

End Zone 2v2s

Category: Passing

Length: 00:30 Rec. Players: 14

Published: April 24, 2015 @ 09:25

Practice Theme/Topic

General Notes

This is designed to enable the individuals within the group to show what they have learnt over the last few weeks of this skills centre.

Please use it as a guide and adopt for your players as needed.

Arrival games will be small sided games

Aims & Objectives

To show different ways to pass and receive the ball against different levels of opposition

Organisation & Setup

Playing area set out with a target zone at each end.

Slide 1 - in pairs, one ball between 2 with pairs working together to show ways to move the ball from end zone to end zone for partner to receive in the end zone.

Slide 2 - some guards will defend against the others with a ball to try and gain possession from them and stop the ball in either of the end zones or the target areas to the side. Those with a ball score a pt for receiving the ball in the target zone.

Slide 3 - 2v2 games, with teams (circled in yellow) attacking a specific end and teams scoring a goal for stopping the ball within the target zone.

Coaching Factors & Outcomes

Pass using both feet

Receive with large surfaces

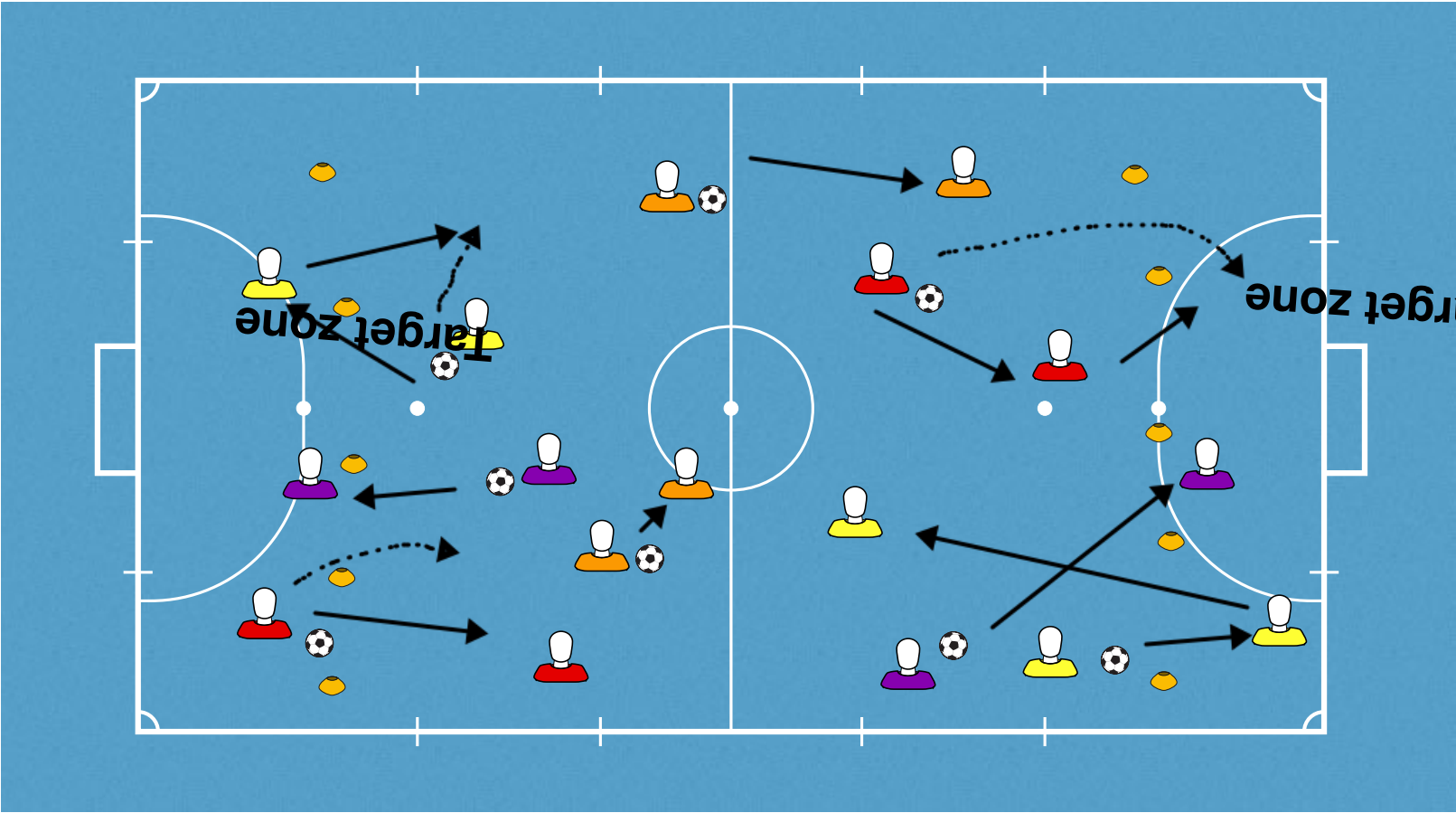
Communicate/eye contact before pass

Adaptation & Progression

Size of target zone & playing area

Could use different size footballs

Players can dribble or receive into the target zones



Coaching Point #1

Try to use both feet
Which parts of your feet did you use to pass with?
How did you pass?

Coaching Point #3

Try to help each other
What can you do before you pass?
How can you help your partner to pass?

Coaching Point #2

Try to use larger surfaces
How did this help you receive?
Which parts of the feet did you use?

Coaching Point #4

Luton SC 20/04/15

Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 01 Length: 00:30

End Zone 2v2s

Category: Passing

Slide: 01/03



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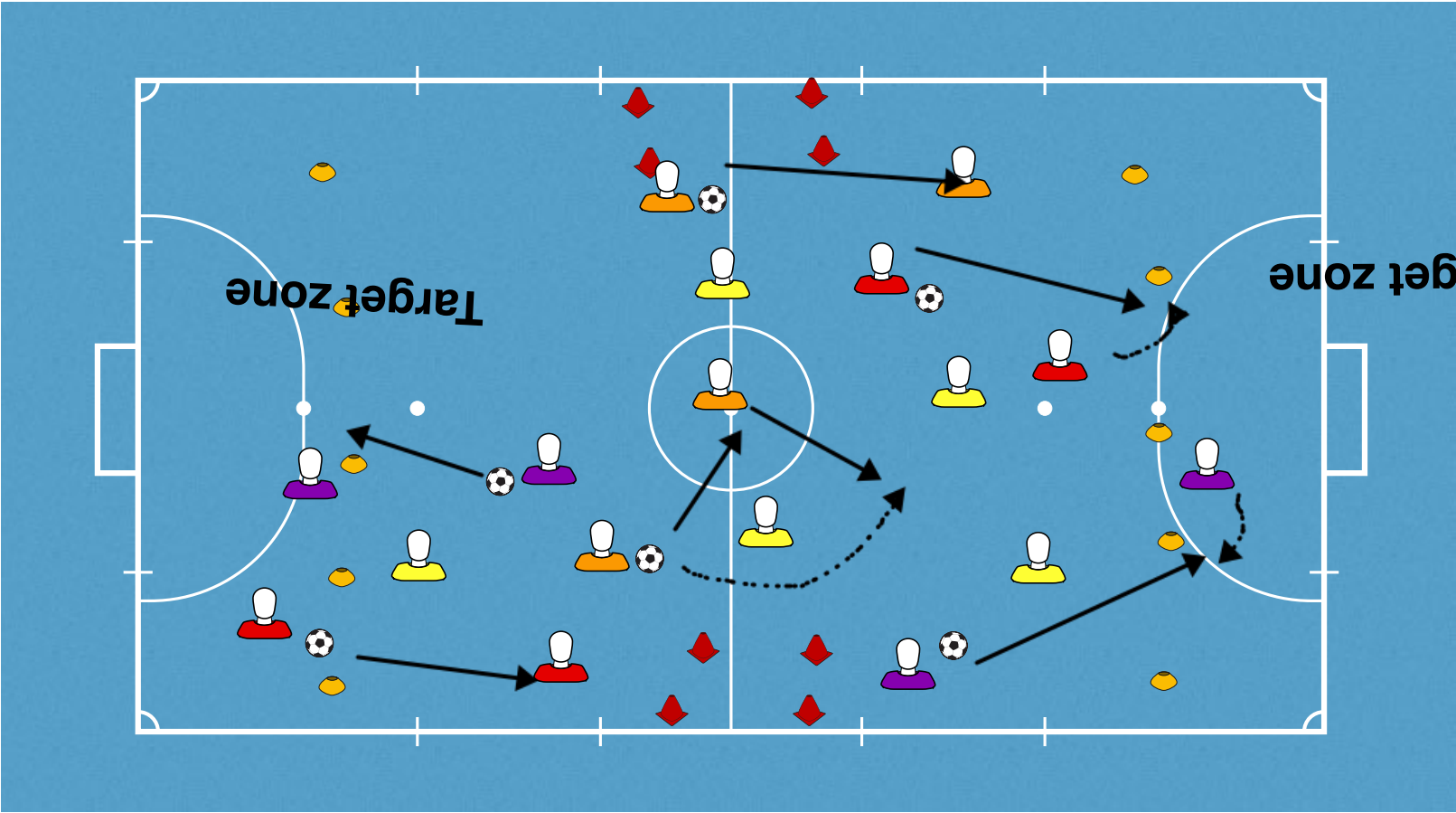
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End Zone 2v2s

