

UEFA B Passing And Control 2 - Pattern Practice

Category: Passing

Length: 00:35 Rec. Players: 16

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Practice Theme/Topic

Passing and control

General Notes

Passing and control, Pattern practice
Playing out from the back

Aims & Objectives

Improve decision-making of player in possession
Improve quality of distribution
Understand movement and support of the ball

Organisation & Setup

Full-size pitch using full width, length to 15yards past halfway line (almost 2/3 of pitch)

GK + 8 players on coached team (4xD 4xM to mimic 4-4-2, can be adapted to suit formation)
7 players on opposition (could increase to go 8v8)

Play out from GK working ball up to forward player and line. Return to GK when achieved

Build play from all players

Coaching Factors & Outcomes

See Coaching Points

Adaptation & Progression

Mannequins could also be used to enhance decision making process

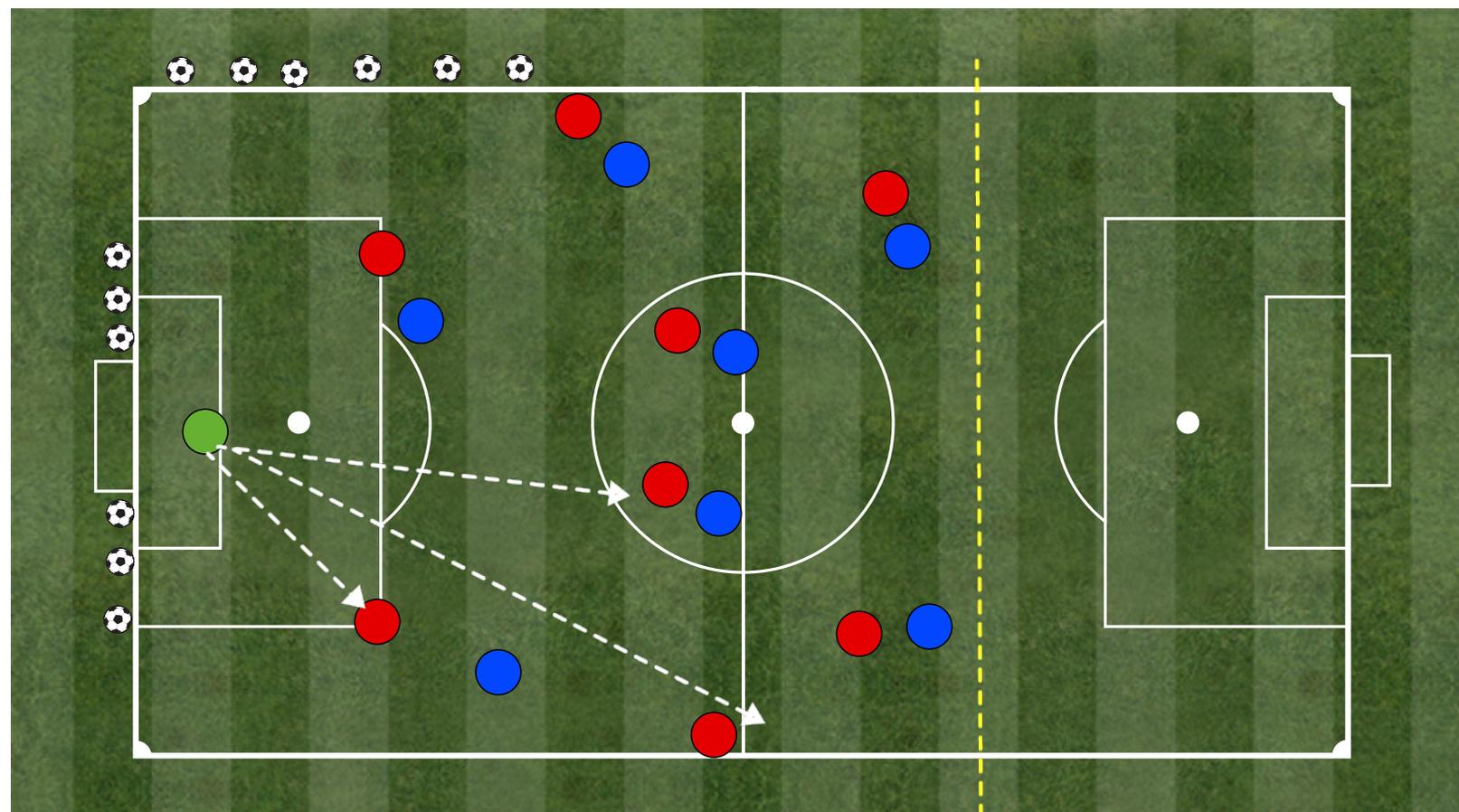
Introduced extra opposition to go 8v8

Provide opposition targets to create natural/realistic transition

Technical

N/A

Physical



Coaching Point #1

Decision making of GK

Quality of distribution of GK, variety of distribution methods

Coaching Point #3

Quality and delivery of passes

- varied distance
- varied techniques
- accuracy, speed, trajectory

Coaching Point #2

Angles and distances of support for player in possession of ball

Awareness of positions of other players around and away from ball holder

Coaching Point #4

Support after release of pass

Progress play with accuracy, speed and passes into space

Practice: 01 Length: 00:35

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Slide: 01/01

