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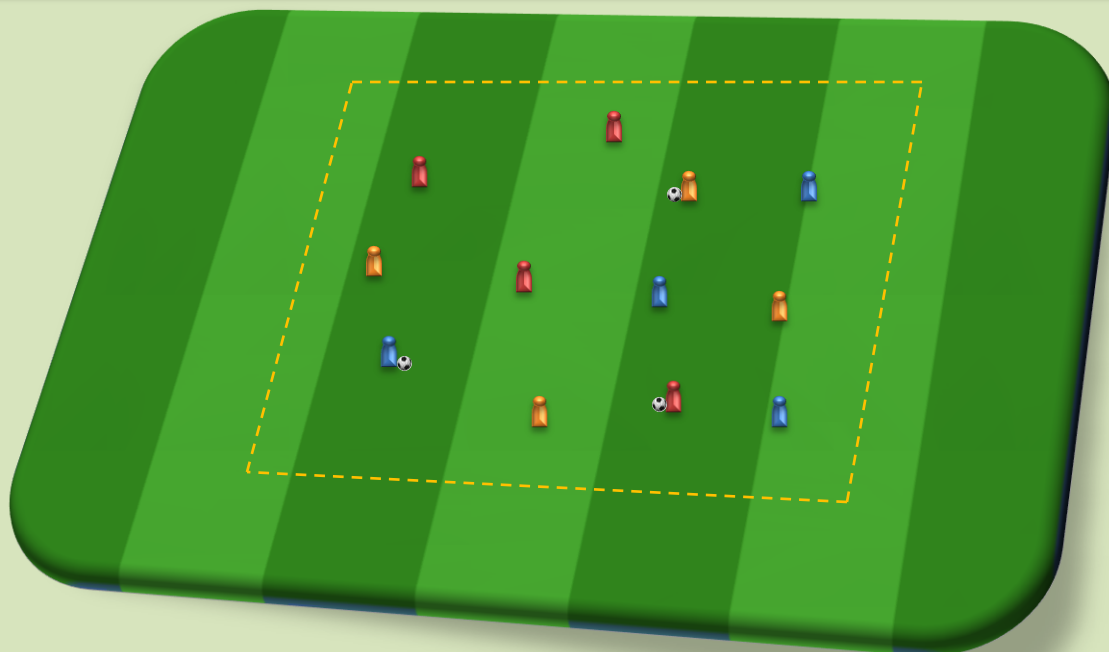
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EXERCISE FROM:
Coaches Symposium 2010

Pass and move in traffic

PREAMBLE

At a young age, players tend to bunch up around the ball and follow it everywhere, without using the available space around them. In this exercise, players will have to use and maximize the space by keeping possession. This will automatically work on the range of passes and the movement to receive passes.



OBJECTIVES

To teach players how to use space efficiently by occupying a big part of the area. To keep moving to receive the ball in order to keep possession in traffic areas.

STAGE 3 is the essential time to be introducing these concepts and to be encouraging young players to have the confidence to maintain possession under pressure.

STAGES OF LTPD

5 min without interventions to allow the players to explore the options. 15-20 min of interventions. 10 min of freedom allowing players to apply the new solutions provided.

DURATION

PLAYERS

Three teams of 4 players with one ball each team. Number of players per team may vary according to squad size.

EQUIPMENT

One ball per team, some extra balls with the coach in case one goes too far. Cones to mark-off a 40m X 40m grid. Colored pinnies to identify the teams.

EXECUTION

Each team has a ball, they must keep passing and moving within the area. Encourage players to maximize the space they are using, therefore increasing their range of passes.

Progression: 3 teams, 3 different objective. Blue travels in one direction from one extremity to the other. Red travels in the opposite direction, while Yellow keeps possession in

the area. With much moving traffic, players must figure out how to achieve their respective objective.

The **coaching points** must reflect the positioning of the players, the use of width and depth, their mobility, the choice of passes, looking before receiving and the technical execution of related skill.

Variations: Number of touches. Ask for a specific skill upon ball reception, examples: body fake, step-over, etc.