

Passing & Support: Skill/Technique #1

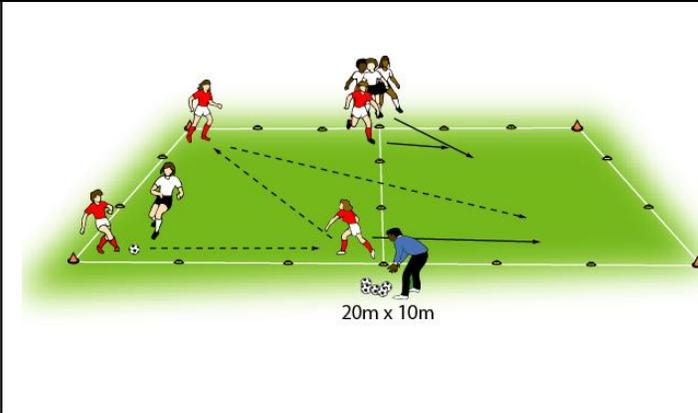
Skill/Technique:

Passing & Support – Square to Square

20 minutes

Organization:

- Set-up area 20x10m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against one opponent in one 10x10m square.
- One square vacant to begin with.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. Two groups compete against one another as follows: Four red players v 1 white player in a one square, with three white players resting outside the square and the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the defending white player steps out and a new defender enters the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and one of the reds becomes a defender, while the other rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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