

Boxes Games 2v2 Whole 1

Category: Passing

Length: 00:25 Rec. Players: 14

Published: March 16, 2015 @ 10:09

Practice Theme/Topic

General Notes

This is a template, please adapt & use as appropriate

Aims & Objectives

To create support to pass & develop passing techniques against opposition

Organisation & Setup

In pairs, teams are to set out a square opposite another team.

W/U- in pairs, move the ball between the squares, trying to find ways to receive within the squares and pass through the squares.

Whole 1- 2v2 game with teams trying to stop the ball within the opposing teams square to score.

Coaching Factors & Outcomes

Clear passing lines

Surface of the foot to pass with

Know where your partner is

Adaptation & Progression

Could include a team of guards within the squares during W/U activity

Size of squares can be changed

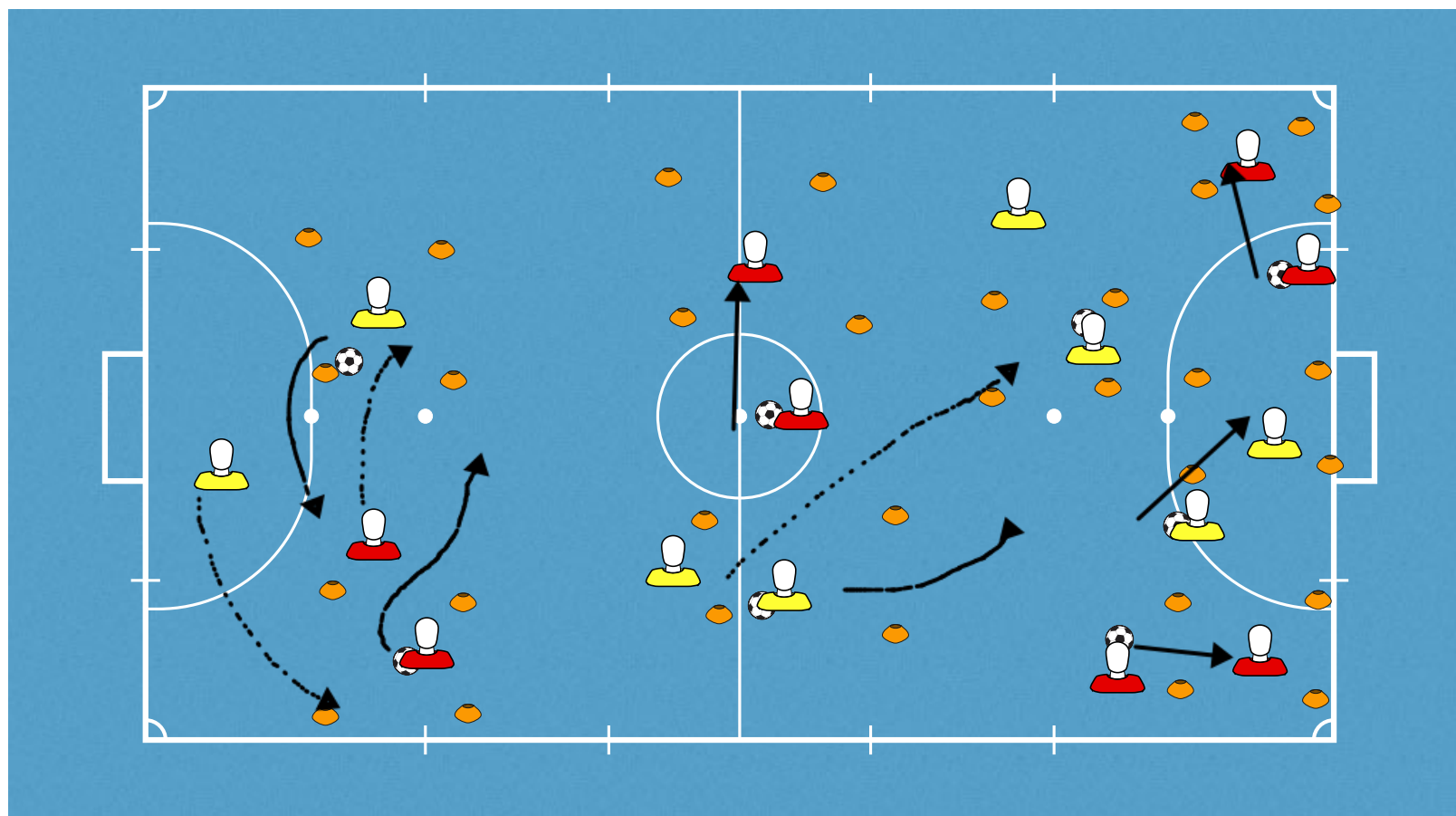
Type/size of ball can be adapted

Numbers on each team can be changed

Teams could play through the square rather than stopping inside the square to score.

