

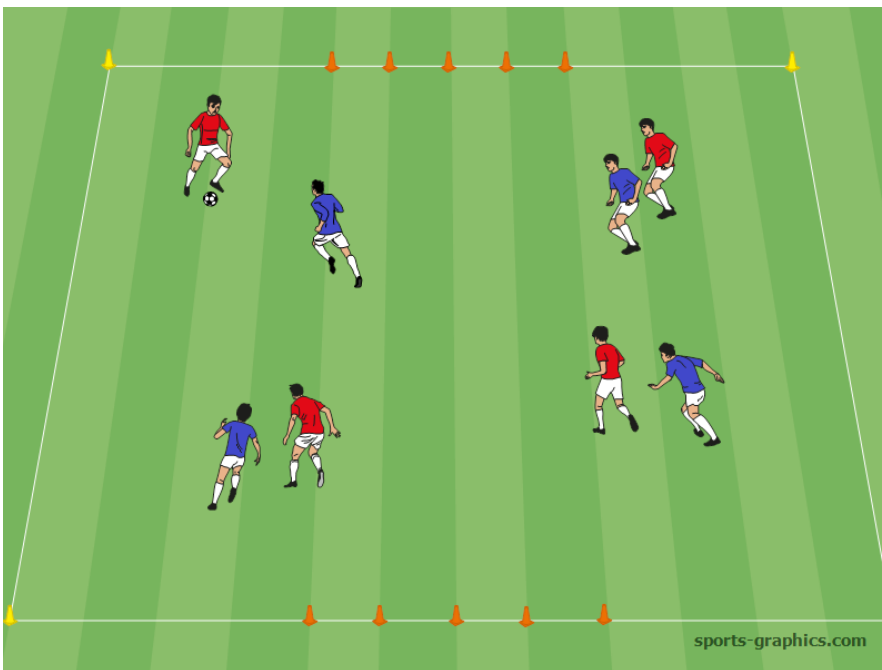
# CONE SMASH AND GRAB

Passing and moving in a skill related practice to improve spacial awareness, vision and decision making

TECHNICAL

## Passing

## Support Play



Set up a 20x20 area.  
Place five cones at each end of the area.  
Two teams play with the aim of knocking their opponents cones over at the opposite end to score a point.  
If a player knocks a cone over, they must pick it up and do a full lap of the area before placing the cone back in its original position.  
This gives an overload in favour of the team that conceded for the short time the player is running and should therefore quickly maximise this opportunity to exploit the opposition.  
Play for a designated time and whoever knocks over the most cones wins.

## 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

- Correct technique to receive.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

## KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

## FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Body shape.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Finish quickly.
- Good movement to show for the ball.
- Let the game be the teacher.
- Receiving with furthest foot to open up space.

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