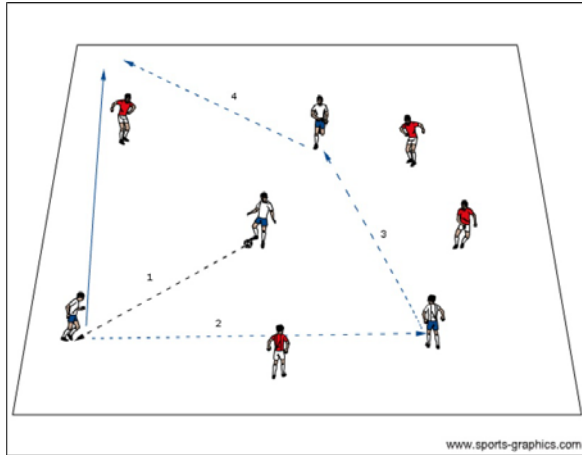




Support Play → Crossing and Finishing

Warm up- Pass and Support



Setup

- 10x10 m grid
- Teams of 3-5 players

Activity

- Players pass to their team mates

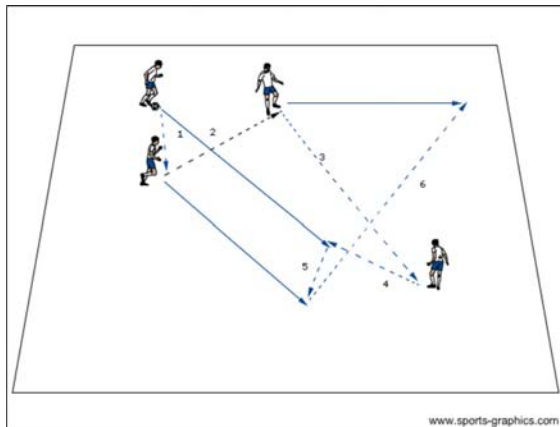
Variations

- Use one foot exclusively, run to a (or two or three, etc.) cone after each pass, pass to a different team, call out a player's name before passing, number the players for a sequence, limit the number of touches

Coaching Points

- Accuracy in passing, pace to the ball
- Move after passing the ball
- Passing and receiving Key Factors (accuracy/eye on the ball, pace and timing of the pass, part of the foot and ball; body behind the ball, attacking the ball, 1st touch (decision), eye on the ball, head up)

Warm up- Pass and Support- short and long



Setup

- 30x30 m grid
- Teams of 3-5 players
- One ball per team

Activity

Players pass to their teammates in the following sequence- short pass, short pass, long pass

Variations

- Use high crosses, low driven passes, long passes only to a specific area (direction)

Coaching Points

- Accuracy in passing, pace to the ball
- Move after passing the ball
- Passing and receiving Key Factors (accuracy/eye on the ball, pace and timing of the pass, part of the foot and ball; body behind the ball, attacking the ball, 1st touch (decision), eye on the ball, head up)
- Support Key factors (angle of support (front and behind the ball), near, far, wide, support the man, support the ball, communication- eye contact)

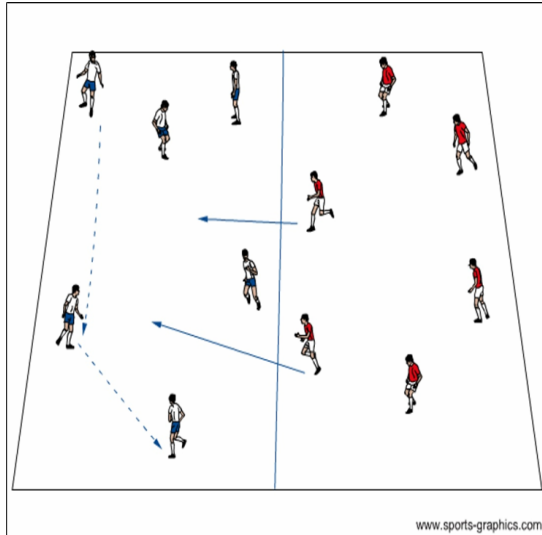
Support Play- Possession mentality to score, 1st touch control, eye contact and communication, movement off the ball, timing of passes and runs, support the ball, support the player

Attacking Principles- Penetration, Support, Width/Depth, Mobility, Improvisation/Creativity



Support Play → Crossing and Finishing

Support SSG



Setup

- 20x20 m grid, plenty of balls
- Two teams of 4-6

Activity

The teams score by putting 4 passes together without interception. They maintain possession. The defending team sends in two defenders; if the defenders intercept the ball, they pass back to their team mates, join them, and try to put 4 passes together.

