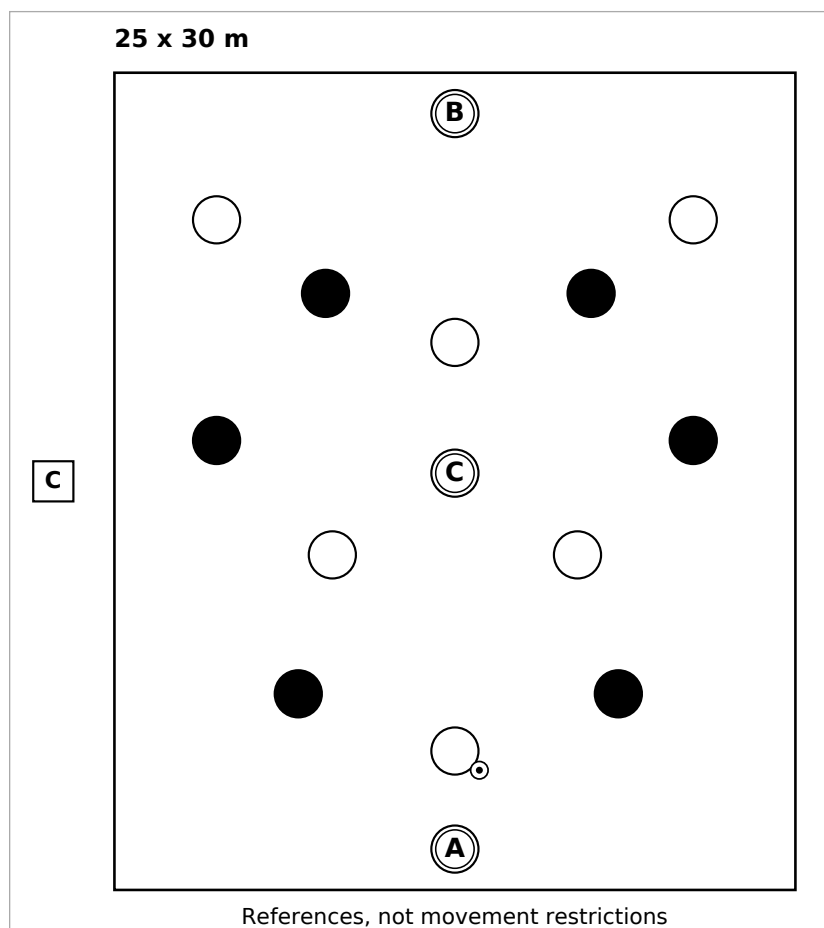




A - Recognise

General practice | 15 min | 22-37 min

6v6 + 3 common players | 25 x 30 m



Outlined circle: coached team. Filled black: opposition. Double ring: common player / GK. Square C: coach, outside the player total.

Organisation and operation

Use six purple and six black players, with white common players A and B at opposite ends and white common player C inside. The grey C outside the area denotes the coach and is not another participant. All three white players support the team in possession.

Start from one end common player. The team in possession seeks a controlled transfer to the opposite end player. After a successful transfer, retain possession and reverse the direction of the next transfer. On a turnover, the new possession team establishes a connection with an end player and works towards the other end. Restart balls that leave the area promptly from an end player. Rotate common-player duties at suitable breaks.

Begin with free touches and no compulsory route through the internal common player. Award one point for a completed end-to-end transfer. The internal player is an available support option, not a mandatory checkpoint.



Learning focus

Ask: "What does the pressure allow us to do?" Encourage scanning before receiving, a body position that reveals forward options, and a first touch that moves the ball away from pressure. Use width and depth to stretch defenders, with support both beyond and underneath the ball. Players should recognise when a pass is available, when to move an opponent, and when an unopposed carry is the most effective action.

Coach the weight and direction of passes alongside the receiver's preparation. A pass around pressure can be an intelligent solution when the centre is protected. Do not reward a forced split pass simply because it travels forwards.

Questions

- Where is the pressure coming from, and where is the spare player?
- Can you receive with an option to play forwards?
- If the middle is closed, how else can we progress?
- What support does the receiver need after your pass?

Progressions and regressions

To increase difficulty, reduce the area, limit common-player touches where appropriate, or remove the internal common player. Introduce one change at a time and assess whether decisions improve. An optional bonus can reward a controlled transfer that genuinely eliminates opposition pressure.

To simplify, increase the area, protect the internal common player from challenges temporarily, or reduce defending numbers. Keep end-player touches unrestricted if receiving quality is limiting the practice. These are adaptations to the illustrated starting format.

Observe

Look for earlier recognition of pressure, purposeful forward movement and controlled possession after progressing. Record why a chosen route worked, rather than counting split passes alone.