Technical

N/A



Coaching Point #1

Try to see your partner
Where is your partner?
How can you be aware of everyone's movement?

Coaching Point #3

Try to use big surfaces
Which surfaces can you use?

Coaching Point #2

Try to create a clear path
What movements help you create the clear path?
Where can you move to create a clear path?

Coaching Point #4

Luton SC 09/03/15
Practice: 02 Length: 01:00
Categories: Passing

Practice: 01 Length: 00:25
Boxes Games 2v2 Whole 1
Category: Passing

Slide: 01/02



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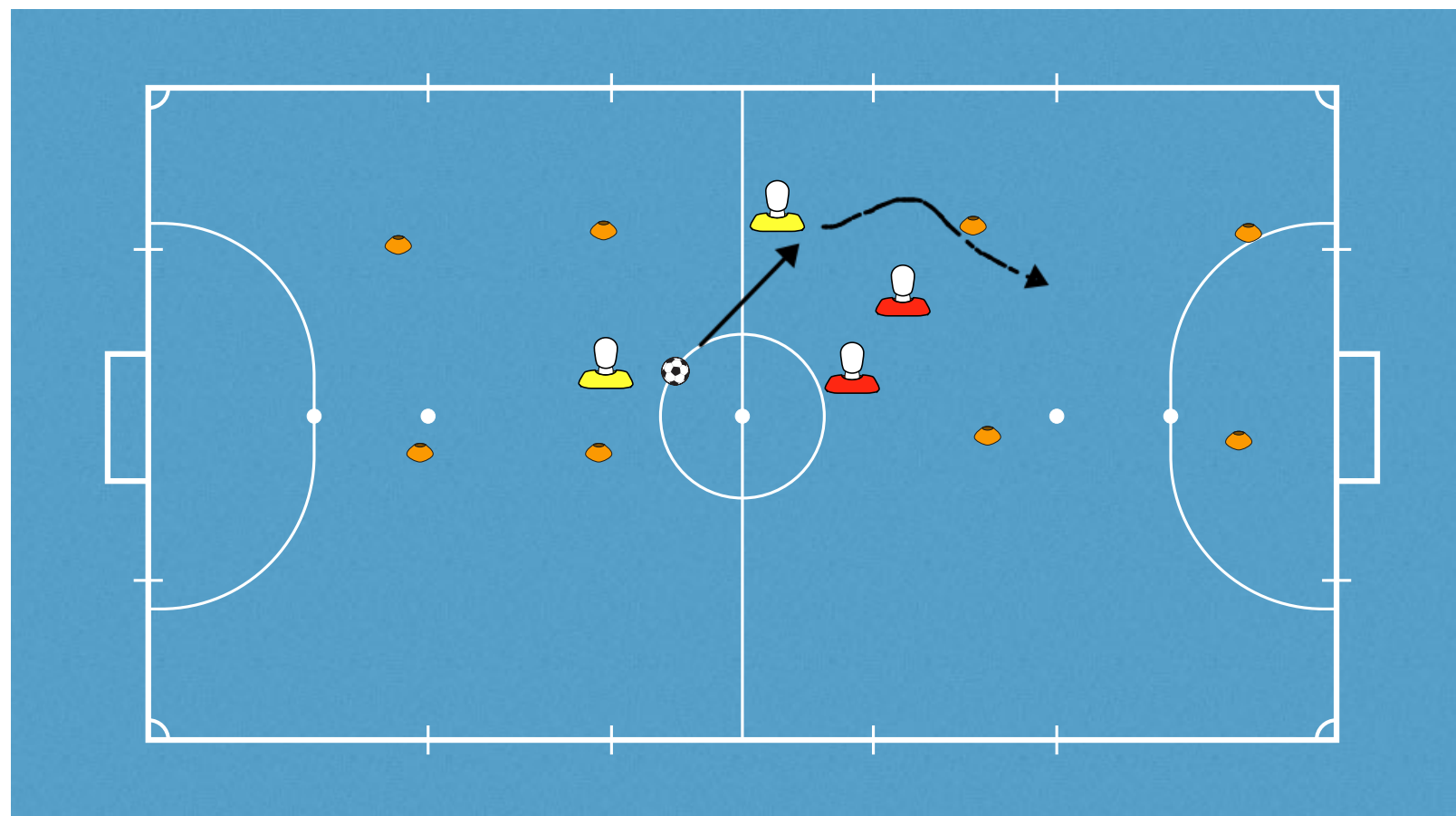
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Coaching Point #4

Luton SC 09/03/15
Practice: 02 Length: 01:00
Categories: Passing

Practice: 01 Length: 00:25
Boxes Games 2v2 Whole 1
Category: Passing

Slide: 02/02



Practice Theme/Topic

General Notes

N/A

Aims & Objectives

To support your team mate & develop passing techniques within 2v1 practices

Organisation & Setup

Slide 1- Two goals opposite each other, 2v1 within the game.

