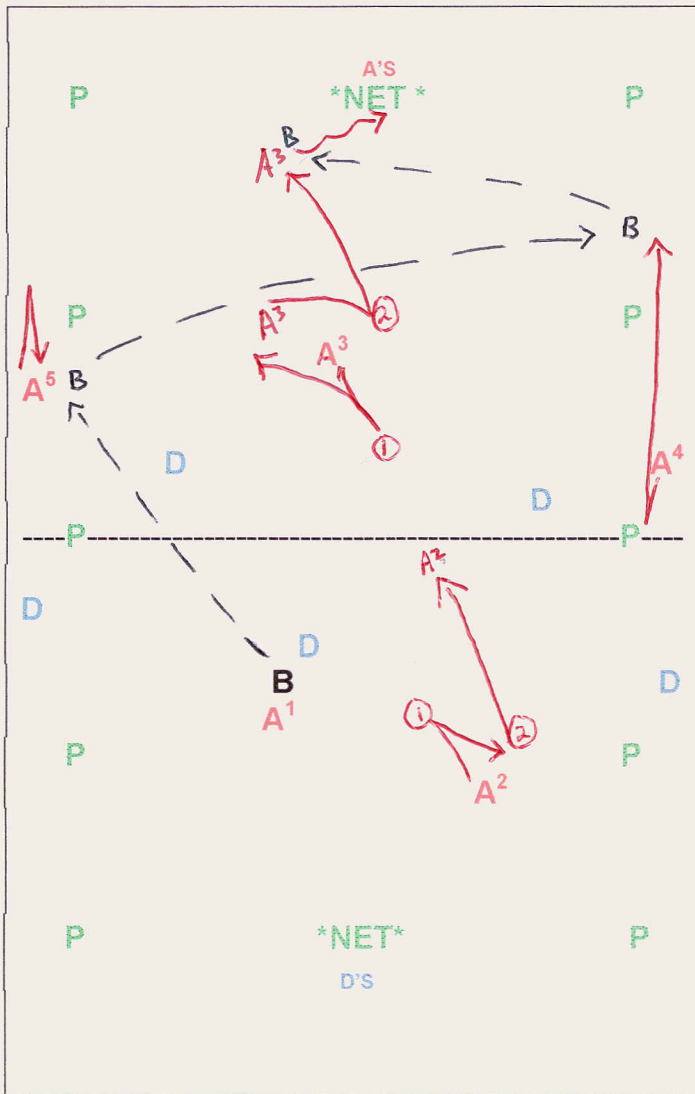


## SUPPORT PLAY



### SETUP:

- -----> = Path of Ball (**B**)
- -----> = Path of Run
- --\\\\\\\\\\\\\\\\--> = Path of Dribble
- ½ Field
- 14 X Pylons (**P**) (4 to mark nets)
- 10 x Training vests (5 Red / 5 Blue)
- 16 x Balls (**B**) (Setup around perimeter)
- 10 Players (**A**) or (**D**)

### INSTRUCTIONS:

- Score on **\*NET\***
- Can NOT cross half line
- Can only score from a cross
- Cannot challenge wingers

### KEY FACTORS:

- Support:
  - Support the Ball & the Player
  - Communication / Eye Contact
  - Angle of Support (behind / in front)
  - Distance of Support (near / far & deep / wide)
- Passing:
  - Accuracy
  - Eye on the ball
  - Pace / Weight / Timing
  - Part of the foot / the Ball

### COACHING POINTS:

- Runs from players need to be off the ball (shape / timing)
- Players off the ball need to check & show to move defender
- Runs need to create space for other players (movement / mobility)
- Pass needs to facilitate the 1<sup>st</sup> touch away from pressure
- *A2 creates movement in defensive half to draw D away from A1's wing passes*
- *A3 creates movement in attacking half to draw D's away from wing passes from A1*
- *Once A4 or A5 have B, A3 then fakes the check & shows then makes run to net for cross*

### VARIATION / PROGRESSION:

- 1) Reduce Winger's to 1 per side (they become team neutral), and progress to 2v2 per side
- 2) Eliminate Wingers all together, and progress to 3v2 per side
- 3) Eliminate half line restriction and progress to full game with no restrictions
  - Note: Can impose 3 touch restriction if players start to dribble instead of passing to maintain shape