

Movement Off the Ball

This session and the Blind Passing Training session in the September-October issue originally were published on the ASET (Association for Soccer Education and Training) website www.asetoccer.com. The editor apologizes for not citing ASET in the last issue.

Exercise 1 (Diagram 1)

Organization – Red players pass the ball among themselves. After making a pass, the passer must change with another player left, right or in the center of the area. Players are allowed two touches.

Coaching Points

- Players receive the pass across their bodies in order to see the entire playing area.
- Regardless of movement, players always should be looking toward the center of the area and be able to see the ball.

Exercise 2 (Diagram 2)

Organization – The red team and blue team are each in possession of a ball. The two teams are playing through one another and not attempting to steal possession from one another. After making a pass, the passer must change with another player left, right or in the center of the area.

Progress

- Allow players to move into different areas whether they make the pass or not – this will enable more movement off the ball for the team in possession. The passer still must change positions after making the pass.
- Restrict each player to two touches or less.

Coaching Points

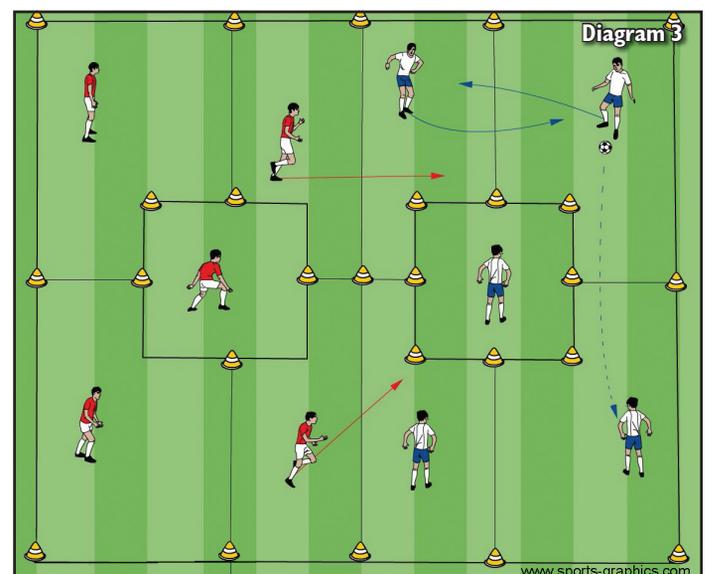
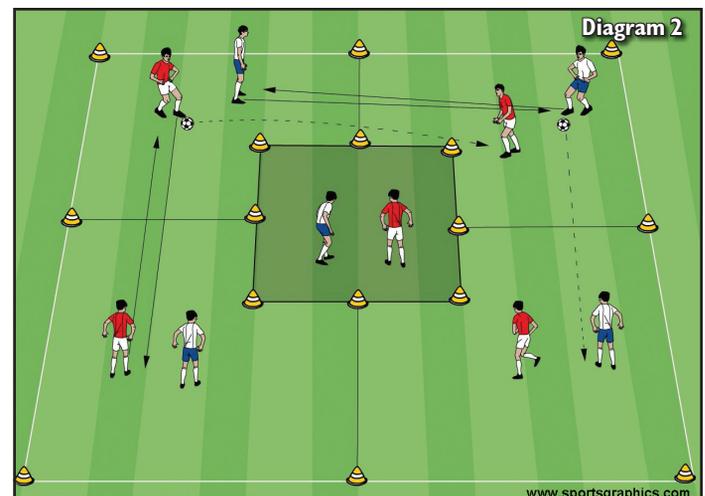
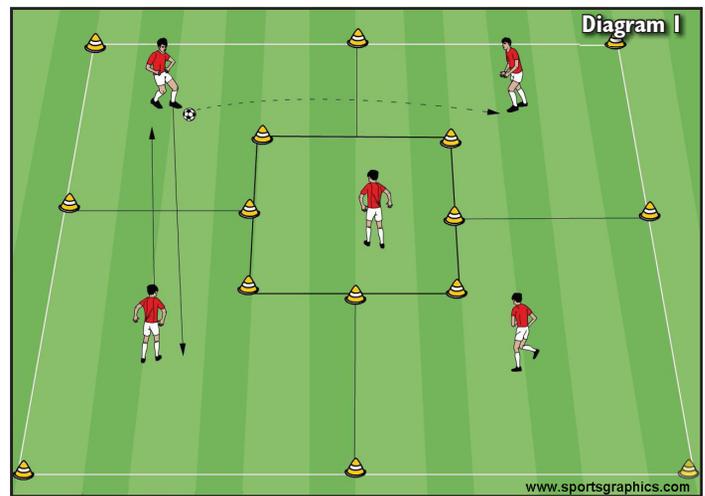
- Players receive the pass across their bodies in order to see the entire playing area.
- Regardless of movement, players should always be looking toward the center of the area.
- Given there are two teams inside the area, players must make good angles of support in order to receive a pass from one another.

Exercise 3 (Diagram 3)

Organization – Each team is separated into their five-zone area. The blue team maintains possession while two red defenders move into the playing area. At this point the game is 5 v. 2. The blue player who makes the pass must change positions with any other blue player, always maintaining the balance of only one player in an area. The blue team maintains possession for as long as possible. Once the red team wins possession, they play across to their team and two blue players move across to defend.

Coaching Points

- When maintaining possession, always stay open to the field – receive the ball across your body as much as possible.
- As you move into another area, always be able to see the ball.
- Mental recognition to always move after you pass.

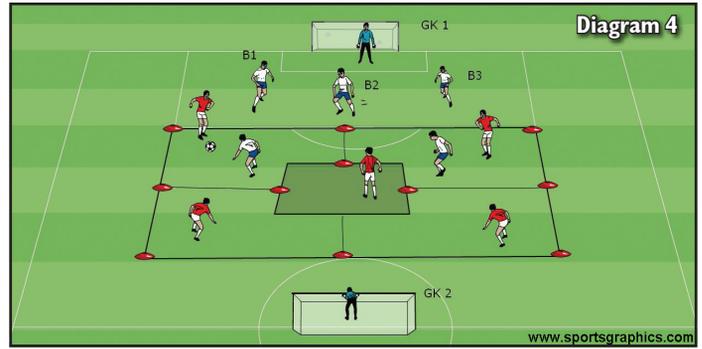


Exercise 4 (Diagram 4)

Organization – The game is 5 v. 2 inside the playing area. Red keeps possession for five passes. The red passer must change positions with a teammate after each pass is made. If needed, the red team can pass back to GK2 to maintain possession, but this pass does not count toward the five required passes. GK2 has one touch to play back into the playing area. After five successful passes the blues in the grid stop defending and move outside the playing area. At this point, B1/B2/B3 individually or as a group can enter the play or stay on the line to defend. The red team must make a wall pass or blind side pass to get behind B1/B2/B3 and attack GK1. At any point if the defending team gains possession, they pass back to their goalkeeper, and the teams change roles.

Coaching Points

- Players receive the pass across their bodies in order to see the entire playing area.
- Regardless of movement, players should always be looking toward



the center of the area and in a sideways-on position.

- Players who want to receive a blindside pass or wall passes must move as the ball is rolling to the passer of the ball.
- In order to maintain possession it is best to always play at angles; playing in, playing out.



National Soccer Coaches Association of America