

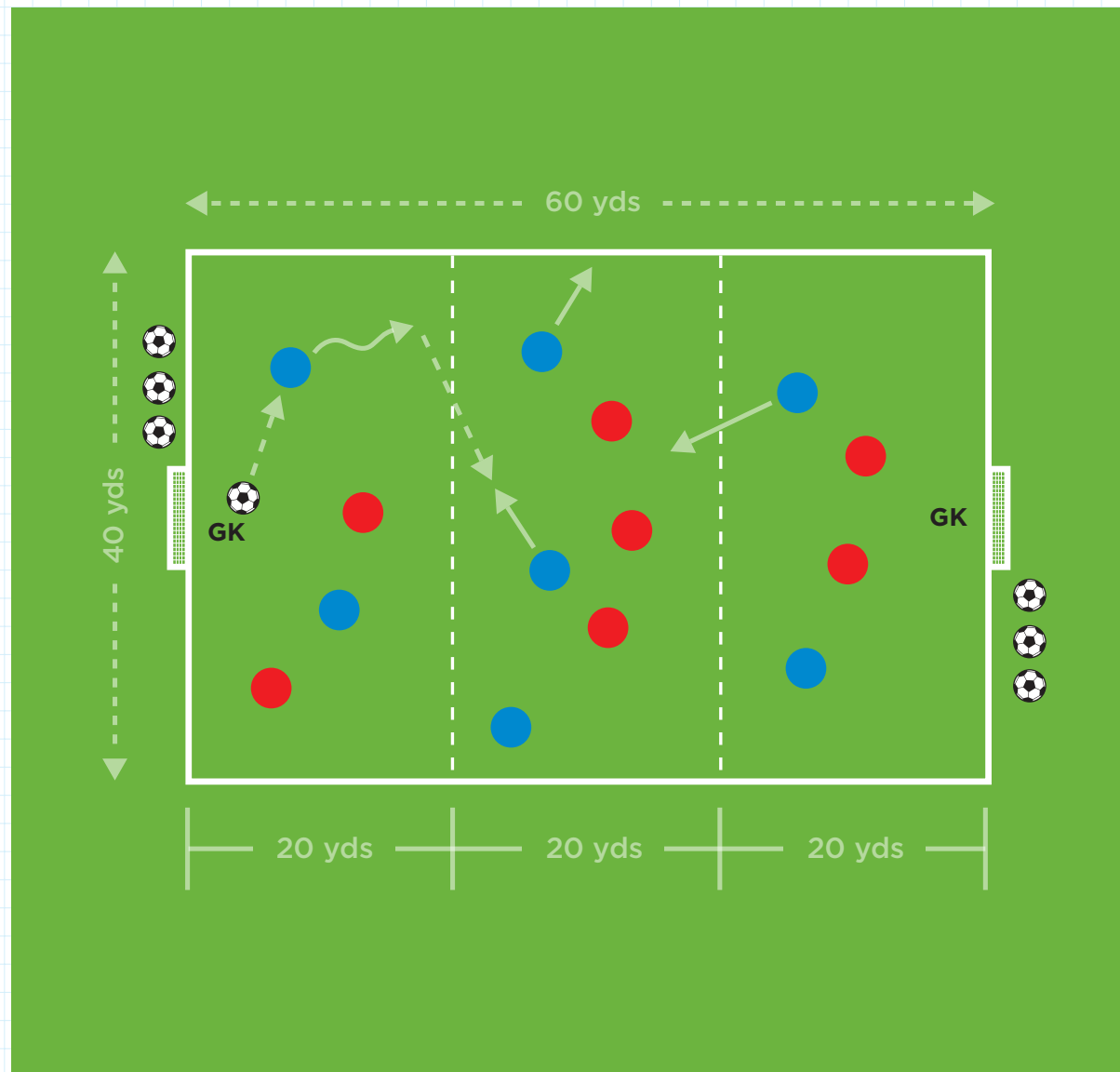
Quick passing in a small-sided game

Practice organisation

- Area 60x40yds, divided into 3 equal zones, with appropriate size goals at each end, as illustrated.
- 16 players (incl. 2GK's), arranged 2-3-2, as shown in the diagram.
- Supply of balls by each goal.
- Players are restricted to the designated zones & off-side applies in each end zone.
- Practice starts with: ball rolled-out from GK.
- Team in possession, look to play through the thirds of the field, varying speed of attacking play & using 1 touch passing, if possible.
- Open play continues until the ball goes dead. The practice then recommences with initial set-up arrangements.

Detail

- Quick passing using 1 touch (if possible), to eliminate pressure.
- Recognition of when to use 1 touch passing & when to slow-down play to secure ball retention.
- Use of different skills & foot surfaces to maximise 1 touch/quick play.
- Making good decisions when quick play sequences are unavailable.
- Simple progressions for this practice are:
 - Units can push-up & drop-back into next zone to create 5v5 in single & two-zone play.
 - All players are 'free' & interchange roles & positions.



Attacking when opponents are 'in balance'

Age group
12-16 years

Key coaching points

- Stretch opponents from end-to-end & side-to-side.
- Angles & distances of support.
- Appropriate speed of passes & inter-passing.
- Combination play, using minimal touches.
- Changing tempo (e.g. slowing down play, to speed-up & vice versa).
- Individual & combined movement of advanced attackers to achieve shots on goal.
- Early selection of individual finishing techniques & execution.