



Awareness

Category: Technical: Passing & Receiving
Difficulty: Moderate

Howard Rushton, CG, United States of America

Awareness & Decision Making

Organization:

- 3 triangles of 8 to 10 yards per side
- Overlap Triangles
- 4 players per triangle

Instructions:

- Pass and follow your pass
- Pay attention don't touch other groups players or soccer balls

Coaching Points/Questions:

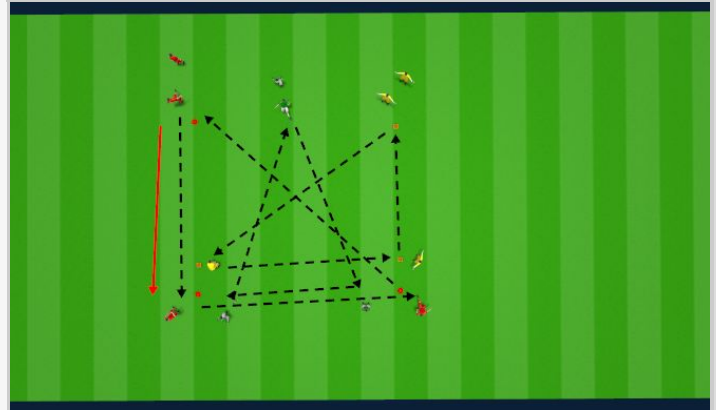
- Receiving with open body position
- Focus on surroundings
- Focus on decision making, when can I make the pass
- Inside of foot, locked ankle, body weight forward

Progressions:

- Reverse
- Left foot

Regressions:

- 2 triangles



Double Rondo Alcantara

Organization:

- 2 Squares, 8 x 8
- 5 players per square 4 vs 1
- 1 neutral between squares (plays for both square)
- 1 neutral defender to make 4 vs 2

Instructions:

- Rondo in each square
- Neutral player can offer solution for both squares
- The player who loses the ball becomes a defender
- Sub the neutral player every 3 minutes

Coaching Points/Questions:

- Quality of passing and receiving
- Making decisions
- Movement
- Intensity

Progressions:

- Limit touches

Regressions:

- Bigger boxes



SSG 5 x 5 + 2

Organization:

- 35 x 25
- 5 vs 5 + 2 neutral bumpers (1 each side)
- 2 small goals each side

Instructions:

- Game like situation
- Find width to move forward
- 2 small goals each side

Coaching Points/Questions:

- Use the bumpers, they will forget
- Change bumpers every 3 minutes

Progressions:

- 2 touches
- 1 touch for bumpers



Scrimmage

Organization:

- 40 x 25
- 6 vs 6
- 2 big goals

Instructions:

- Free game

Coaching Points/Questions:

- Keep maximum possession
- High pressing
- Let them play for a time without instruction

