



Title: Make the Angle Passing Box (Juniors - Opposed)
Category: Technical > Attacking
Objective: To improve the ability of players to make the best possible angle to receive a pass.

Description

4 external players work on a side each of the square - and they look to pass the ball to each other and maintain possession. Two defenders are inside the square and try to intercept passes. Use zones of 2 yards either side of each corner cones to signal the only place passers can pass and receive the ball from. (Depending on the age & ability of the group, you might just have 1 defender, and you could also have another passing player inside the square. Alternatively, if the group are achieving regular success, you can allow the defenders to tackle as well as intercept. You could also limit the touches allowed for the passing team.



Management

Space 10x10yds.
Players 5 to 7 per group.
Equipment 12 cones. 1 football. Bibs.

Context

This practice is great for helping your players appreciate the importance of making the best possible angle to receive a pass from their team-mates.

Coaching Points:

- ⚽ Encourage players to make best angle for a pass ('easy' angle!).
- ⚽ Can players disguise their pass?
- ⚽ Players should look to receive across their body (to open out...).
- ⚽ Can we anticipate where ball is going & make good angle quicker?
- ⚽ Can we play quicker?
- ⚽ Encourage communication throughout.
- ⚽ Can the central player create space for others?

Progression/Variation

- ⚽ Vary pitch size/Rotate defenders after certain time or interceptions.

Differentiation

Simplify the exercise

Interceptions only
Bigger pass & receive zones.
Less defenders & more passers.

Challenge my players

Limited touches.
Full tackling allowed.
Smaller pass & receive zones.

My Notes:

