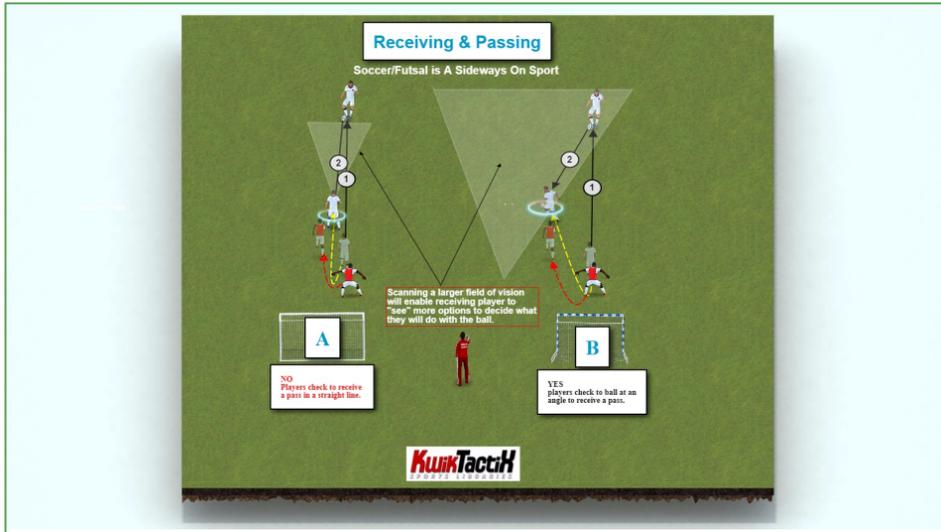
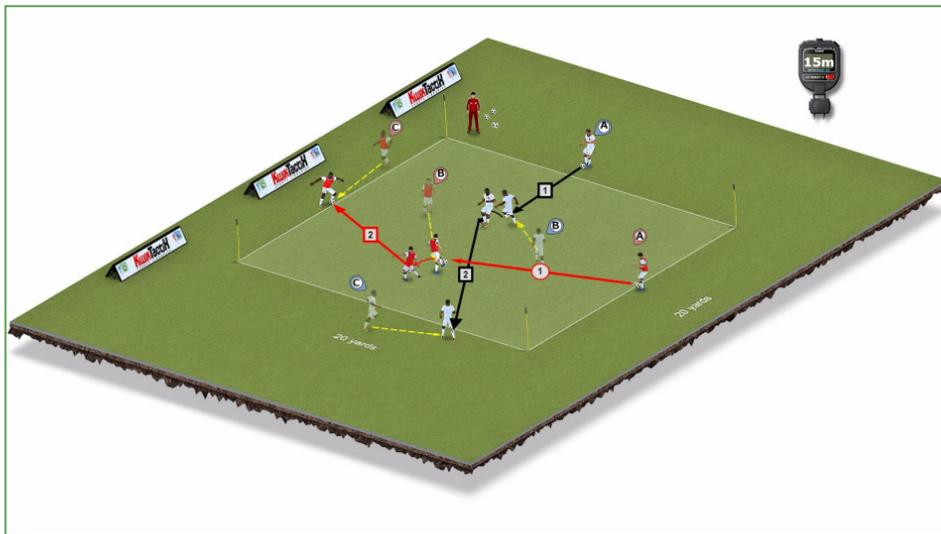


Angle and distance of support - Opening up to receive a pass & move the ball - matching intensity and speed of play in practice session to that of a competitive game.

