

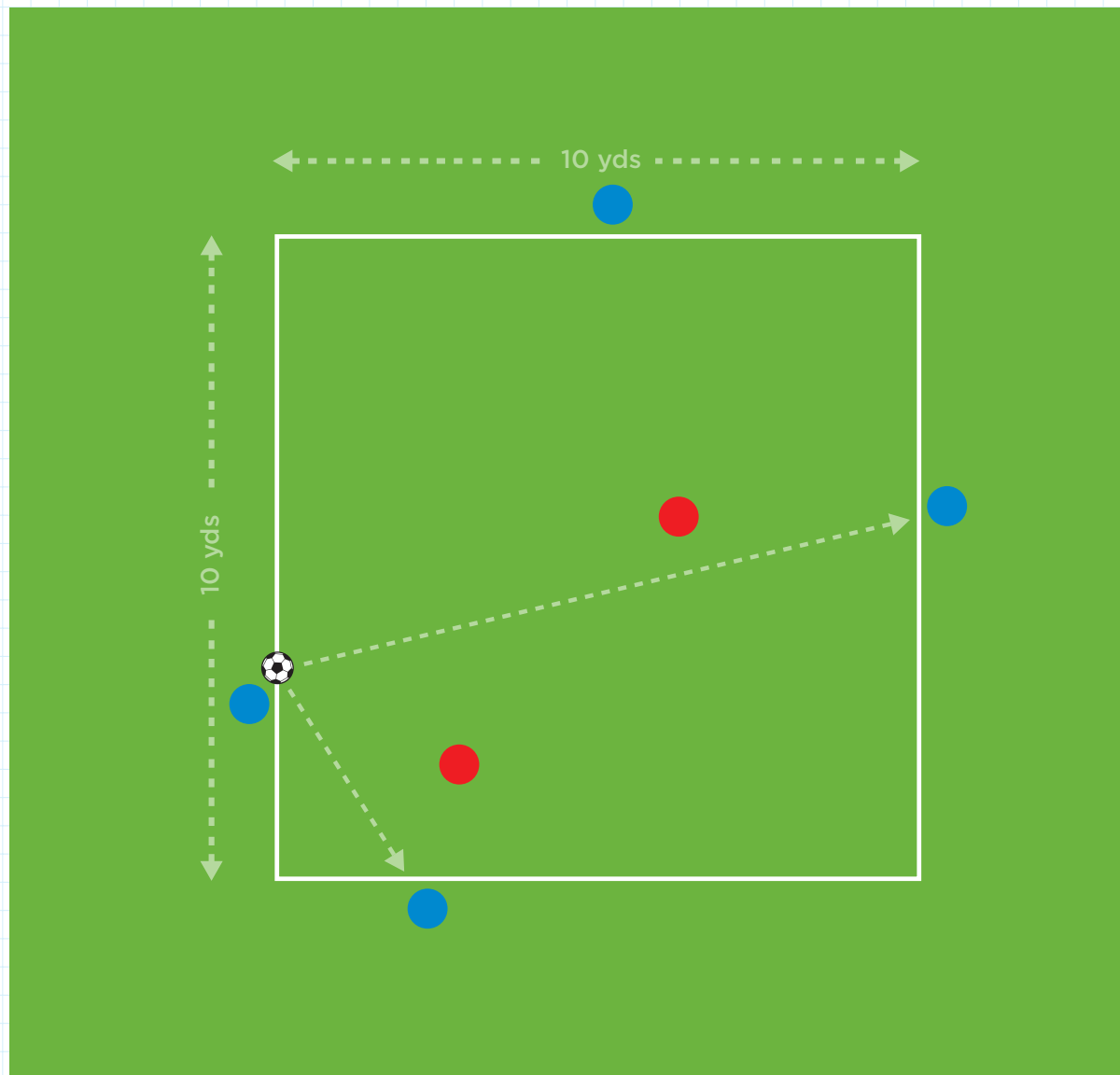
Developing possession

Practice organisation

- Area 10x10yds sq. as illustrated.
- 6 players, 1 ball.
- Practice starts with: 4 players positioned on the outside of square (one on each side), 2D's in middle.
- Objective of practice: complete a pass across the square, or across two sides, trying to split the 2 defenders when possible.
- Players in middle attempt to prevent this &/or intercept.
- All passes to be played along ground.

Detail

- Rotate players to keep players in middle relatively fresh.
- Players need to develop appreciation of spaces & opportunities to pass, which are constantly changing.
- Simple progressions for this practice are:
 - Players on outside have a partner to whom receiving player tries to immediately make a set-up pass to deliver a quick cross-field pass.
 - Introduce a support player inside grid who receives passes from outside & returns, before a cross-field pass is made.
 - Allow player inside grid to receive from outside, turn & pass cross-field, or elect to rebound back to a player on outside if challenged.
 - Practice should start in a 10 v 10 yard grid to start, but the coach should quickly reduce the side of the area.



Key coaching points

- Look for passing angles & spaces to pass through.
- Weight & type of pass to select to be successful.
- Disguise passes & feints to pass to unbalance D's.