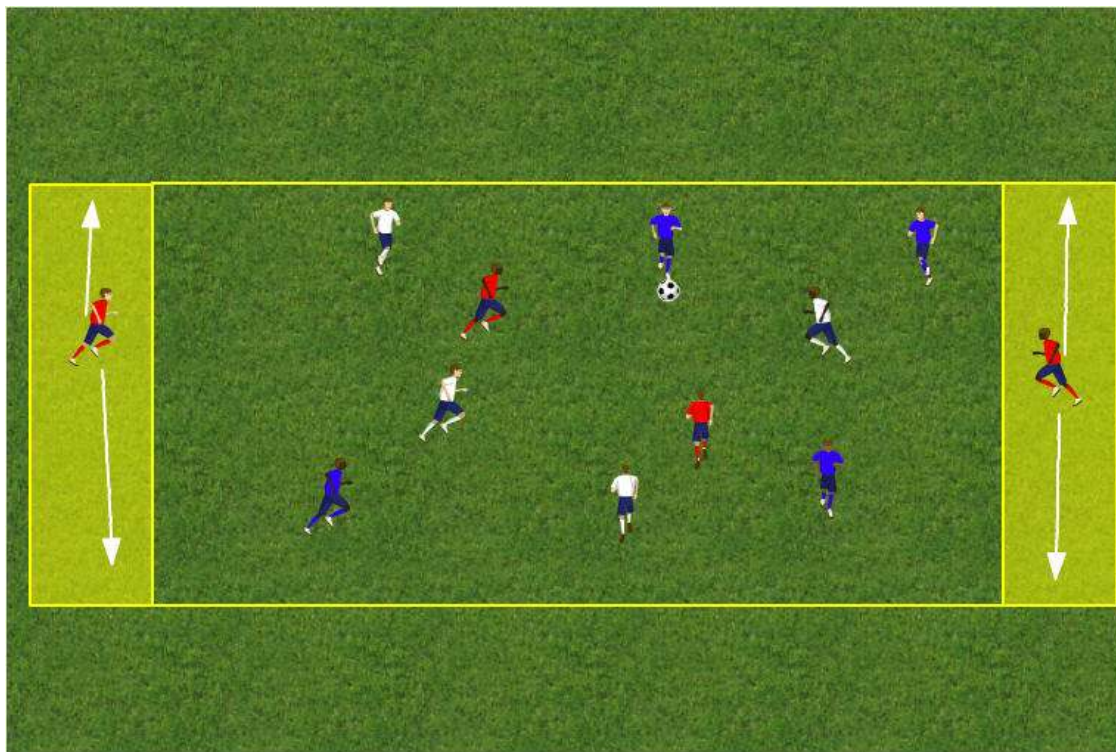


A GAME TO IMPROVE SUPPORT PLAY AROUND THE BALL

The following game has been designed using www.grassrootscoaching.com Coaches Chalkboard.



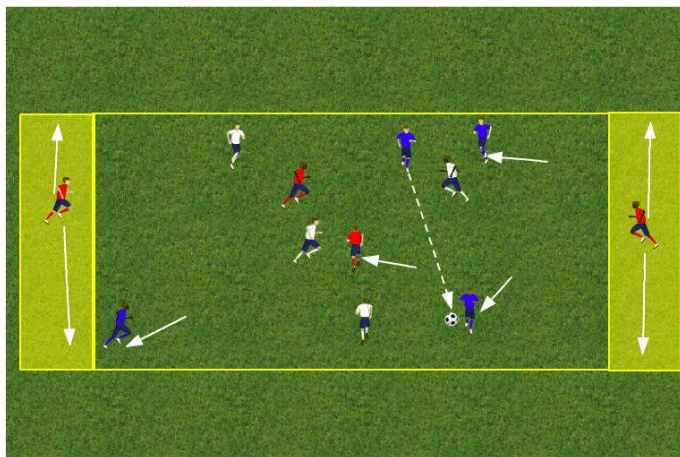
ORGANISATION

This game involves a total of 12 players, play 4 v 4 in the middle area, with 2 floating players in red and two target floating players in red who are conditioned to stay in the end target areas. The area is 40 x 20, with two end target areas of 20 x 10. The areas can be adjusted to suit the age and ability of the players. The objective of the game is for the team in possession to keep the ball and pass it into a target player. Once they have passed into the target player, they keep possession and must look to support the target player. The game is directional and once the team in possession have passed into one target player they should look to pass the ball into the opposite target player.

