

Developing quick play

Practice organisation

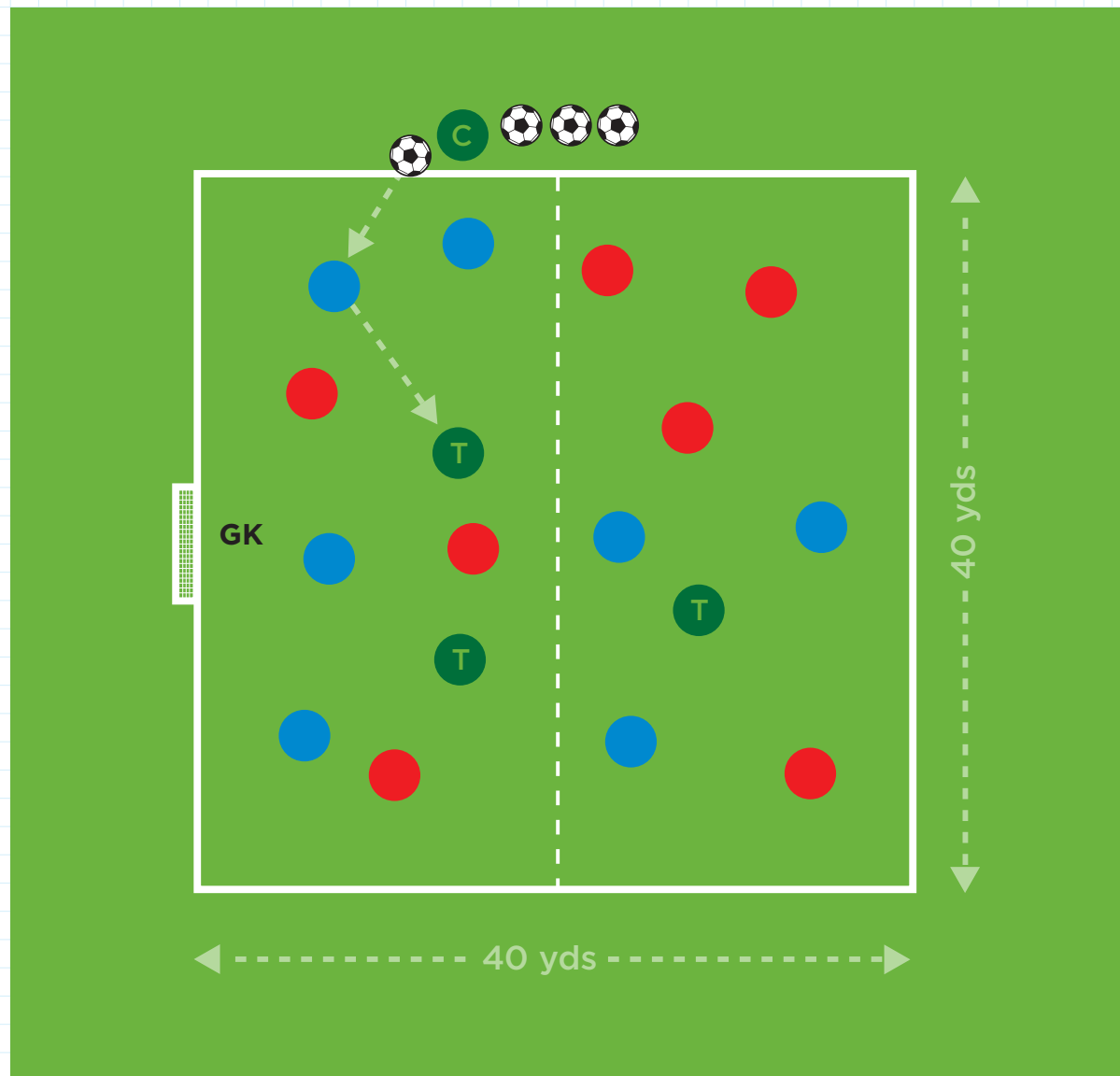
- Area 40x40yds, divided into equal halves, with goal at one end as illustrated.
- 18 players (incl. GK), arranged 7 Reds v 7 Blues, plus 3 Target players.
- Practice starts with: ball fed-in by coach to Blues.
- Each team seeks to retain possession, looking to make a 1 touch pass into a T, to record a score.
- T's give ball back to team who delivered it.
- GK can be used as an outlet to retain possession & serves ball back into play to the team using that option.

Detail

- Size of area can be adjusted according to age & ability of players
 - area needs to be of sufficient size to ensure 1 touch has to be executed quickly & not always available to players.
- Use GK as support for both long & short range passes.
- GK uses hands or feet to distribute possession back into practice area.
- Simple progressions for this practice are:
 - T's pass out of area to GK, using 1 touch.
 - T's combine, before returning ball to possession team.
 - Reduce number of T's.
 - Reduce size of area & change shape of area to speed-up play & encourage different pass selection & movement.

Key coaching points

- Control, passing & support play skills needed to keep possession.
- Spreading & changing direction of play with use of long passes, to relieve pressure.
- Players awareness of developing situations & opportunities to play early into T's with 1 touch.
- Use of inventive methods to supply T's & other players in open play with 1 touch distribution.
- Varying range of passing options to create opening to execute into T's.



- Changing the tempo with use of different range of passing technique, skills & support play.
- Emphasise & develop GK's role supporting play & assessing potential distribution options