

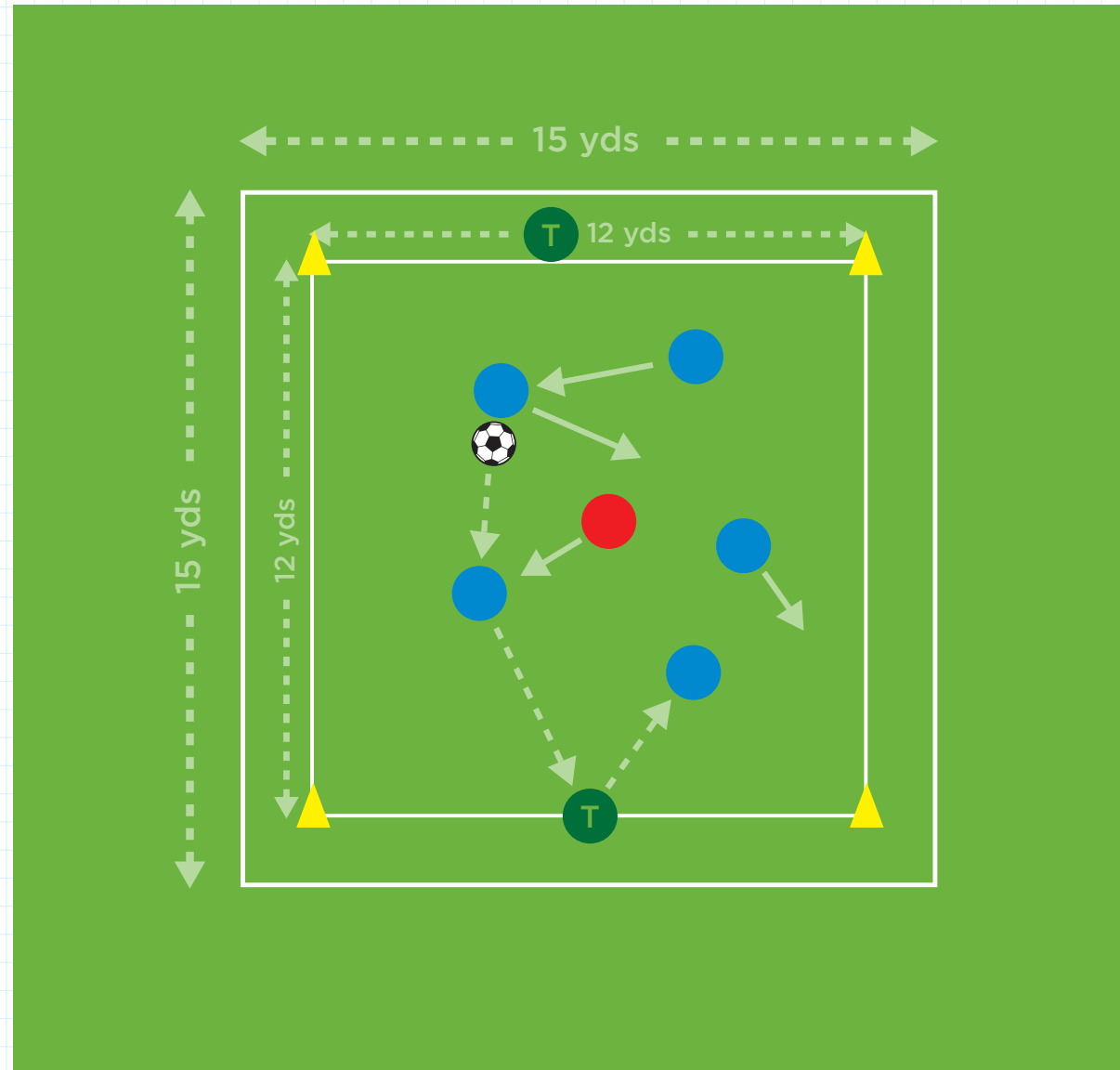
Passing

Practice organisation

- Area 15x15yds, with an internal square 12x12yds, as illustrated.
- 8 players, 1 ball.
- Practice starts with: 5 Attackers v 1 Defender within internal square, with 2 Target players on opposite sides of square ready to receive.
- A's within internal square look to pass ball accurately to one of outside T's.
- Ball is transferred back in, once achieved & objective is to move the ball across internal square to opposite side.

Detail

- Ratio can be adjusted to suit ability.
- If A's in internal square are under pressure, they can dribble ball into a safe zone outside the central 12yd square.
- If this option is taken the player moving outside internal square changes places with a T player from outside.
- Simple progression for this practice is:
 - Allow A's in internal square to pass to a supporting T player, who then takes ball inside (place changing) to join possession group.



Key coaching points

- Establishing an appropriate overload is important to provide challenge but also offer confidence building through success.
- A's look to move into good supporting areas & consider when to move away to distract D & create opportunities to receive for team mates.
- A's look to receive & turn to pass in smooth movements, developing a side-on view of progression of play within internal square.