

Passing, dribbling & shooting

Practice organisation

- Area 15x15yds, with small goals positioned on centre of each line, as illustrated.
- 5 players arranged 2 Attackers v 3 Defenders, as shown in the diagram.
- Coach with supply of balls at side.
- Practice starts with: coach passes ball in to A, moving into space.
- A's combine to attack any of 4 goals, defended by 3D's.
- Following goal or defensive regain of possession: play stops, players re-establish position & practice restarts from coach's service.
- Rotate roles & practice recommences with initial set-up arrangements.

Detail

- Size of area can be adjusted according to age & ability of players.
- Practice operates at high tempo for limited time, determined by coach.
- Continuous assessment by A's on when to pass, shoot, or dribble, as the practice alters with changing positions of D's.
- Support play & communication between A's & D's as units.
- Simple progressions for this practice are:
 - Add to number of players in practice to change overload (e.g. 3v3, 4v3 etc).
 - If D's gain possession: play ball quickly to team mate to score in a goal not being directly protected by them.
 - Tackling/intercepting D quickly counter-attacks by dribbling/driving with ball to furthest goal away.
 - If D's gain possession: need to make wall pass before being able to score.

Key coaching points

- Early scanning of opportunities to score in relation to position of D's & decision of which goal best to initially attack.
- A's awareness of position of D's, creating space & making supporting runs to receive initial pass from coach.
- A's combining & working as a pair to deceive & elude D's.
- Choices on techniques & skills to use to suit challenges set by D's positions & defensive structure.
- Receiving A getting into line of ball & receiving with good 1st touch, using appropriate controlling surface.
- Recognising when to shoot early & turn balls around D's to full effect.
- D's to provide most effective way of covering the vulnerable goal that cannot be individually attended.

