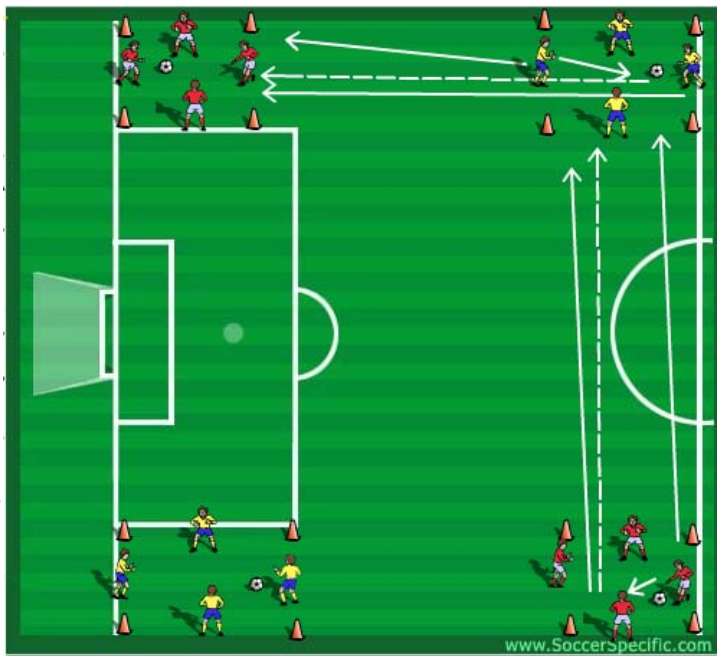
Set Up: Players start by keeping possession in their group of four. On command of the coach the ball is laid off to a passer and the ball is transferred anti-clockwise initially to the next box. The player who laid the ball off and the passer then run to the same box to which the ball was played.

The players not involved in laying or passing remain in the box to receive the pass from another box. The process continues. Intensity can be altered by increasing the pace between boxes.

Objective:

To penetrate accurately and provide quick support

Progression: When the ball is passed long the player and the passer run to two different adjacent boxes (eg one clockwise and one anticlockwise.) (when this is happening the balls still go in the same direction)



Coaching Points: Quality of passes, quickness of support, awareness of other players and balls.

GAME RELATED PRACTICE

Set Up: Two 15x15 yard grids are created side-by-side. A 4v4 is organised in each grid as shown. One player from the defending team must remain in the opposite grid as shown above. The other 3 team-mates must attempt to gain possession from the 4 opposing players. This creates a numbers-down situation for the defensive team and forces them to work as a "unit" to regain possession. If the defensive team wins possession they must quickly switch the ball to their team-mate in the opposite grid. Immediately they must travel to support the play. In the Diagram above, Player (1) has won possession of the ball and quickly passes to his/her team-mate in the opposite grid. The reds will now transition quickly to support the play while the yellow team must send over 3 players to defend. Points are awarded for a successful "switch" and 7 consecutive passes.

Objective: To penetrate accurately and provide quick support

Progression: Combine pitches and play 8v8 with two target players of the same colour at each end (results in 8v6 for attacking team).



Coaching Points: Work together to defend as a "unit" Attempt to regain possession quickly. Immediately look to switch the ball on gaining possession. Travel quickly to support the play.

