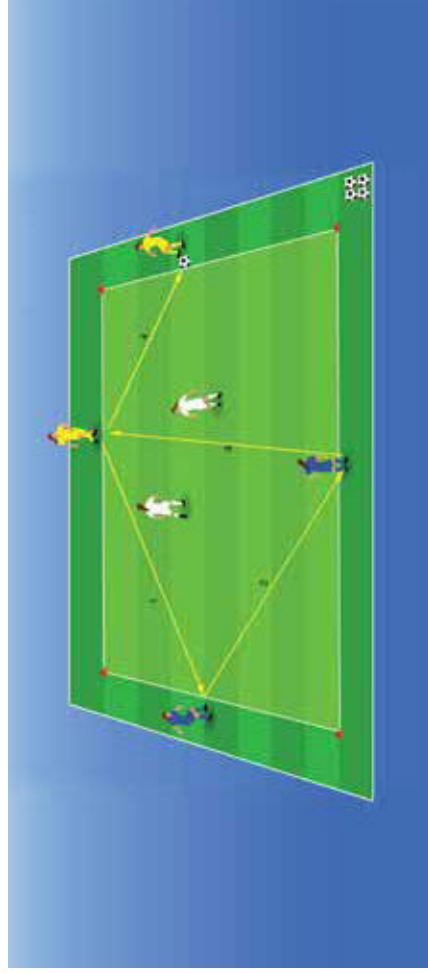


STRIKING THE BALL

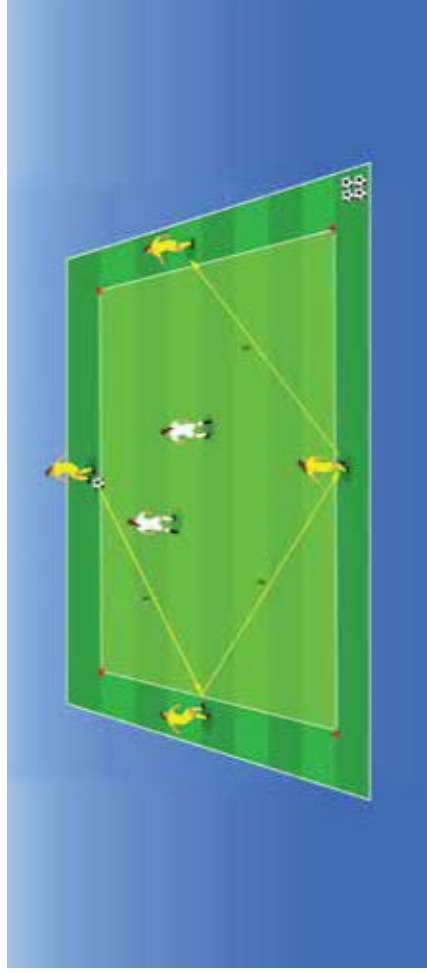
5-10
MINUTES
Recommended

Intervention: Skill Breakdown (Attacking)

Passing accuracy



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Suggested equipment list:

- 20 cones, 17 balls, 8-12 portable poles, 2 sets of bibs, 2-4 portable goals

Grid size:

- Create 2: 10 x 10 metre grids (guide only)

Explanation:

- Split 6 participants into three pairs: yellow, blue and white (or 4v2 [bottom picture])
- Game starts with one team inside the grid (white) and two teams outside the grid
- Outside players can only move along their line; defenders free to move inside grid
- Outside players try to combine with each other to get as many passes as possible
- Pair of defenders try to win the ball by intercepting passes or forcing a mistake

Scoring system for attackers:

- 2 points for passing 10 times with outside players (guide only; based on ability levels)

Scoring system for the defenders:

- 1 point for intercepting a pass or forcing a mistake

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Swap role of defenders after winning the ball twice or set a time limit (guide only)

Key Coaching Questions:

- **Pre-action:** Can you face your target/s? Can you keep your head up to see your opponent?
- **Action:** Are you able to position your body square to the target?
- **Post-action:** Can you transfer your weight forward?

Key Coaching Words:

- **Face Forward** - encourage players to face forward to see the ball and goal/target
- **Scan** - encourage players to keep head up with vision on opponent
- **Follow through** - encourage players to transfer weight forward in follow-through