

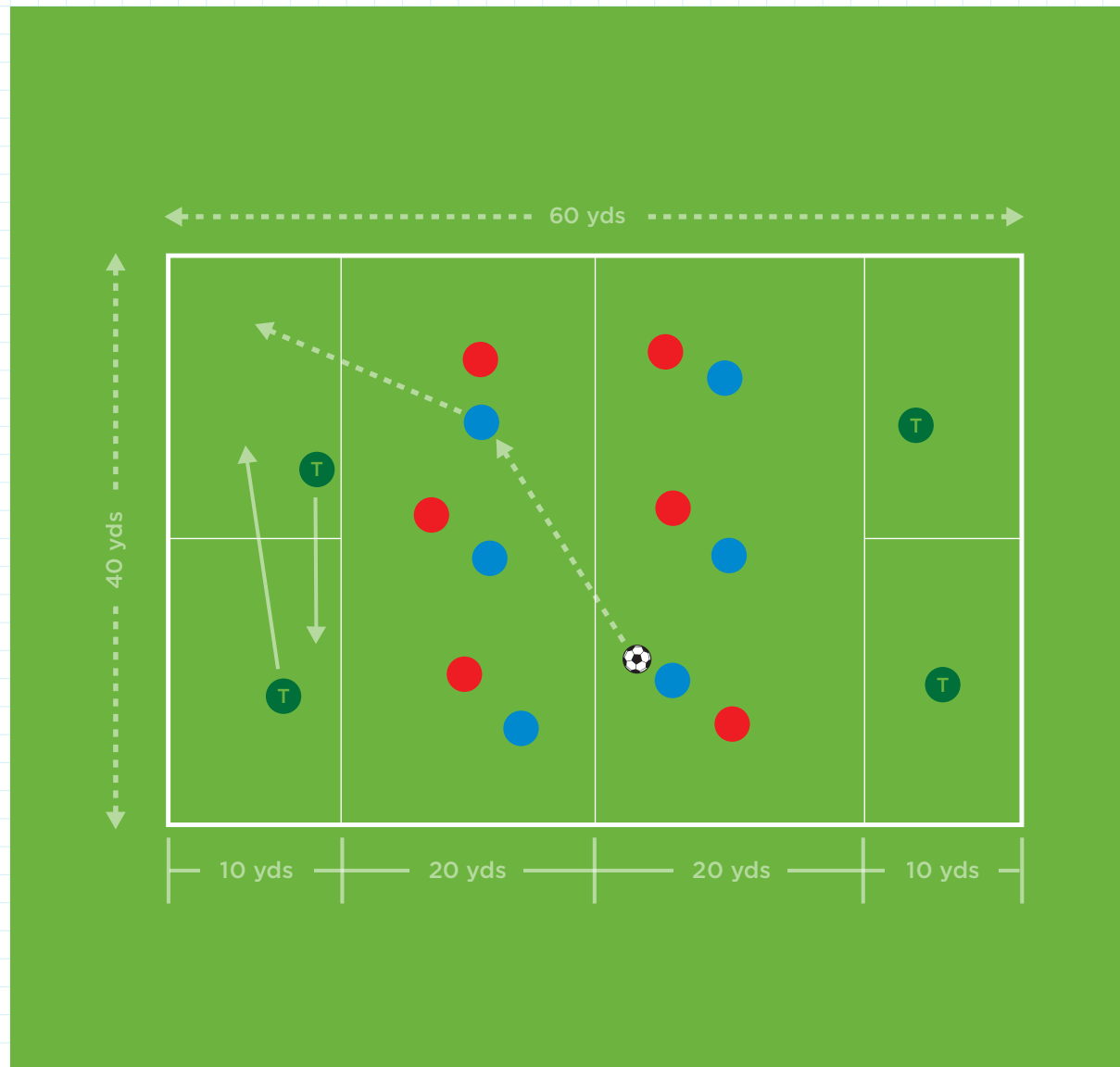
# Forward passing in advanced areas

## Practice organisation

- Area 60x40yds, divided into 6 zones, with end zones 10x40yds, divided into 2 equal size areas & 2 central zones, each 20x40yds wide, as illustrated.
- 16 players, 1 ball.
- 3v3 in each central zone, 2 Target players for each team in each of 2 end zones.
- Practice starts with the Blues in possession.
- Objective of game to pass through each of 2 central zones to play into T.
- Once achieved, T player transfers ball to second T in adjoining end zone.
- Second T passes into opponent's central third player to change direction of play.
- T players may change positions, but must remain in balance, as do central players, in terms of numbers.

## Detail

- Challenge 1: Try to play forward early, or (if unable), pass to a player who is in a position to do so.
- Teams need to retain their positional balance & structure.
- Exchanges of position in central zones, whilst maintaining balance is encouraged.
- Choice, speed & accuracy of passes in congested central zones.
- Quality of passes into T's, who will be on the move in end zones.
- Simple progressions for this practice are:
  - D's may press in end zone.
  - Players may pass into end zones & replace receiving player who exits end zone for mid zone.



## Key coaching points

- Other challenges for players include:
  - Players to look for spaces to exploit.
  - Create space for team mate to exploit.

- Place changing to unbalance opposition.
- Deal with opponents entering into grid

Attacking when opponents are 'in balance'

Age group  
12-16 years