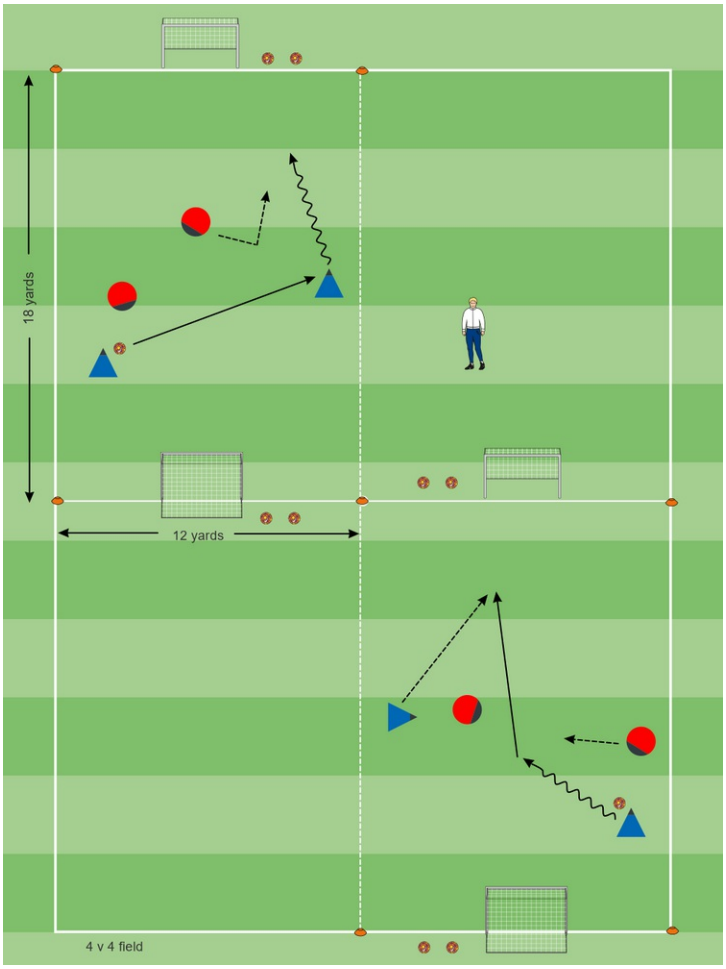
Advancing the ball
OBJECTIVE: To improve the ability to move the ball forward into the attacking half
KEY QUALITIES: Read game/make decisions, Optimal technical

Adam Howarth



ORGANIZATION:
Mark out 2 18 x 12 fields each with 2 mini goals. Players are divided into pairs and take turns playing 2 v2. Free play and rotate players between games. Play for 20 minutes with 2 breaks

PLAYER ACTIONS
Pass or dribble forward

KEY WORDS:
Head up , Pass and Dribble.

GUIDED QUESTIONS:
1. What can you do when you have the ball? 2. When should you dribble? 3. Why is it important to keep your head up?

ANSWERS:
1. Dribble pass and if close to the goal shoot. 2. When there are no opponents close to you 3. To see if there is an opening for a pass or dribble

Moment
Attacking

NOTES:
First break - Coach asks questions, players continue to play and discover answers. Second break - Players share answers with coach and each other Coaching Actions - Use of the tool -kit 1. When - During active play - Coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior - AFTER 2ND BREAK - We recommend limited interactions during active play. 2. How - Observe and Adjust- Watch the activity/ session (and adjust if needed) to ensure the organization allows the players to experience the game situation. 3. How - Directive feedback/ explicit guidance - Coach led response to an observation and focuses on specific instructions or recommendations - USE OF KEY WORDS