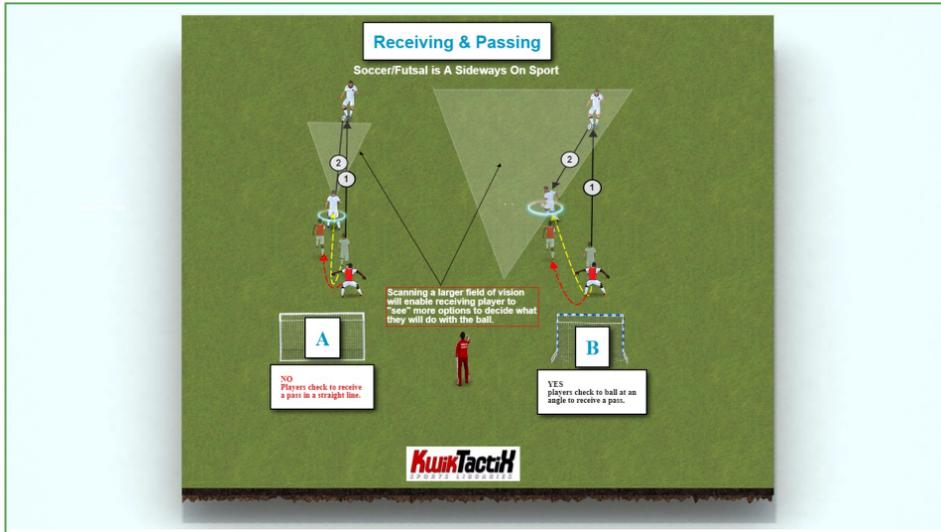
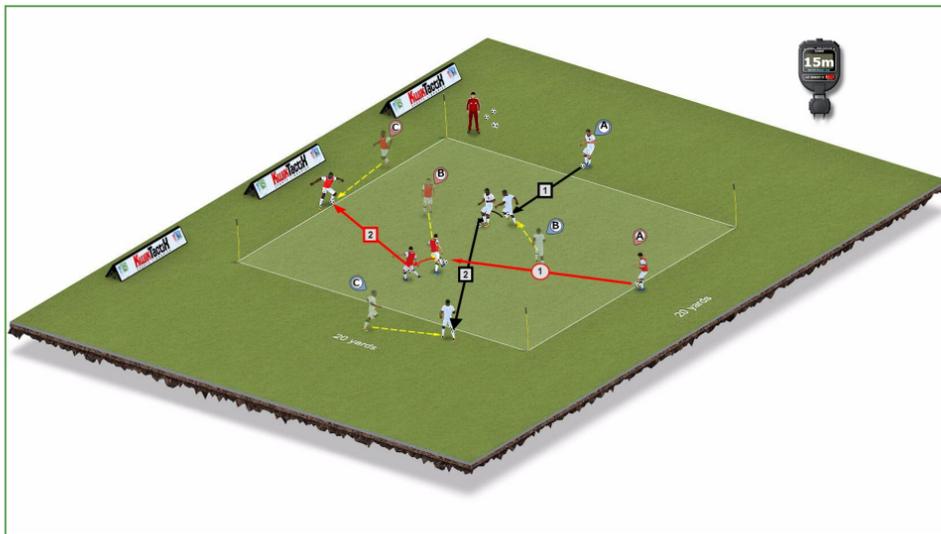


Angle and distance of support - Opening up to receive a pass & move the ball - matching intensity and speed of play in practice session to that of a competitive game.