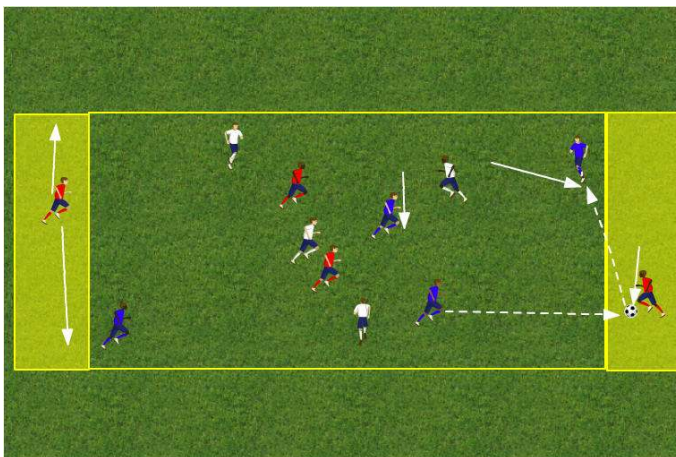
KEY TECHNICAL ASPECTS

Create space as a team by making the pitch as big and as wide as possible*Recognise the position of the defenders and use bright intelligent movement to create space, for themselves or team mates *Good communication between the players, both verbally and with body language * Timed movement to support the ball *Good supporting angles and distance * Support in front as well as to the side and behind the ball *Accurate, timed, well weighted passing *Movement after the pass

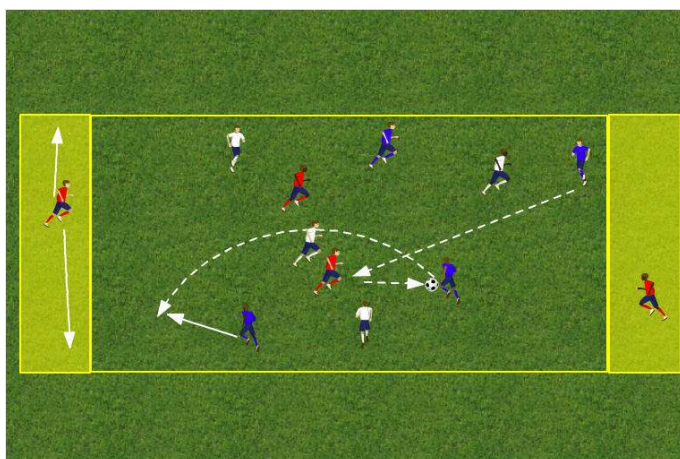
Progression # 1 – The team in possession must look to provide support around the ball, to pass and move and to pass into a target end player when the opportunity presents itself. Players will need to be aware of the need to communicate, to move to find space for themselves or create space for others and to provide good supporting angles and distance for the player on the ball



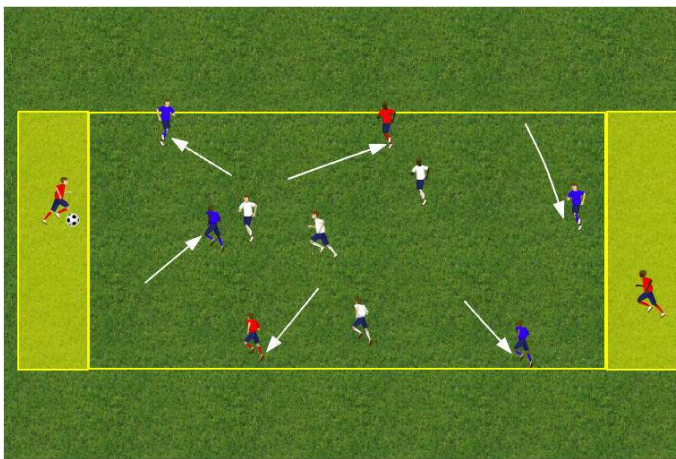
Progression # 2 – The end target players will need to move to find space and to be a target to find with a pass. Once the ball has gone to a target player, the team keep possession and will need to readjust their support positions and look to receive a pass from the target player



Progression # 3 – The players should also be aware of the opportunities of making third man runs to provide support targets in front of the ball



Progression # 4 – Once again, as soon as the ball has been passed into a target player, the team in possession need to readjust to support the ball. It is important that, the players do not just support close to the ball, but provide width and depth for the player on the ball



PROGRESSIONS

Remove one of the middle floating players.

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.