



Off the Ball Movement and Support

Category: Technical: Attacking skills
Difficulty: Moderate

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Description

Organisation (Practice Layout & Transition)

Screen 1

POSSESSION & TRANSITION

Set up a big square with 4 grids.

3 teams of 4 + a team of 3 OR 4 teams of 3 (will need to rotate)

Defending team (blue) will start in the centre of the square (the shadow area)

Attacking teams (red, yellow, green)

Red will start in one grid and yellow in another grid.

Coach will play the ball into either team, for example red.

Once they receive, one of the blues will go and defend and create a 4v1 rondo.

Red then need to keep the ball away from defender.

At the same time, 2 yellow players need to spread and go to an empty grid each.

Once red makes 4 passes, they can choose to keep playing in their grid, or to transit the ball to one of the other grids to yellow.

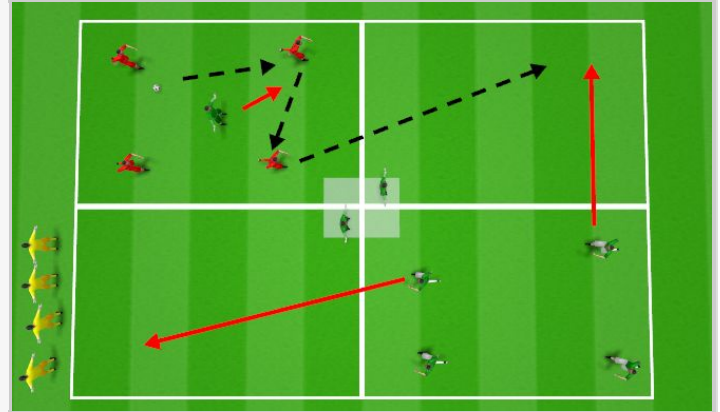
Once they play that ball, the other 3 yellows have to join that grid, another blue defender join in, another 4v1 created.

Then 2 reds have to go to another grid, and repeat the same exercise.

Every 5mins rotate teams.

Coaching points:

- Off ball movement (where to support)
- Observation in transition
- Width and depth (attacking team)



Screen 2

SSG

7 v 6+GK

Normal game - blue will try to use number of advantage to create combinations and attack, by making off ball movements to support.



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?