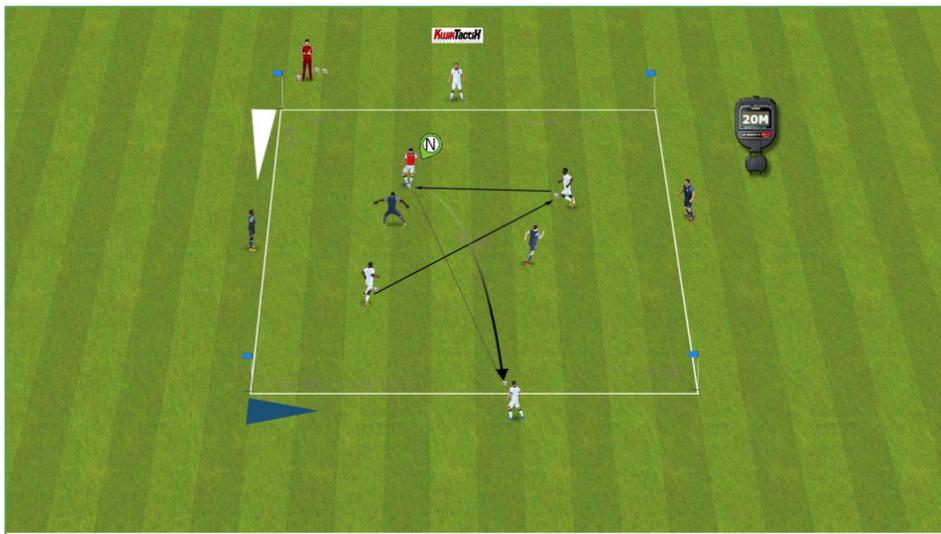
Technique   
Functional Tactical



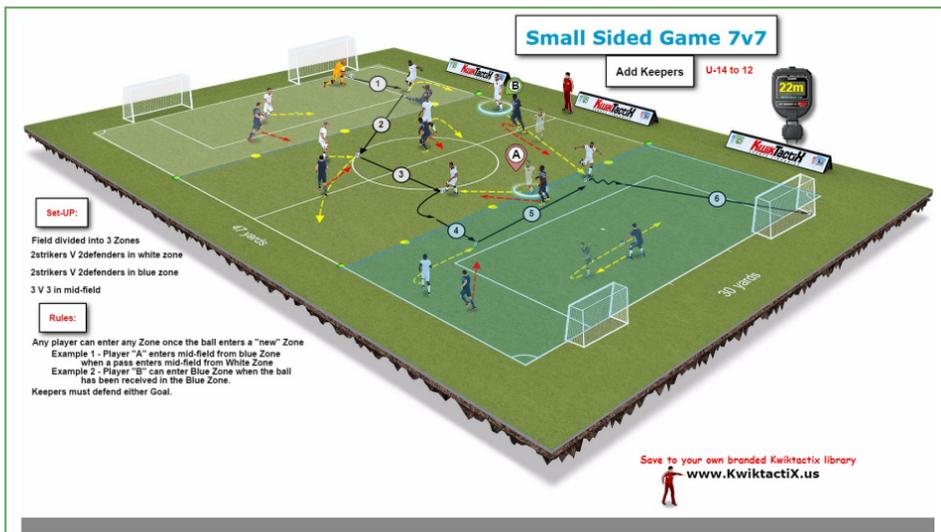
| Technical - Opening up to receive a pass - Scan for options  |   |
|--|---|
| Organization and Objective   | Observation and Options   |
| <p><b>Set-Up:</b><br/>Begin in 2 v 1 to small goal as displayed</p> <p><b>OBJECTIVE:</b><br/>Player receiving a pass from teammate, checks away and then back at an angle (45 reco) that</p> <ol style="list-style-type: none"> <li>Creates a space between the player &amp; defender which allows them to receive pass with less pressure and</li> <li>Provides player w/time to SCAN and determine best option to move ball</li> </ol> | <p>Check off run &amp; angle created<br/>Scan - wide angle of vision - scan as player moves to new position *look UP underneath the eyebrows<br/>1st touch to prepare for next movement:<br/>Pass to teammate who has taken a new support or attacking position after making their pass</p> <ul style="list-style-type: none"> <li>Spin &amp; dribble to commit the defender.</li> <li>Turn &amp; shoot on goal.</li> </ul> <p>Speed of play - as few touches as necessary.<br/>Communication<br/>Shot on goal on every possession?</p> |



| Receiving at an Angle & opening up at Speed   |   |
|---|---|
| Organization & Objective  | Observation and Coaching Points   |
| <p><b>Grid:</b> 10 x 10 yard square<br/><b>Players:</b> Groups of 3 as displayed</p> <p><b>OBJECTIVE:</b><br/>Player inside square receives a pass and delivers next pass to target player on opposite side of square. Repeat movement the opposite direction as player inside grid takes up a new position. Both group passing at same time.</p> | <p>Body shape (angle) when receiving a pass.<br/>Movement to a new position once a pass is made.<br/>Awareness of the 2nd ball and players.<br/>Speed of play - as few touches as necessary.<br/>Communication.</p> <p><b>VARIATION - Combinations</b><br/>Using this exercise - allow players to create combinations to move the ball from inside the grid to perimeter players.</p> |



| Functional Training Progression: 2 v 2 + 1 Directional Game   |   |
|---|---|
| Organization & Objective  | Observation and Coaching Points   |
| <p><b>Grid:</b> 25 x 25 yard square<br/><b>Players:</b> 9<br/>As displayed...2v2+1 inside square...2 blue target players and 2 White target players positioned as displayed outside boundaries of the Square.</p> <p><b>OBJECTIVE:</b><br/>Players inside square to move the ball across grid to their target players on the perimeter of the grid. Only restriction - the Red Neutral player must be involved in the movement of the ball, creating a 3v2 dynamic.</p> | <p>Angle and distances of support for player w/ball<br/>Spacing when in possession<br/>Body shape of player receiving the pass<br/>Communication<br/>Speed of play</p> <p><b>VARIATION:</b><br/>1 point awarded when defending team wins the ball.<br/>Team awarded 2 points when the target player receives a pass and completes next pass to a teammate inside the grid. (team now moves ball to opposite target player).</p> |



| Tactical Progression: 7v7 +1 in Zones  |  |
|--|--|
| Organization & Objective   | Observation and Coaching Points  |
| <p>As Displayed - please refer to text on 7v7+1 diagram</p> <p>Click on link to watch Ian Barker offer guidance in a 7v7 SSG...options (if this, then)...creating time and space...opening up and moving <a href="#">7v7 ball movement</a></p> | <p>Spacing: Support angles and distances<br/>Passing accuracy - Body shape upon receiving passes<br/>Check off runs - angles to create time and space<br/>Combinations<br/>Communication<br/>Speed of play - 1st Touch<br/>Creativity - Choice of Options<br/>Passes that put numbers of defenders out of game?<br/>Can we keep possession when going forward in not "ON"?</p> |