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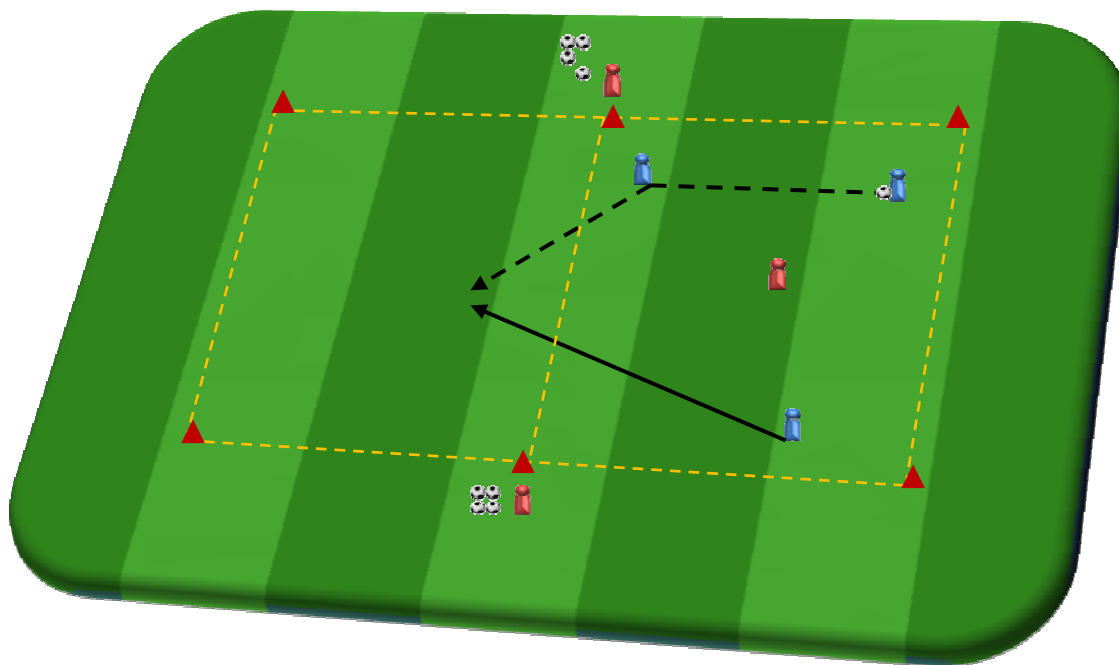
EXERCISE FROM:

Coaches Symposium 2010

PLAYING FORWARD QUICKLY

PREAMBLE

Often times, a player with the ball will choose the easiest option to avoid getting pressured or making a mistake. Keeping possession is nice but the ball needs to travel forward for a team to score goals. This exercise will teach players to play forward quickly and take risks by using their creativity.



OBJECTIVES

To teach players to analyze their options quickly before making a decision with the ball. To teach players about the space to play their teammates in rather than always playing to feet.

STAGE 4 is the essential time to be introducing these concepts and to be encouraging young players to look forward instead of always playing a safe pass without taking information.

STAGES OF LTPD

20-30 min in all. Interventions must be made to allow the players to realize the importance of playing forward when possible. Use variations with 10 min left.

DURATION

PLAYERS

2 teams of 3 players. Setup as many grids as needed. Odd players can be used as targets on the extremities or they simply rotate.

EQUIPMENT

Six cones setup in 2 squares (10x10) the size of the squares can vary depending on age groups. Ball source at the 2 middle cones. Pinnies for each team.

EXECUTION

It starts with a 3v1 in one of the 2 squares. Two players of the defending team each wait on the side at the ball sources. The team in possession tries to pass into the other square for a teammate that runs in. They must complete at least 2 passes before they can go back into the previous square. If a defender wins the ball or breaks up

the possession, a player from the ball source dribbles in the free square and starts a 3v1 with his teammates. 2 players of the other team go occupy the cones at the ball. The **coaching points** must reflect the positioning, the decision making, and the speed of play of the players. Angle of support, body position, first touch, quality of

passing, mobility, looking before receiving etc. are all important points to bring out in this exercise.

Variations: Place a defender in the free square, so the team in possession must properly analyze before they play forward. Allow players to dribble across.