

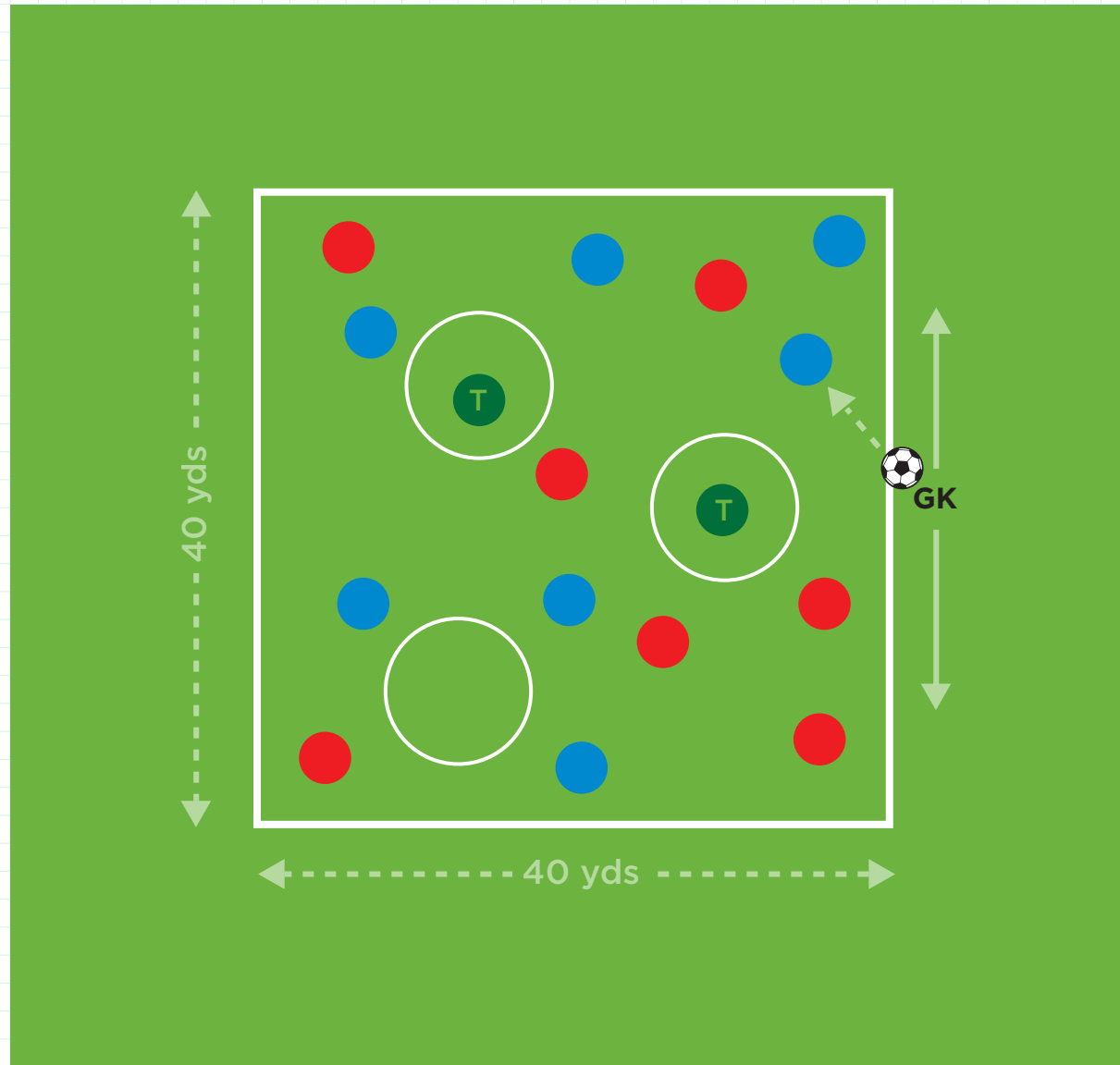
Dribble, run or pass

Practice organisation

- Area 40x40yds, with 3x 2yd diameter target areas, as illustrated.
- 17 players organised into 2 teams of 7, plus 2 Target (T) players & GK (if available), 1 ball.
- GK is able to move anywhere around the outside of the practice area.
- Practice starts with the ball rolled into play by GK & teams play using T's & GK to help them keep possession.
- Teams score by passing to a T in a target area. Don't forget that T's can move to an empty area to make it easier for them to receive a pass
- T's are able to make longer passes to GK to retain possession

Detail

- Size of practice area & internal target areas can be adjusted to suit age & ability of players.
- Teams in possession can score by dribbling ball into an empty area. (T might move to 'vacate' an area in order to help the dribbler).
- Teams can build up points (e.g. first to 10 points equals a goal).
- Simple progressions for this practice are:
 - Develop the role of GK if included.
 - One touch into targets to score.
 - One touch only into GK.
 - Passes into GK into hands only (off the ground).
 - Reduce size of area &/or add a goal set back from playing area, so that once players have built up a score one can attack GK 1v1.



Key coaching points

- Early assessment of opportunities to dribble, run or pass.
- Look for space(s), time & T's.
- Recognition of movement of T's & identification of changing empty target areas.
- Reinforcement of need for inventive & quick play if it can be effected.
- Remind players of need to slow down before going quickly (changes of pace & direction).