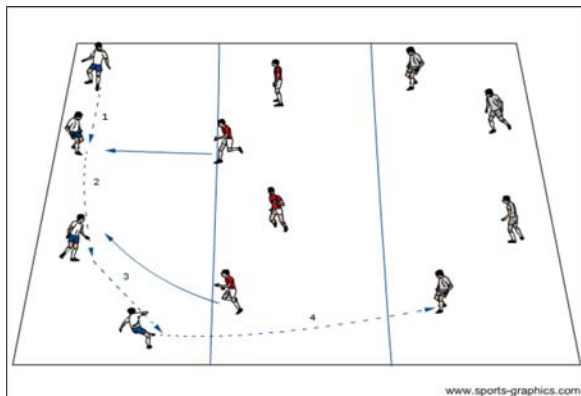
Variation

- Vary the number of defenders.
- Restrict the number of touches, "condition" the type of pass

Coaching points

- Accuracy in passing, pace to the ball
- Move after passing the ball
- Passing and receiving Key Factors (accuracy/eye on the ball, pace and timing of the pass, part of the foot and ball; body behind the ball, attacking the ball, 1st touch (decision), eye on the ball, head up)
- Support Key factors (angle of support(front and behind the ball), near, far, wide, support the man, support the ball, communication- eye contact

Support SSG,



Setup

- Appropriate size grid divided in thirds
- 3 teams of 3-6 players
- Supply of balls

Activity

The teams score by putting 4 passes together and without interception pass a long ball to the farthest opposite team. That team now tries to repeat.. The defending team (middle

Support Play- Possession mentality to score, 1st touch control, eye contact and communication, movement off the ball, timing of passes and runs, support the ball, support the player

Attacking Principles- Penetration, Support, Width/Depth, Mobility, Improvisation/Creativity

third) sends in 2 players to intercept the passes, and the other defenders remain in the middle third, trying to intercept the long ball; if the defenders intercept the ball and are able to pass a long ball to the "opposite team", they now remain in that grid. The team who has lost the ball becomes the defenders and move to the middle grid. If ball goes out of bounds, the team becomes the defenders (fair play rule applied by the coach). Play continues until a team scores 5 times.

Variations

- Limit the number of touches, vary the number of defenders

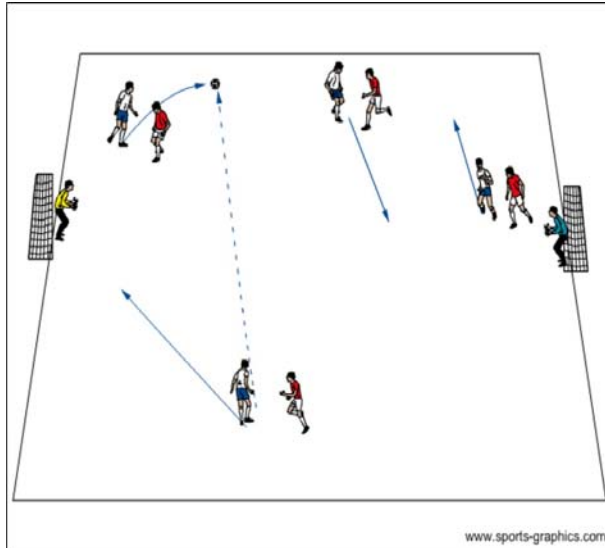
Coaching points

- Transition play needs to be quick- keep balls and players moving
- Accuracy in passing, pace to the ball
- Move after passing the ball
- Passing and receiving Key Factors (accuracy/eye on the ball, pace and timing of the pass, part of the foot and ball; body behind the ball, attacking the ball, 1st touch (decision), eye on the ball, head up)
- Support Key factors (angle of support(front and behind the ball), near, far, wide, support the man, support the ball, communication- eye contact



