

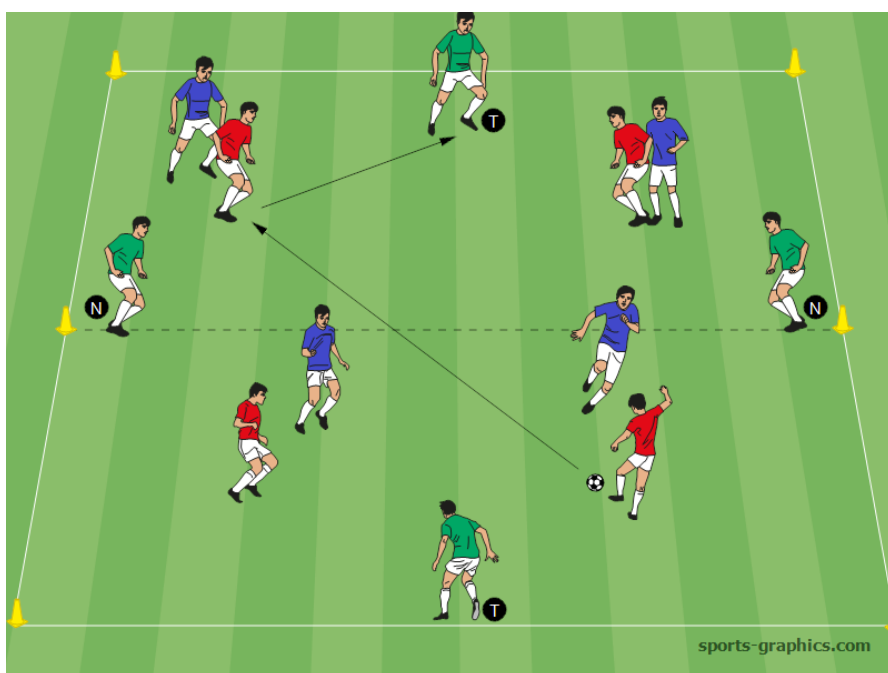
CONTROLLED BALL RECEIVING

Develop passing and receiving in a skill related practice

TACTICAL

Passing

Support Play



Set up a playing area 20x20 marked with a halfway line.

Play 2v2 with a target player in each half.

Two neutral players act as support players on the centre line.

Players combine and play the ball to their teammates in the opposite half (minimum of two passes in the defensive half should be encouraged).

When the ball is played into the attacking zone, the attackers try and combine and work the ball to the target player – if successful they score a point. This is a non directional game where the two teams can attack both ends.

The target players can be restricted to a zone or can be free as a 'moving target'.

When the ball reaches the target player – the ball can be either played to the

opposition who build up play and attack the opposite end, or the team who scored receives the ball back and attacks in the opposite direction. The coach/player can decide which version of the game to play.

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.
- Develop good decision making.
- Does the player on the ball look to play the through ball straight away or maintain possession?
- To develop fluent and quicker passing in tight areas.
- To make early decisions of when and where to keep possession of the ball.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Support quickly

FOCUS AREAS

- Appropriate speed of passes and inter-passing.
- Can the pass go forward?
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Encourage players to keep possession and break through defensive lines.
- Encourage players to keep the ball moving.
- Ensure passes are kept on the ground.
- Observe the session from outside the grid to identify and make necessary improvements.



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