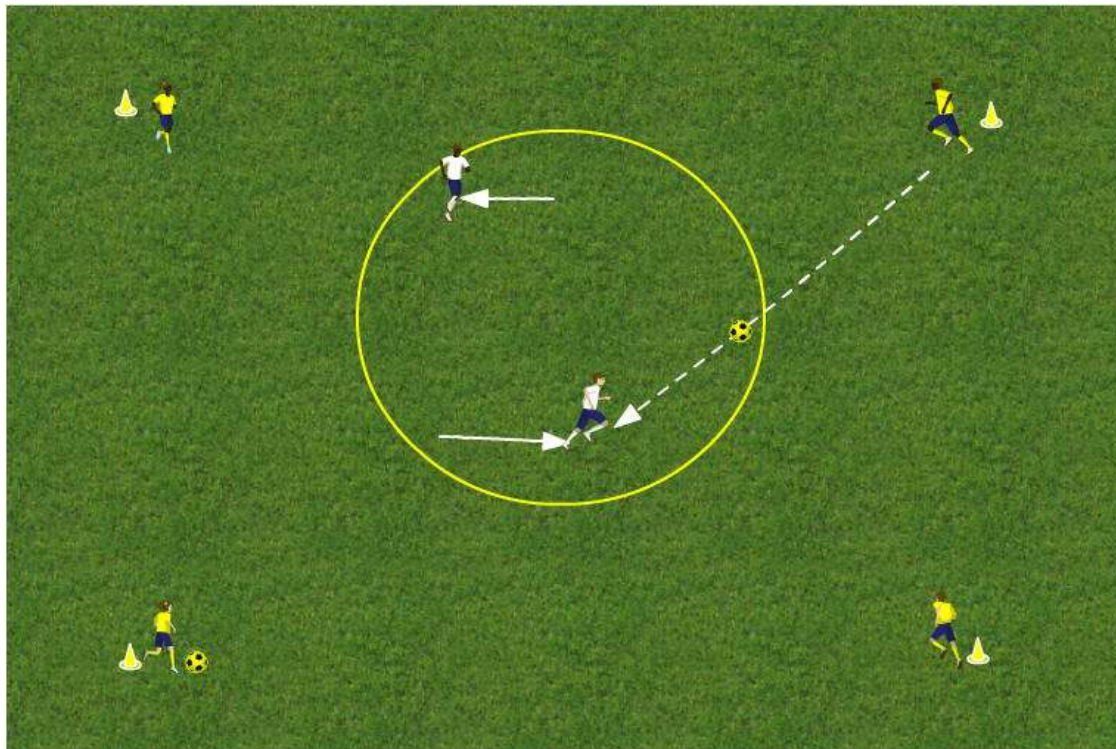


A PRACTICE TO IMPROVE THE TECHNIQUE OF SUPPORT PLAY AROUND THE BALL

The following practice has been designed using 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 2 players. Place 4 cones, spaced evenly, 10 – 15 yards outside of this area. Position 4 players just in front of the cones, 2 with footballs 2 without footballs. The size of the clock and the distance to the cones can be adjusted to suit the age and ability of the players.

