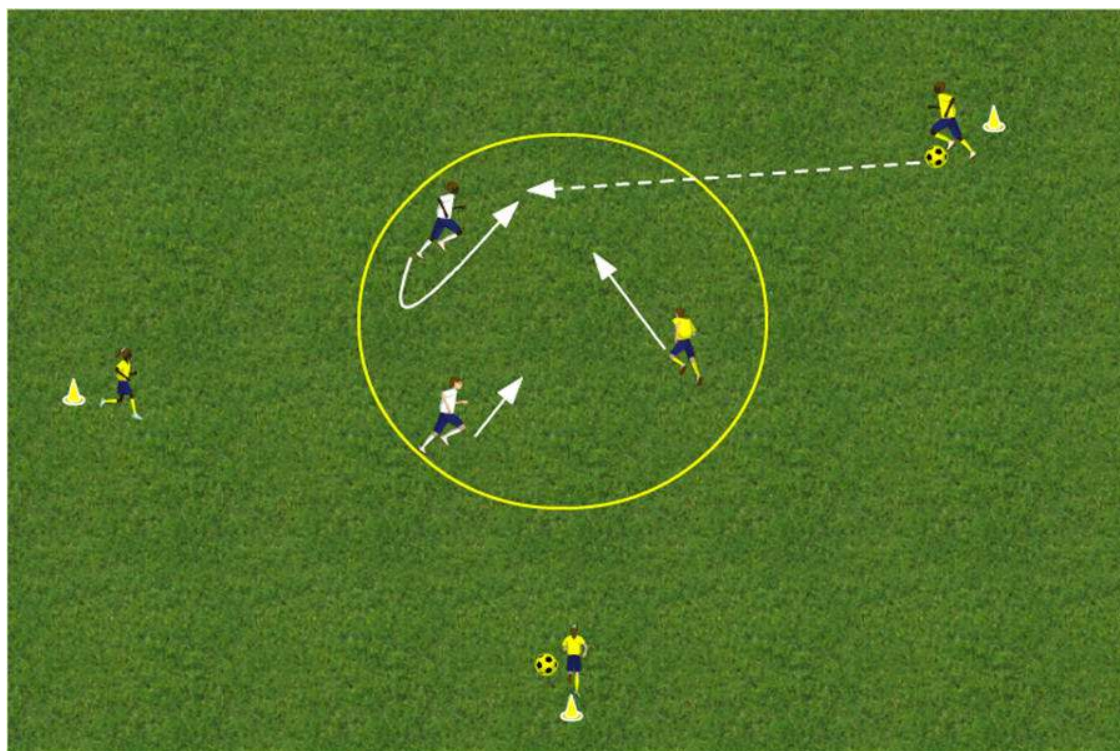


## A PRACTISE TO IMPROVE THE SKILL OF SUPPORT PLAY AROUND THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

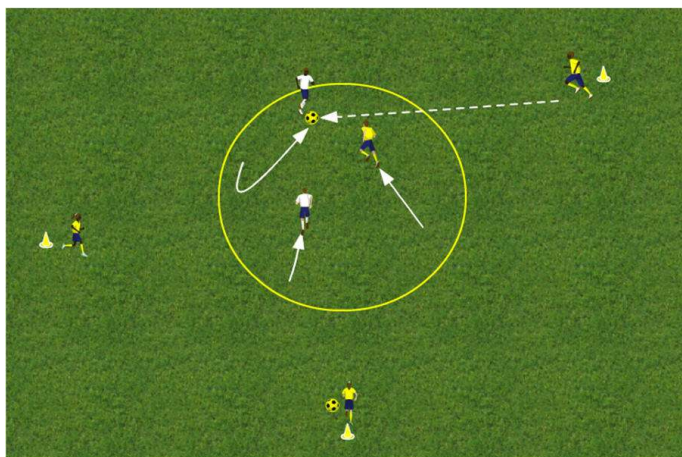
This is a practice that involves 6 players. Mark out a clock shaped area approx 10 – 15 yards in diameter. In this area position two attacking players and one defender. Place three cones, spaced evenly, 10 – 15 yards outside of this area. Position three players just in front of the cones, two with balls and one without a ball. The size of the clock and the distance to the cones can be adjusted to suit the age and ability of the players.

