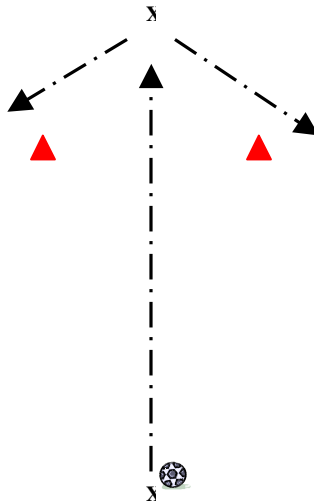


OFFENSE PRACTICE II

In order for your team to be able to make quick decisions, you must make your practices so they have little time to re-act, and that is exactly what we need them to do which is “Re-act” quickly. If a player has too much time to think and if they are young they end up making the wrong choice. So, passing and receiving become very important.

Receiving game:

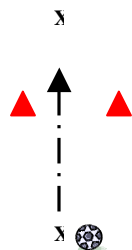
1



Actions: The player with the ball makes an accurate pass to the player behind the two cones who is about three or four steps away from the cones, when the player receives the ball he/she must be on their toes and they must make a smooth touch to the outside of the cones and they must follow the touch so they can continue to play the ball. (This will be playing the ball into space) When they reach the ball they must make an accurate pass back and do all over again several times then switch.

2

Less Time:



After every one has had a chance With the first game now make the distance between passer and receiver shorter so that the receiver is now under pressure. Ask the players to re-act and not to bet nervous.

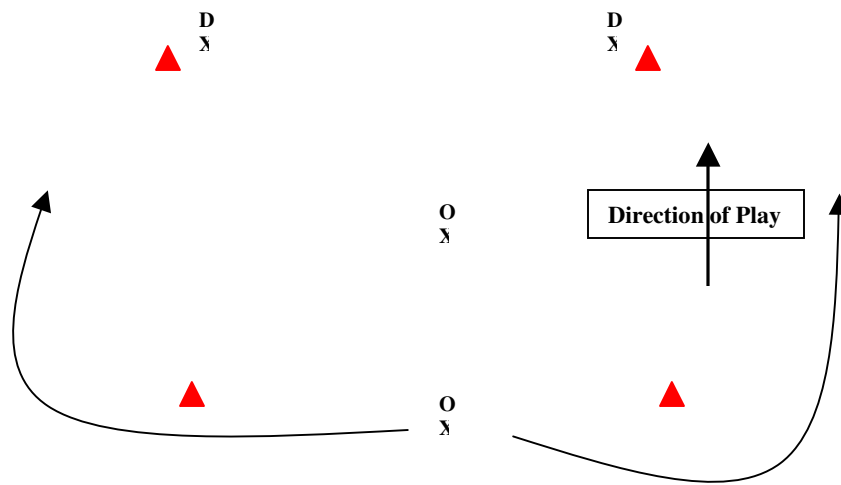
Game 2 v 1 + 1

In this game use a grid 10 x 10, two defenders and one attacker inside of the grid. One attacker outside who serves as support for the one inside. Have a direction where the attacker must go and tell the attacker that the game is to get the ball to the other side of the grid as soon as possible, the attacker on the outside can move on the outside for support.

The idea is to work on the touches in space under pressure.

D= Defense

O= Offense



Action: When the offensive player passes the ball in, one of the two defender's tries to make a tackle. After counting three one thousands the second defender goes.

Coaching points: Have the two offensive players communicate in regards to how much time the receiver has if receiver has time use the words "time or turn". If there is no time to turn use the words "man on". The player receiving must have a good first touch to be able to run and face his/her opponent, attack the defender as soon as the first defender is beaten take on the next one, the player on the outside should make herself/himself available for a wall pass on either side.

Finish with a 4 v 4 game 30 x 30 grid make two grids if necessary.