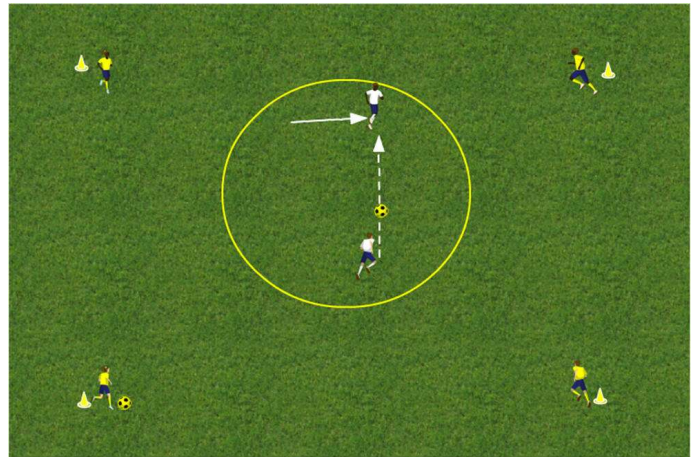
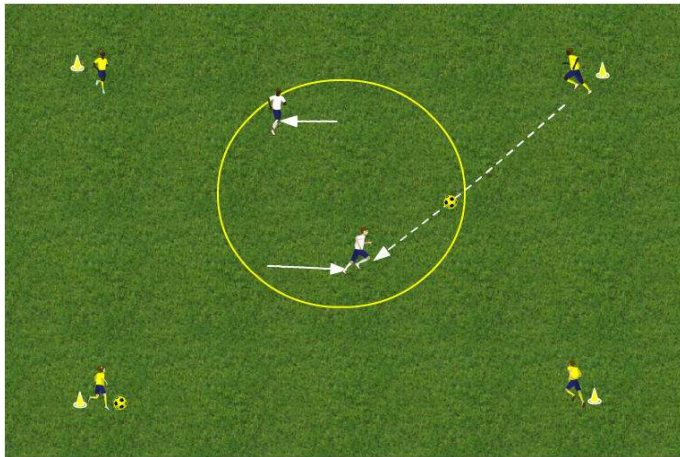
The practice starts with one of the players with a ball passing to one of the players inside the clock area. Both players should look to create space and be available to receive the pass

KEY TECHNICAL ASPECTS

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

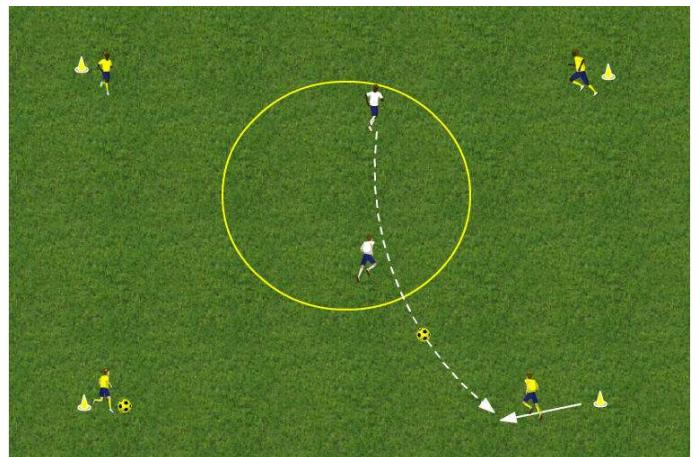
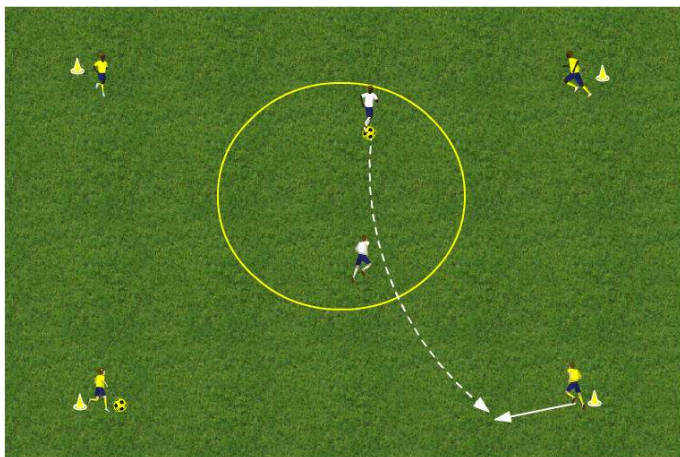
Progression # 1 – The two players in the clock area must now react to the pass, by recognising who is going to receive the pass

Progression # 2 – The other player should look to support the ball by getting themselves in a position that is diagonally opposite the player receiving the ball. The ball is set for the supporting player, who must adopt a good supporting angle and distance and communicate with the receiving 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 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.