Team of 2 start with the ball to try and score in opposing goal. Both players need to touch the ball before the team can score.

Rotate the players so everyone within the game so everyone gets to play as a team and on their own.

Slide 2 - 2v2 games with a goal at each end. Teams score in opposing teams goal. Both members of the team to touch the ball before they score.

Coaching Factors & Outcomes

Support your team mate

Create clear paths

Use larger surfaces

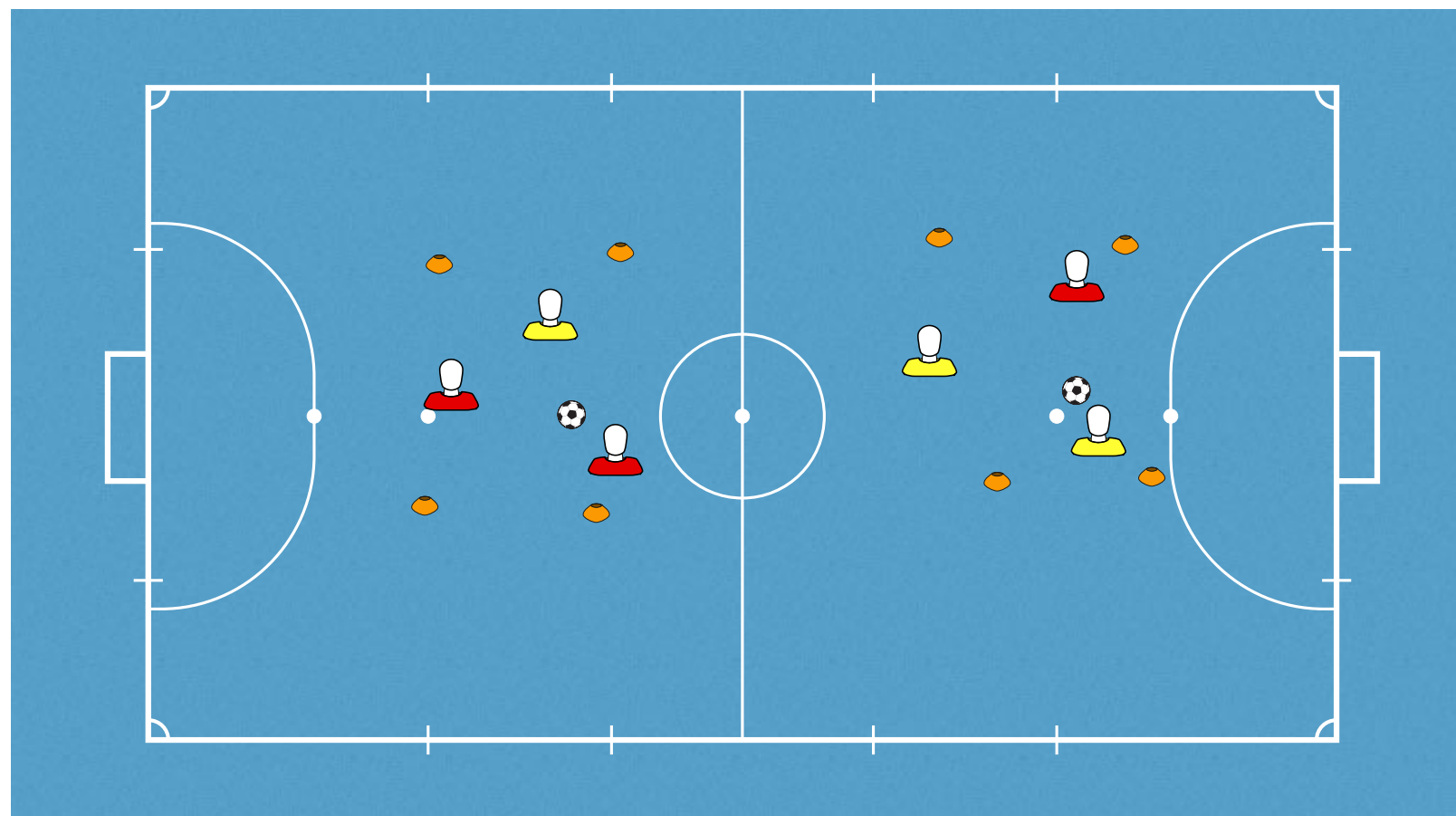
Adaptation & Progression

Size of goals

People within each group can be adjusted

Type/size of ball being used

Slide 2- players could score by stopping the ball, in a square rather than shooting into a goal.



Coaching Point #1

Try to support your team mate
How can you support your team mate?
Where can you move?

Coaching Point #3

Try to use larger surfaces
Which Parts of the foot do you use?

