

N.E.W.S

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.

WHY USE IT

This activity helps players develop a rhythm and purpose in possession.

SET UP

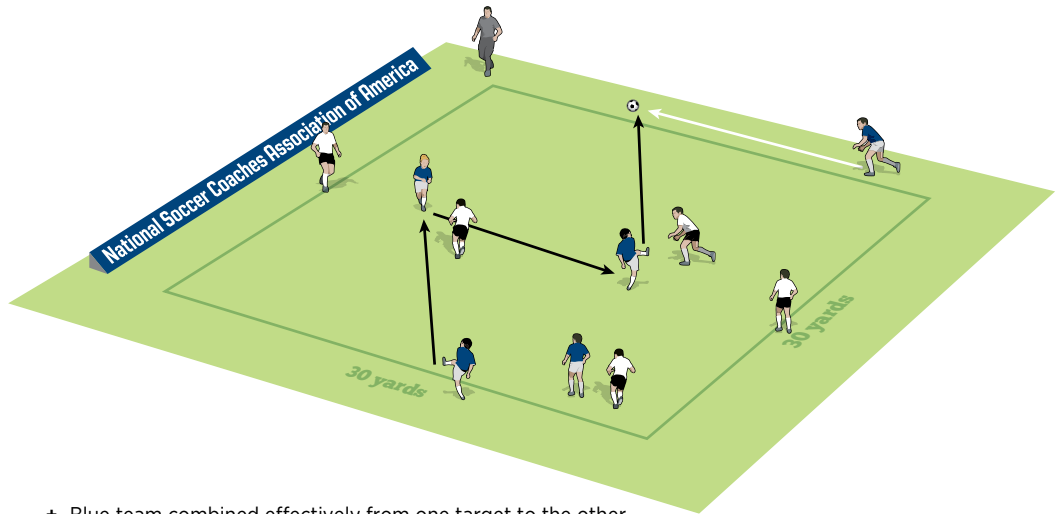
30 x30 yard square. Play is 3v3 in the area with a target player on two sides for each team (5v5). The target players are on opposite sides of the square.

HOW TO PLAY

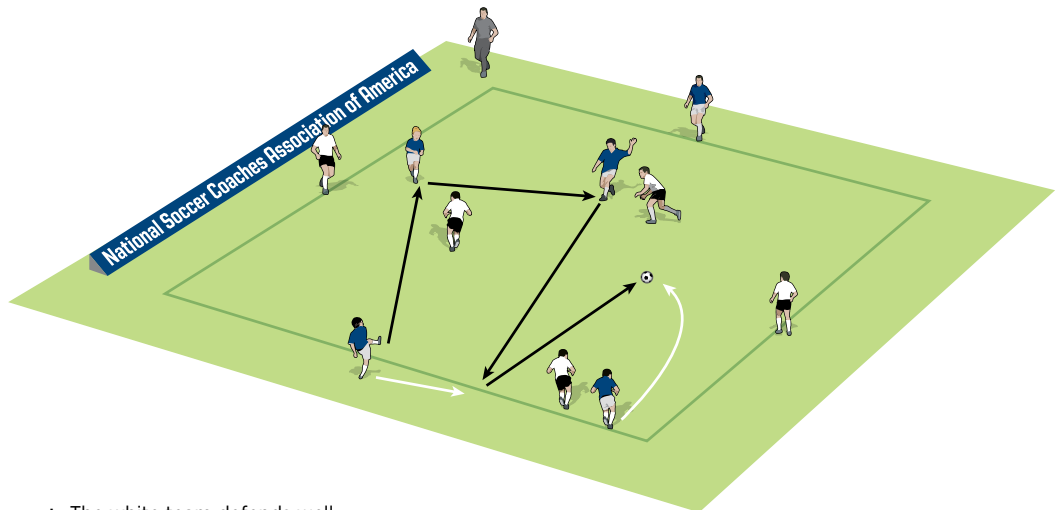
Each team seeks to maintain possession using their target players. The objective is to move across the square by combining passes and avoiding turning the ball over to the other team.

COACHING NOTES

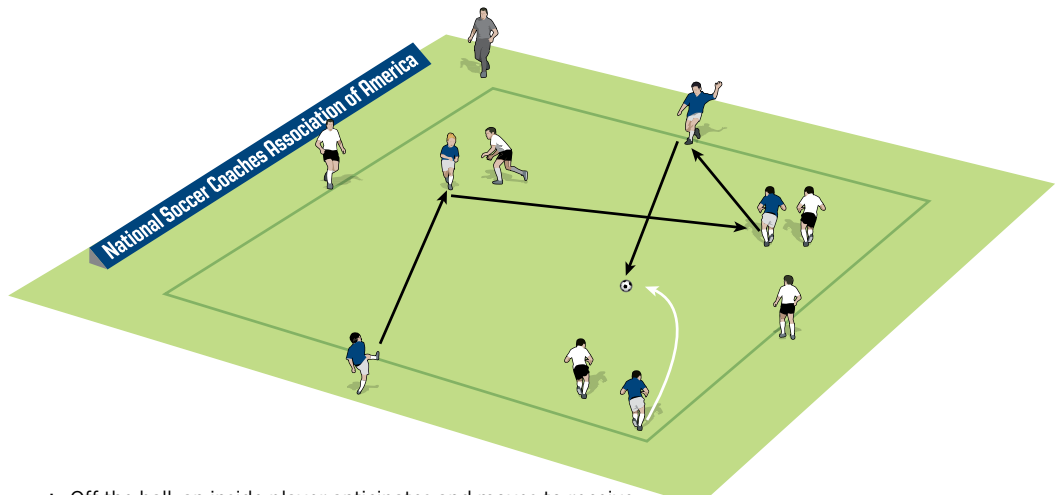
- + Coaching objectives - to encourage players to be positive in possession.
- + Coaching tip - observe the supporting movements of the target players.
- + Adaptations - once a pass is made to the target, the passer can switch positions with the target player on the fly.



- + Blue team combined effectively from one target to the other.
- + Target player moves along the line to receive the final pass.



- + The white team defends well.
- + The target player moves well in support of the ball.
- + The target player is involved multiple times.



- + Off the ball, an inside player anticipates and moves to receive.
- + An immediate pass from the second target player maintains possession.