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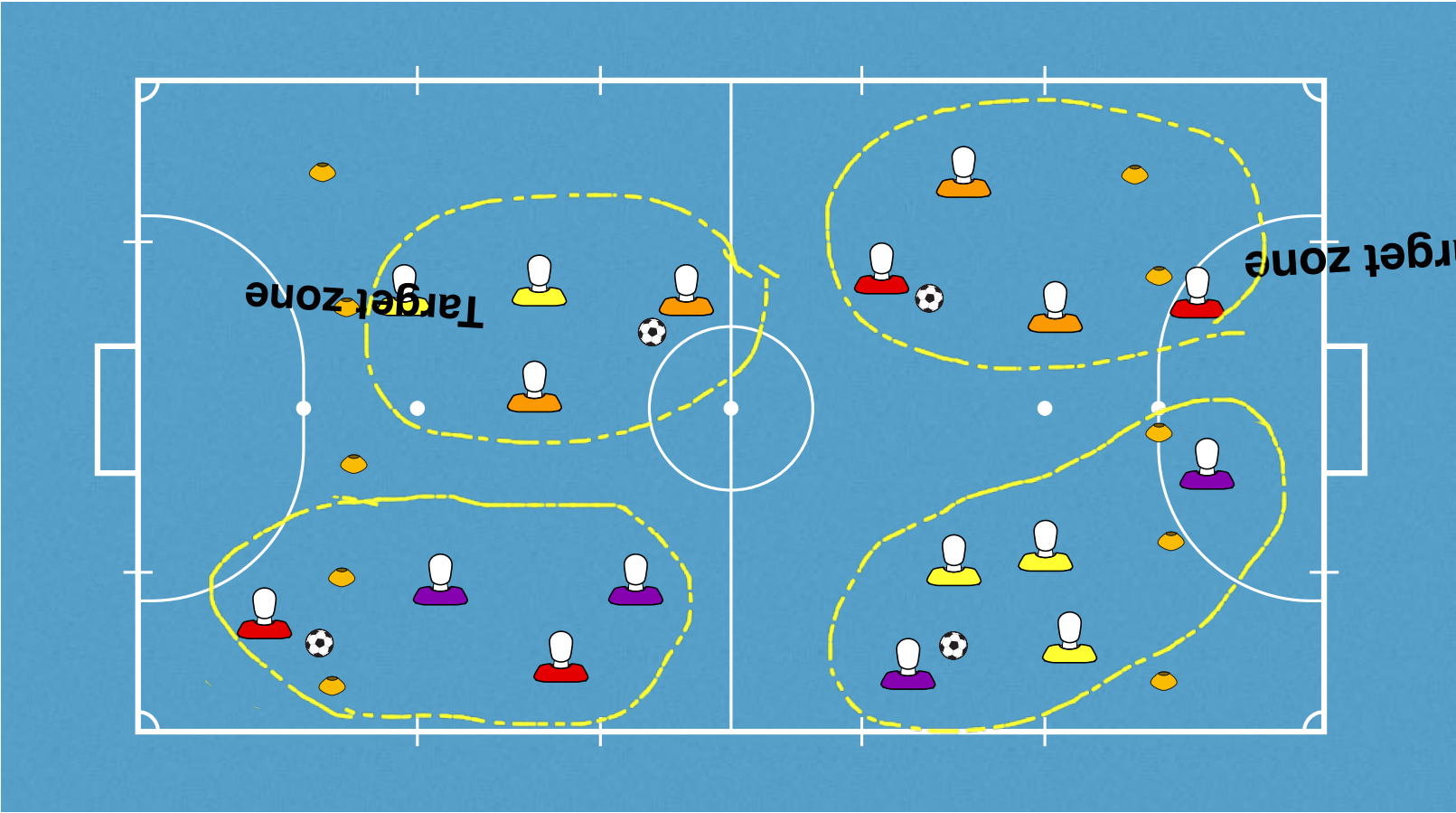
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End Zone 2v2s

