



ANGLE OF SUPPORT POSSESSION DRILL

Emphasis:

This game is great for teaching players angle of support, spacing, movement off the ball, receiving and passing.

Game Info:

This is for ages U10-U14. It is best run with at least 3 players but no more than 18 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions:

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the game begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in "un-defended space". The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer game is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations:

- Play with 1 or 2 touches.
- Add a defender

Coaching Points:

- Think and move quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Good angle of support
- Movement off the ball
- Prepare the ball towards the position the ball will be passed