



Team

BUIZ

Date

Aug 6, 2011

Topic/Skill

More supportive play

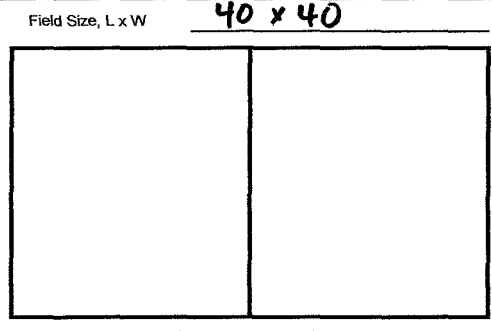
Description

Difficult to teach - Good once they "get it."

Coaching Point(s)

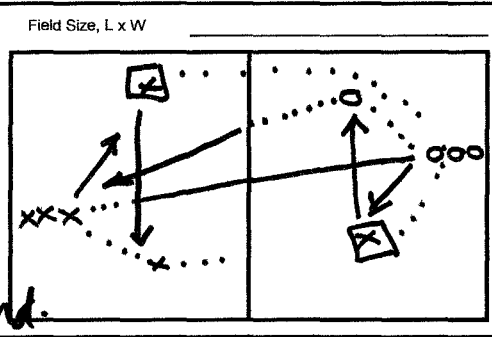
Warm-Up Activity

Juggle 10 mins.
Shots on goal 5 mins



Individual

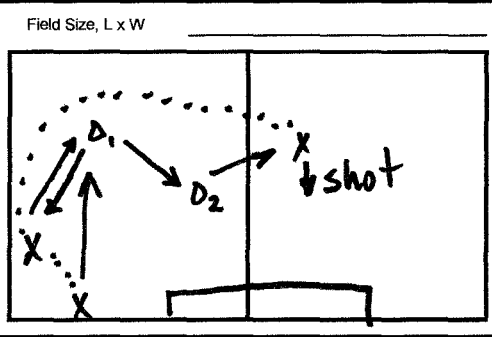
X passes to O.
O passes to X, O moves
X give a lead pass to O
X swings around O to provide support on outside. Repeat on other end.



- Endurance
- Good passes
- Good 1st touch
- Call for every ball.
- 3 good passes, + supports.
- Get 2 balls going.

Small-Sided

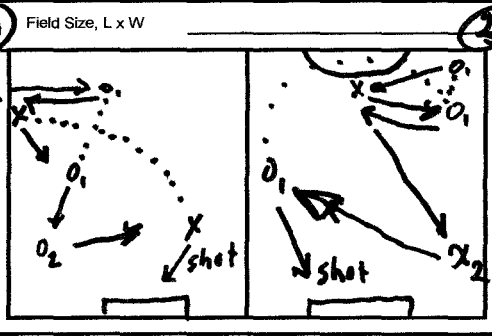
X passes to O, X moves and O passes back to X. X passes to O, again. X makes big sweeping run to top of Penalty box. O₁ passes to O₂. O₂ passes to X. X shoots.



- This same pattern of passes can be done anywhere on the field.

Game Condition

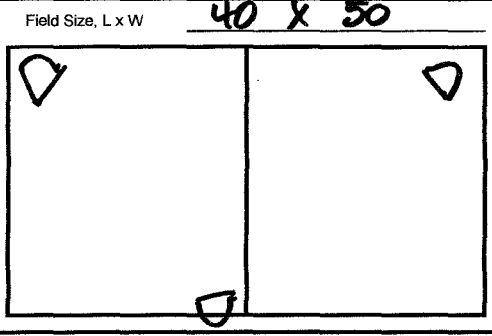
Throw-in ①
1/2 field. ②



5 passes and move.
Over lap runs.

Do Something Fun!

Play 5v5, bvb
2 to 4 Pugg goals.
Teams can only score on over lap supportive runs.



- Soon... everyone forgets about the goals and focuses on overlap runs.
- Remind them often to move.
- Don't forget about scoring.