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Pass & Receive 2v2s

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Practice Theme/Topic

General Notes

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Aims & Objectives

For group to show how they use balance when passing and receiving within games

Organisation & Setup

Slide 1 - In teams of 2 or 3, each team to set out a square at each end and teams can score by receiving the ball in their opponents square

Slide 2 - 2v2 games with a half way line, one player in each half. Teams to pass to team mate in opposing half before they can score, rotate ends after 5 mins,

Coaching Factors & Outcomes

Create passing lines

Different passes depending on distance passed

Receive to move the ball

Adaptation & Progression

Size of squares/halves

Type of ball

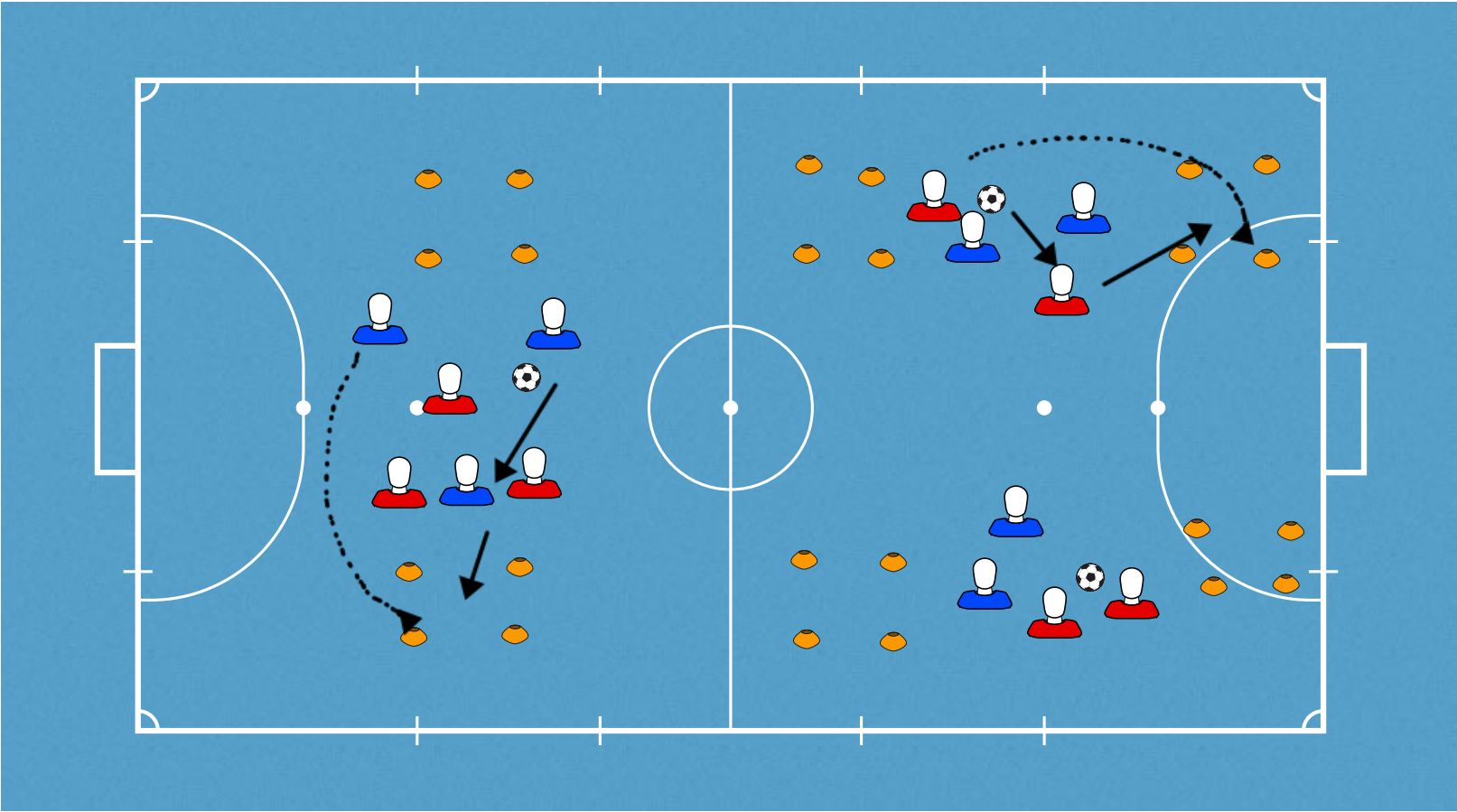
Players to receive or stop the ball in the square

Players able to swap sides of the half way line, or create 2v1 within the attacking half if needed. (Could be progression as well).

