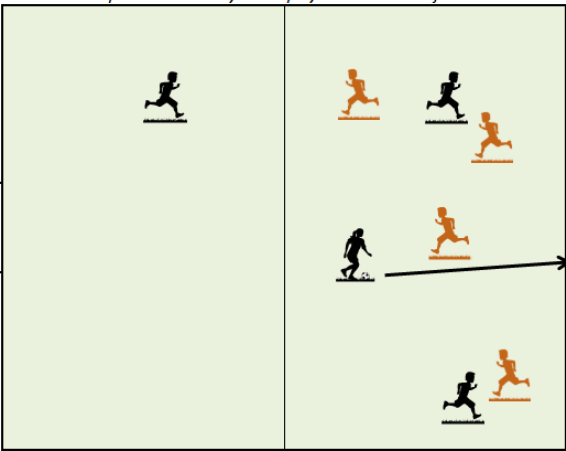
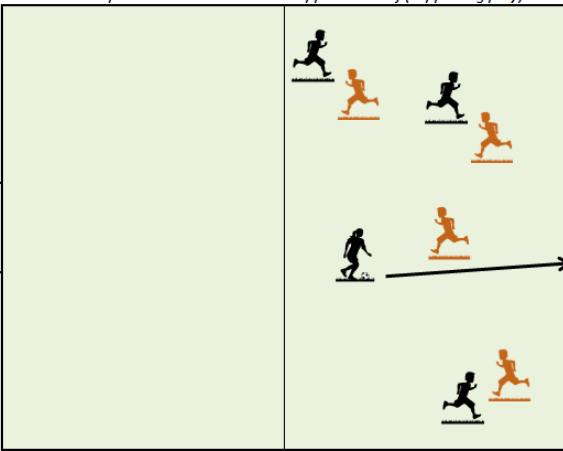
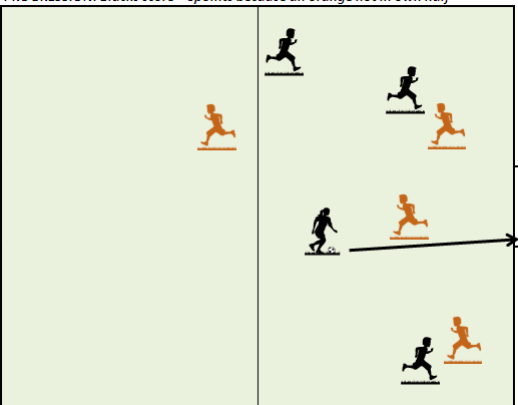




Support Play

Coaching Session Plan

Drill Name:	Support Play
Objectives:	<ol style="list-style-type: none"> 1. Improve players understanding of supporting play in possession. 2. Improve players understanding of tracking back when not in possession.
Ages:	U8 +
Organisation:	Set up pitch of appropriate size for number of players with a defined half way line. 2 teams min 3v3. Max 11v11.
Activity:	<p>Match format.</p> <p>Goal scored with attacking team's players in their own half = 1point (or zero).</p> <p>Goal scored with ALL attacking players in opposition half (supporting play) = more points.</p>
Coaching:	<p>In possession</p> <p>Support play by pushing up quickly.</p> <p>Support player with ball by moving into space (not too close to player with ball).</p> <p>Not in possession:</p> <p>Get behind the ball.</p> <p>1 player attacks ball.</p> <p>All other players mark a player or mark space.</p>
Diagram:	<div> <p><i>Blacks score = 1point because they have 1 player still in own half.</i></p>  </div> <div> <p><i>Blacks score = 2points because all blacks in opposition half (supporting play)</i></p>  </div>
Progression:	<p>Goal scored with ALL attacking players in opposition half (supporting play) and opposition players Still in their own half = 3 points. This is to coach / encourage "getting behind the ball" to support play when not in possession.</p> <p><i>PROGRESSION: Blacks score = 3points because an orange not in own half</i></p> 
Other:	