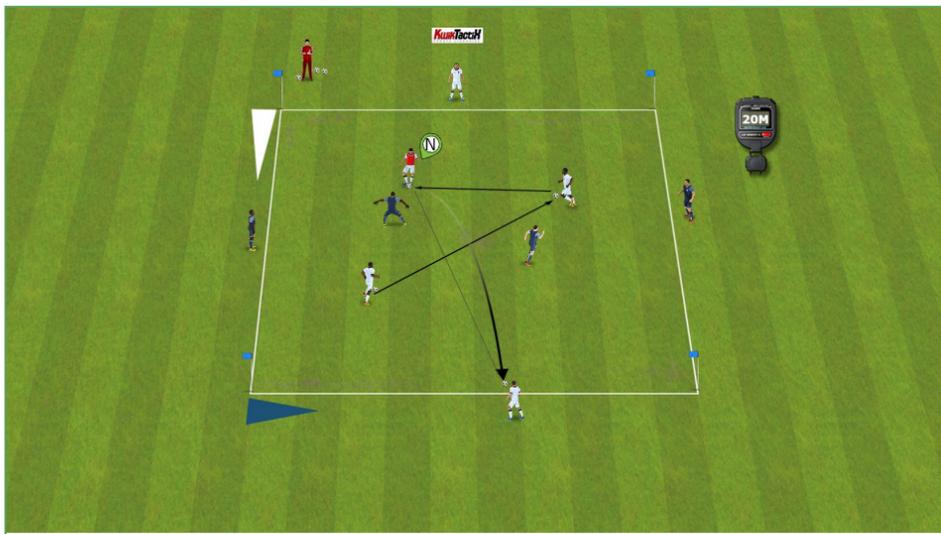
Technique
Functional Tactical



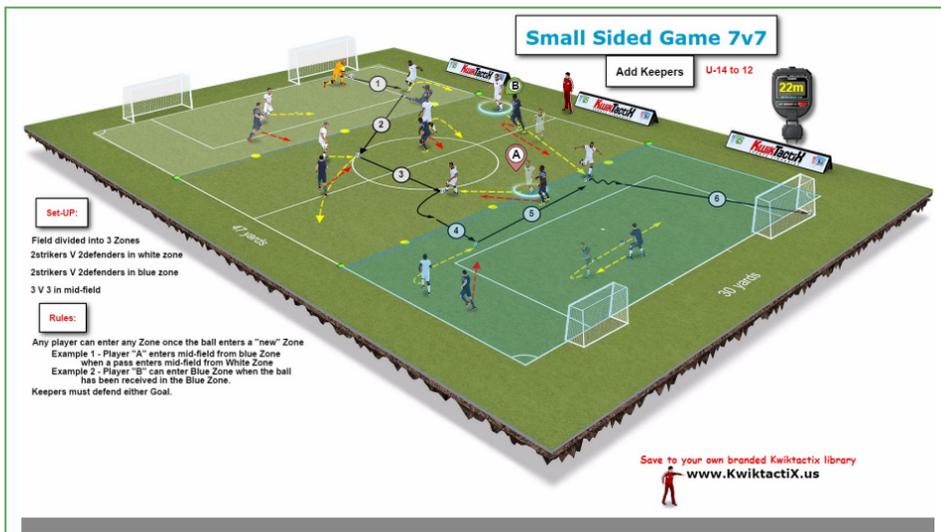
Technical - Opening up to receive a pass - Scan for options	
Organization and Objective	Observation and Options
<p>Set-Up: Begin in 2 v 1 to small goal as displayed</p> <p>OBJECTIVE: Player receiving a pass from teammate, checks away and then back at an angle (45 reco) that</p> <ol style="list-style-type: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



Receiving at an Angle & opening up at Speed	
Organization & Objective	Observation and Coaching Points
<p>Grid: 10 x 10 yard square Players: Groups of 3 as displayed</p> <p>OBJECTIVE: 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. Movement to a new position once a pass is made. Awareness of the 2nd ball and players. Speed of play - as few touches as necessary. Communication.</p> <p>VARIATION - Combinations 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>Grid: 25 x 25 yard square Players: 9 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>OBJECTIVE: 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 Spacing when in possession Body shape of player receiving the pass Communication Speed of play</p> <p>VARIATION: 1 point awarded when defending team wins the ball. 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 7v7 ball movement</p>	<p>Spacing: Support angles and distances Passing accuracy - Body shape upon receiving passes Check off runs - angles to create time and space Combinations Communication Speed of play - 1st Touch Creativity - Choice of Options Passes that put numbers of defenders out of game? Can we keep possession when going forward in not "ON"?</p>