Technical

Passing
Receiving

Physical



Coaching Point #1

Try to create a clear path
Where can you move to support the ball?
How will a clear path help you pass?

Coaching Point #3

Try to receive & move
What part of the foot did you receive with?
How can you receive and move the ball?
Where will you try to move the ball too?

Coaching Point #2

Try to use appropriate passes
What is appropriate pass for that distance?
How did you pass short, medium & long?

Coaching Point #4

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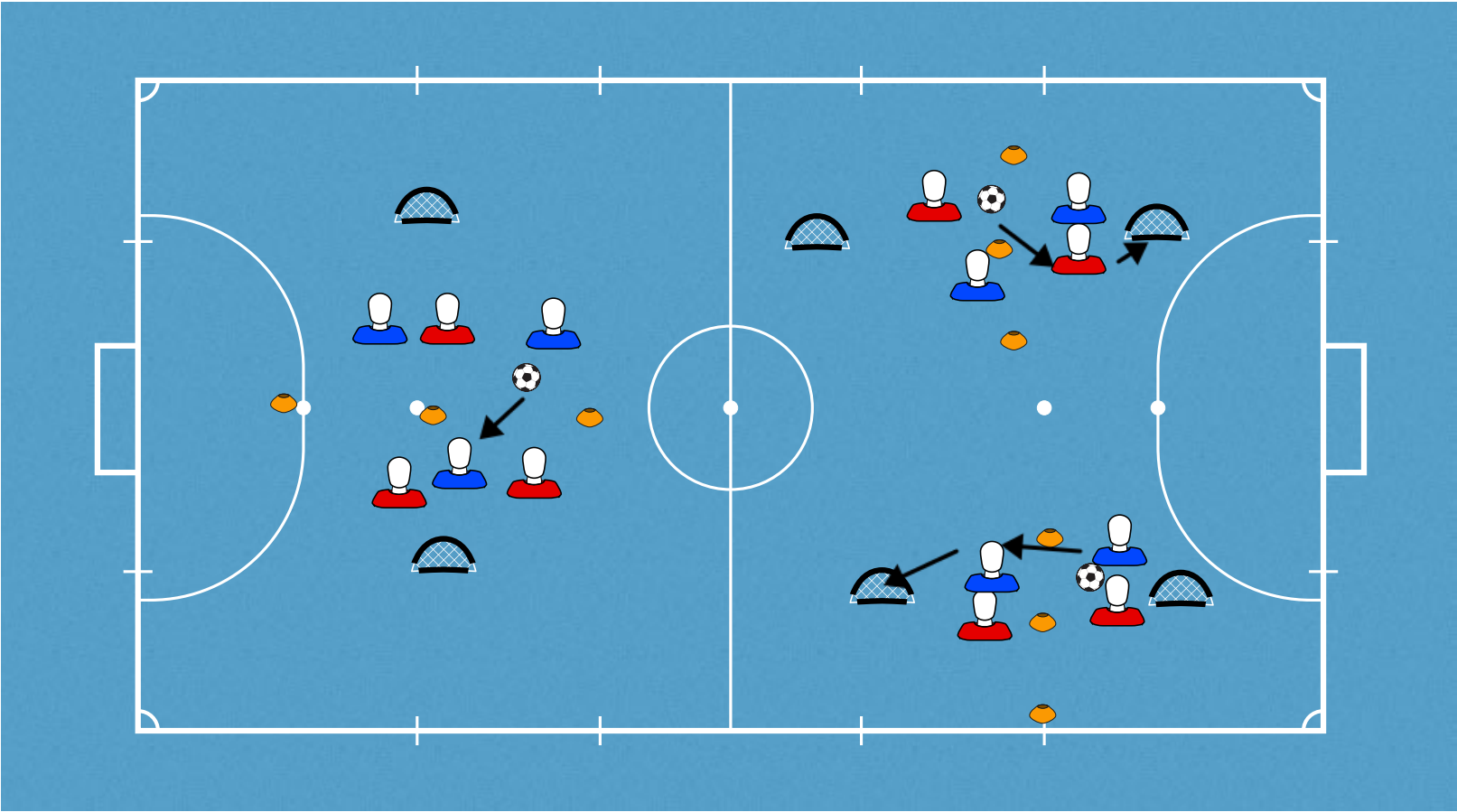
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