Movement off the Ball

Organizations:
- Players pair up with one ball. They pass and move amongst themselves. When (g) plays the ball to an outside player (h) moves to get it back.

Technique:
- Passing
- Receiving

Tactics:
- Finding space off the ball
- Changing the angle of play

Coaching Points:
- Timing of run (depending on quality of pass and vision of passer)
- Identify space

Variations:
- When a long pass is played to an outside player his/her teammate needs to move to receive a short pass and visa versa.
2 v 2 to Targets

Organization:
• 2v2 to targets
• 2 games one played north/south and one played east/west

Technique:
• Combination play (using target players)

Tactics:
• Looking to play forward quickly
• Combining to go forward

Coaching Points:
• Communication
• Support angles and distance
• Changing the pace of play

Variations:
• Play with In and Out rules
• Play with Give and Go rules
2 v 2 to Corner Targets

Organisation:
- 2v2 with targets in the corners
- Run 2 fields at the same time

Technique:
- Passing and Receiving
- Combination
- 1v1 dribbling

Tactics:
- Decision to play forward

Coaching Points:
- Playing space is bigger in the center
- Try to stretch opponents
- Transition quickly when possession is regained

Variations:
- Play directionally with one group going North/South and the other group going East/West.
- Play with In and Out rules
- Play with Give and Go rules
4 v 4 Keep away with Support

Organization:
• See diagram

Technique:
• Passing and Receiving

Tactics:
• Making possession 8v4
• Decisions to play the way your facing or to turn

Coaching Points:
• Maintain space in possession
• Keep passing channels open

Variations:
• Award a goal for X number of passes
• Play with In and Out rules