Support Play → Crossing and Finishing

Support Play SSG



Setup

- 40x50 m grid
- Two goals
- Plenty of balls

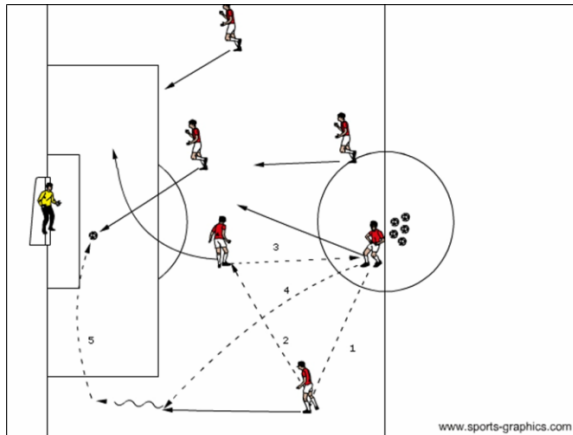
Activity

- Play starts with the keeper and the teams try to score.
- No restrictions

Coaching points

- Support Key factors (angle of support (front and behind the ball), near, far, wide, support the man, support the ball, communication- eye contact)
- Accuracy in passing, pace to the ball
- Move after passing the ball
- Passing and receiving Key Factors (accuracy/eye on the ball, pace and timing of the pass, part of the foot and ball; body behind the ball, attacking the ball, 1st touch (decision), eye on the ball, head up)

Combination Play with Flank Play Introduction



Setup

- Half field
- Plenty of balls
- One team of attackers

Activity

- Introduction of combination play with a focus on crossing

Support Play- Possession mentality to score, 1st touch control, eye contact and communication, movement off the ball, timing of passes and runs, support the ball, support the player

Attacking Principles- Penetration, Support, Width/Depth, Mobility, Improvisation/Creativity

Variations

- Add defenders
- Vary the combination prior to the flank play

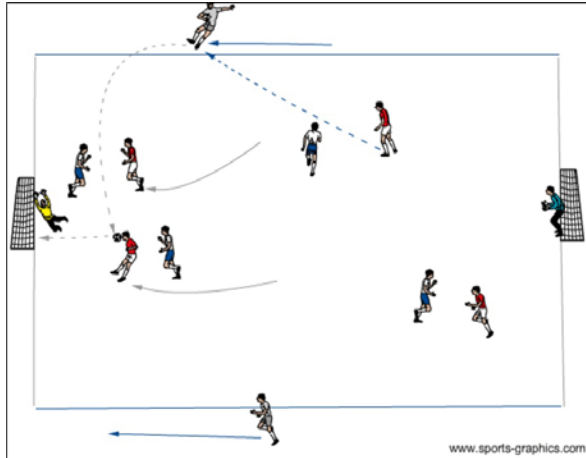
Coaching Points

- Key Factors for Passing, Receiving, Support Play, and Finishing
- Concentration and accuracy are required
- The ball must be played into the path of the winger to maintain speed, with either a diagonal pass or a pass down the side
- Cross the ball out of reach of the goalkeeper
- Vary the crosses-long, short, driven, high or low, in-swinging or out-swinging
- The winger must play close attention to the situation in front of the goal
- Eye contact between the player crossing and players in front of the goal
- Timing of the runs and passes- make them correctly
- Players need to make crossover runs in front of the goal and be in constant motion, not stationary
- Players in front of the goal need to be aggressive going for the ball
- SCORE



Support Play → Crossing and Finishing

Flank Play-SSG



Setup

- Half field, with flanks outlined
- 2 teams of 5 or more

Activity

- 4v4 (or more) + 2 neutral flank players + GK's
- Teams try to score. The neutral players are in a protected space and can not be tackled there. The crosses are done with minimal pressure.

Variations

- Teams can only score on crosses, add wingers so that each team has wingers, who now can be pressured by the other wingers, normal game

Coaching Points

- Key Factors for Passing, Receiving, Support Play, and Finishing
- Concentration and accuracy are required
- The ball must be played into the path of the winger to maintain speed, with either a diagonal pass or a pass down the side
- Cross the ball out of reach of the goalkeeper
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- SCORE

Support Play- Possession mentality to score, 1st touch control, eye contact and communication, movement off the ball, timing of passes and runs, support the ball, support the player

Attacking Principles- Penetration, Support, Width/Depth, Mobility, Improvisation/Creativity