

Group U11 to U13

- ◆ Players - 12
- ◆ Cones - 8
- ◆ Balls - 8

- ◆ 3 Areas: 12 x 12

Topic Passing Under Pressure

Organization

Three players are positioned within a grid 12 by 12 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to dispose the players in possession.

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them.

If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

Note: The two supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?