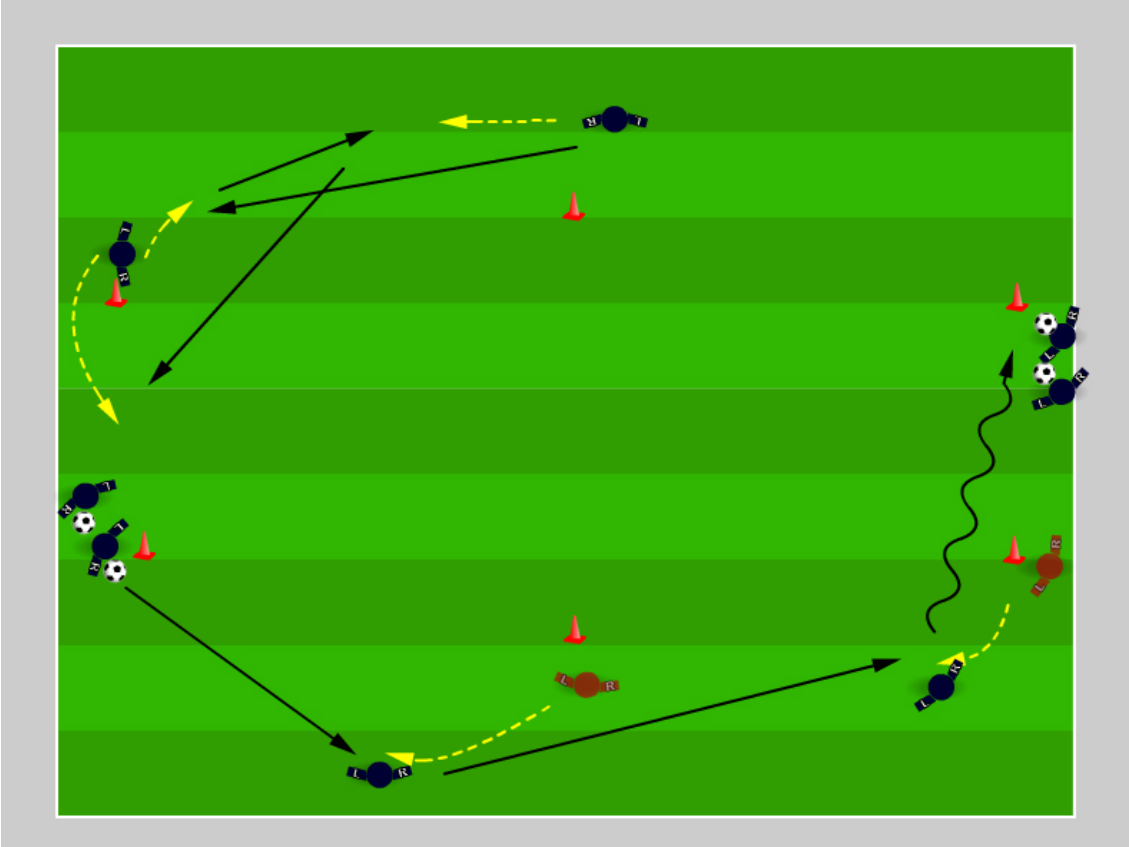
Pass a ball back - support underneath the ball



Date:	6/Oct/2015	**Measurement:**	30 x 30 Yards
Time:	17:00	**Players:**	12
Duration:	20	**Level:**	U5 - U14

Objective: If we can't go forwards in possession of the ball, players understand and recognize how to provide support underneath the ball.

Description: To ensure the proper training the exercise will go around clockwise and counter clockwise.
A player starts with ball at his feet (can start from a throw in as well) and rather than going forwards this player is forced to pass a ball back. The player playing central comes underneath the ball, in a diagonal angle to provide support. This player opens up to transfer the ball to the other side. The player on the far end has to make himself available to receive a pass. On receiving the pass player opens up and dribbles the ball in the next line

Coaching Points:
1 - Angle and distance of support
2 - Timing of the runs
3 - Good first touch - face the field
4 - Quality of passes

Progression: Go clockwise and counter clockwise.
Start with a throw in