Coaching Point #2

Try to create clear passing lines
Where can you move too?
What helps create a clear path?

Coaching Point #4

Technical

Luton SC 09/03/15

Practice: 02 Length: 01:00

Categories: Passing

Practice: 02 Length: 00:35

2v1 & 2v2 Games

Category: Passing

Slide: 01/02

Practice Theme/Topic

General Notes

N/A

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Organisation & Setup

Slide 1- Two goals opposite each other, 2v1 within the game.

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Coaching Factors & Outcomes

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Use larger surfaces

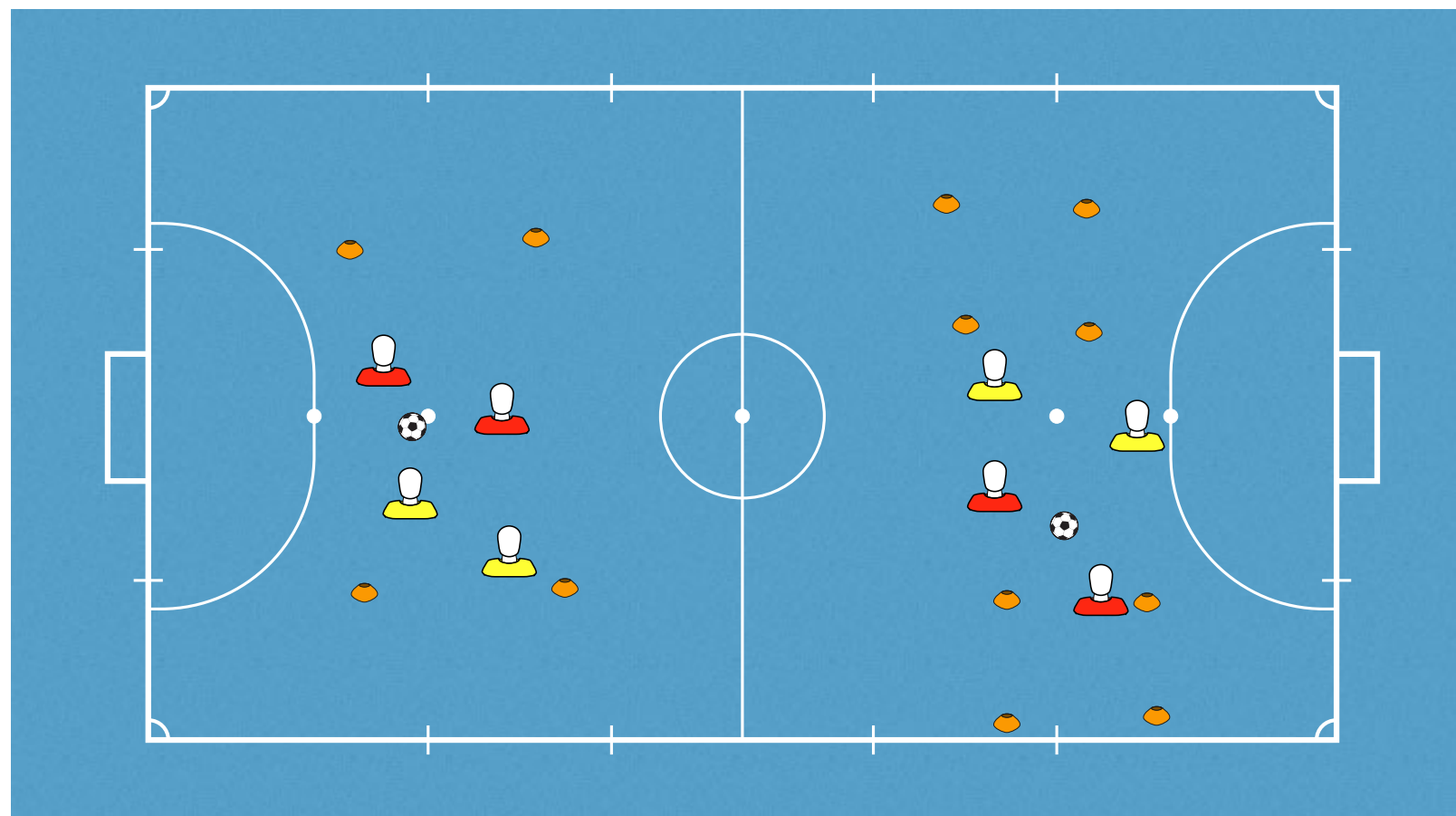
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How can you support your team mate?
Where can you move?

Coaching Point #2

Try to create clear passing lines
Where can you move to?
What helps create a clear path?

Coaching Point #3

Try to use larger surfaces
Which Parts of the foot do you use?

Coaching Point #4

Technical

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Practice: 02 Length: 01:00

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2v1 & 2v2 Games

Category: Passing

Slide: 02/02