

PLAYING FORWARD

Session Objective:

Looking for players to play forward using a variety of combinations. I want players to create good passing angles using movement and awareness of space. Good quality passing and control.

Progressions:

1. Allow the target player to drop into the central zone to create a 3v2, with players able to dribble through the gates to score a point.
2. Any player can drop in to receive a scoring pass through the gates.
3. Score in any gate.
4. Touch limitation.

Coaching Points:

- Good movement to create passing options
- Create good passing angles
- Quick combinations
- Firm Passes.

Duration:

15 minutes

Ability:

Development

No of Players:

6+

Technical/Tactical

Passing
Receiving
Body Shape
Awareness
Movement

Scanning

Physical

Fast Tempo
Fast Mind
Running
Tackling
Twisting/Turning

Protecting the ball

Psychological

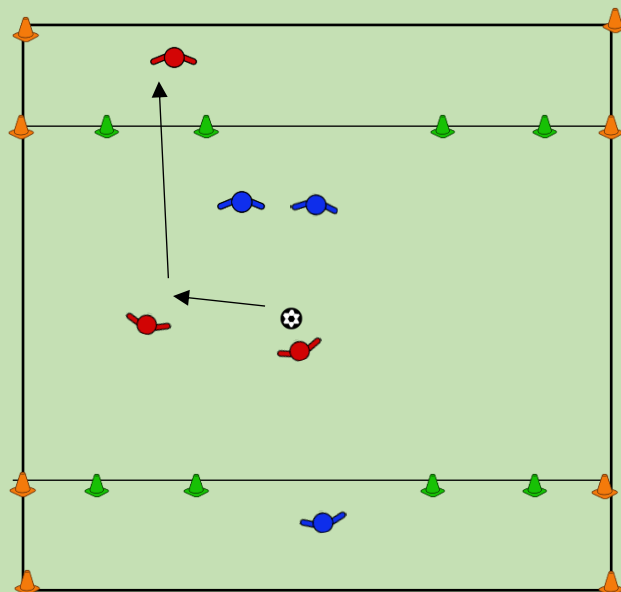
Decision Making
Thinking ahead
Problem Solving
Positioning
Movement

Social

Communication
Teamwork
Fun
Competition



Visual:



Description:

In a 26 x 26yd area set up as in the visual.

In the central area play a 2v2. Either the coach starts play or the teams take turns.

The red team must combine to create a passing opportunity to their teammate in the end zone. Points are only scored if the team can pass through one of the two gates. If they score, the red team keep possession and start again.

If the blue team get possession, they must do the same going the other way.

3x 4 minutes games with rest and change of end players.

Equipment:

Balls

X3 Blue Bibs

X3 Red Bibs

8 Dome cones to create playing area

8 cones to create scoring gates.