

PATTERN PLAY

STAGES COVERED BY ACTIVITY

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

THEMES & COMPETENCIES

Theme:

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

Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Shooting technique.

WHY USE IT

This activity helps the coach establish identifiable patterns of play for the team to put in to practice. It can help teams develop a style.

SET UP

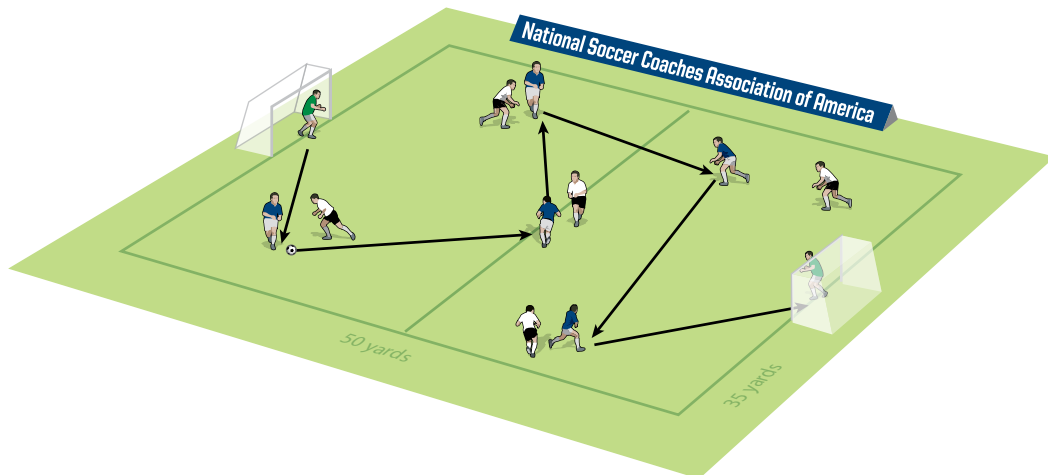
Field is 50x35. Use two big goals with plenty of balls, two keepers with five teammates each.

HOW TO PLAY

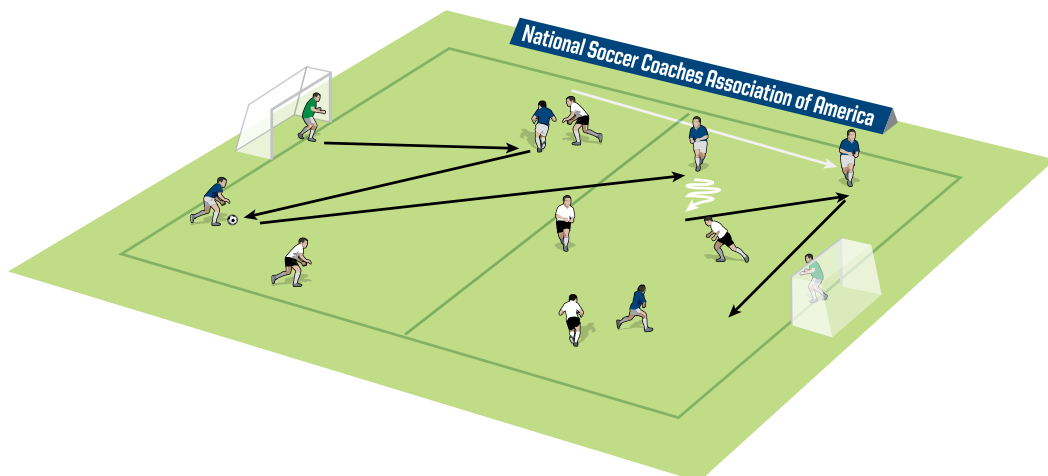
Starting with the keeper the team plays a sequence of unopposed passes toward their opponents' goal before shooting. They then reset and repeat. Both teams pass and move through each other.

COACHING NOTES

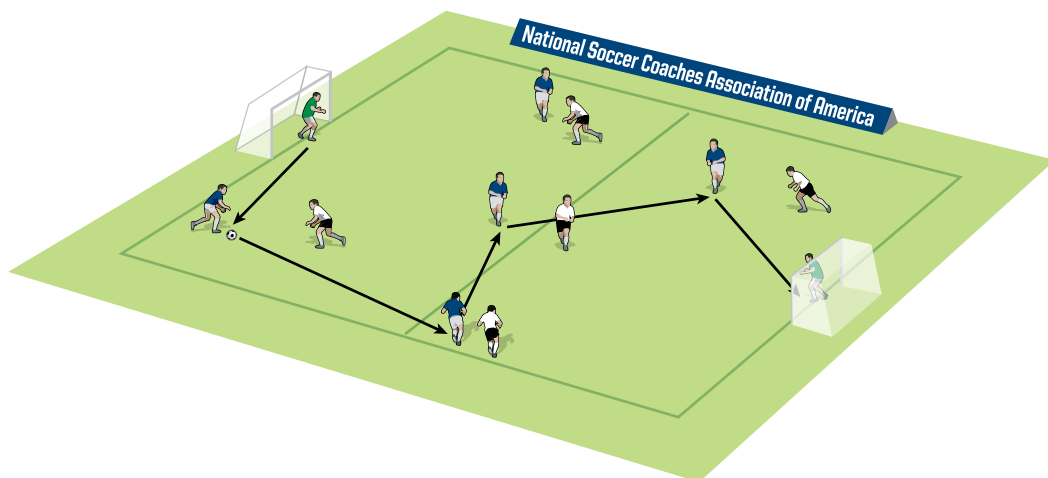
- + Coaching objectives - to develop patterns of passing and movement that translate into the game.
- + Coaching tip - encourage players to be technically clean and to always be moving forward in the possession.
- + Adaptations - go alternately at first if need be. Develop to having some opposition to each pattern.



- + Ball begins wide and is played to a center mid.
- + Ball is switched twice before the shot.



- + The ball begins centrally and is dropped back.
- + A long diagonal is supported by a deep overlap.



- + Play is developed down one flank.
- + The point of attack is switched from the center.

