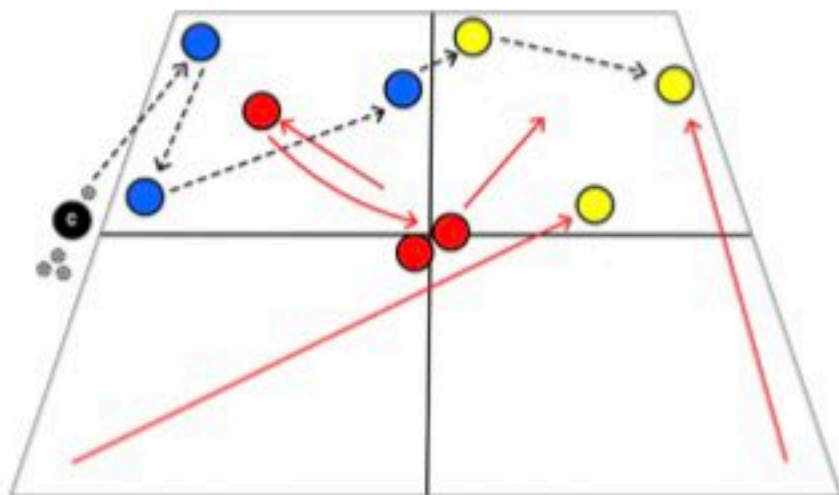


BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Support Play – In front, wide/angled, behind, beyond



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Session Set-Up

Technical >
Skill Practice
30x30 yd area

Supply of
footballs

Cones
And
Superdomes

3 Blue Bibs
3 Red Bibs
3 Yellow Bibs

Session Detail

Set up as Shown. Technical Practice. 3 Blues in 1 boxed area, 3 Reds act as defenders and 3 Yellows that act as support players for the Blues. The Blues can pass to any Yellow player at any time and whichever square the ball has been received in, all Yellow players are in that box to play passes until they can play a repeated action to the Blue players.

Progressions

Swap Defenders – roles for all
Functional Practice
SSG

Key Questions

Where can I support for the next pass?
When do I support the players in the box?
How do I support – (4 ways)

Coaching Points

1. Support play – technique into space
2. Passing quality – selection, weight, accuracy
3. Receiving touch – into space or safe side at feet
4. Movements to support
5. Awareness of players for next pass

4 Corners

Support Play – (4 ways)
Passing & Receiving
Movements

Decision making
Confidence to pass short/long and
to support (4 ways)

Agility
Balance
Co-ordination

Communication
Coping with failure
Helping team-mates