The practice starts with one of the players with a ball passing to one of the players inside the clock area. Both players should look to create space and be available to receive the pass. The defender must try and win or intercept the ball.

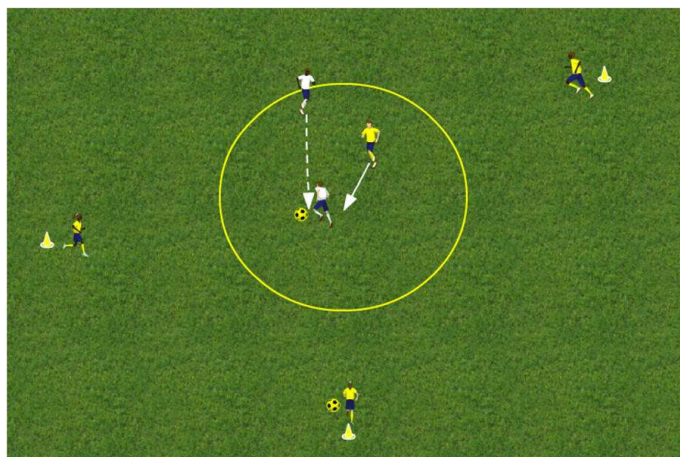
### KEY TECHNICAL ASPECTS

Recognise the position of the defender and use bright intelligent movement to create space, for themselves or team mate \*Get in line to receive the pass \*Good communication between the players, both verbally and with body language \* Timed movement to support the ball \*Accurate, timed, well weighted passing \*Movement off the cone to create space to receive the ball \* Quick adjustment to receive the next pass

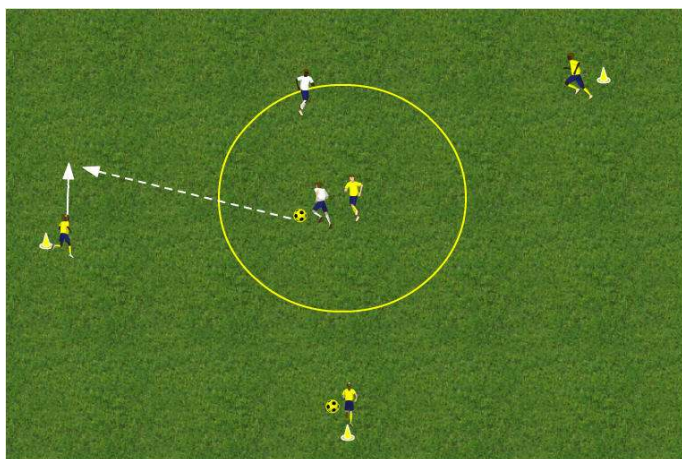
**Progression # 1** – The receiving player should look to receive the ball with an awareness of where the defender is. Their team mate should look to take up a good supporting position



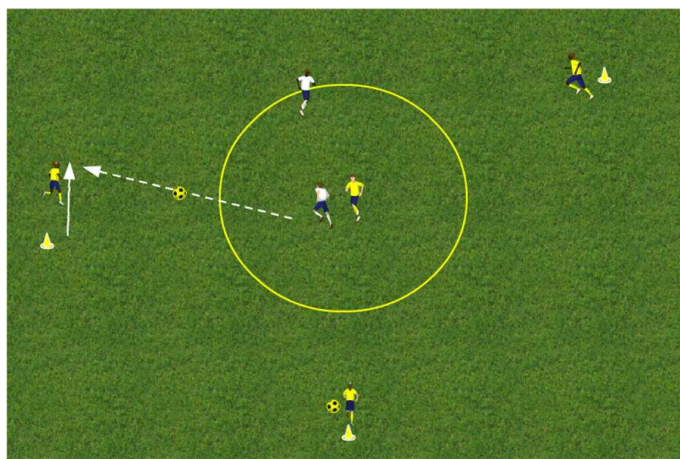
**Progression # 2** – The ball is set sympathetically to the supporting player



**Progression # 3** – The support player now passes into space for one of the players on the cones who does not have a ball.



**Progression # 4** – The receiving player should recognise that the ball is going to be passed to them and should look to check from the cone into space to receive the ball. The player receiving the ball turns and returns to the cone. The practice is repeated



## PROGRESSIONS

Condition the middle players to two touches, then one touch.

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.