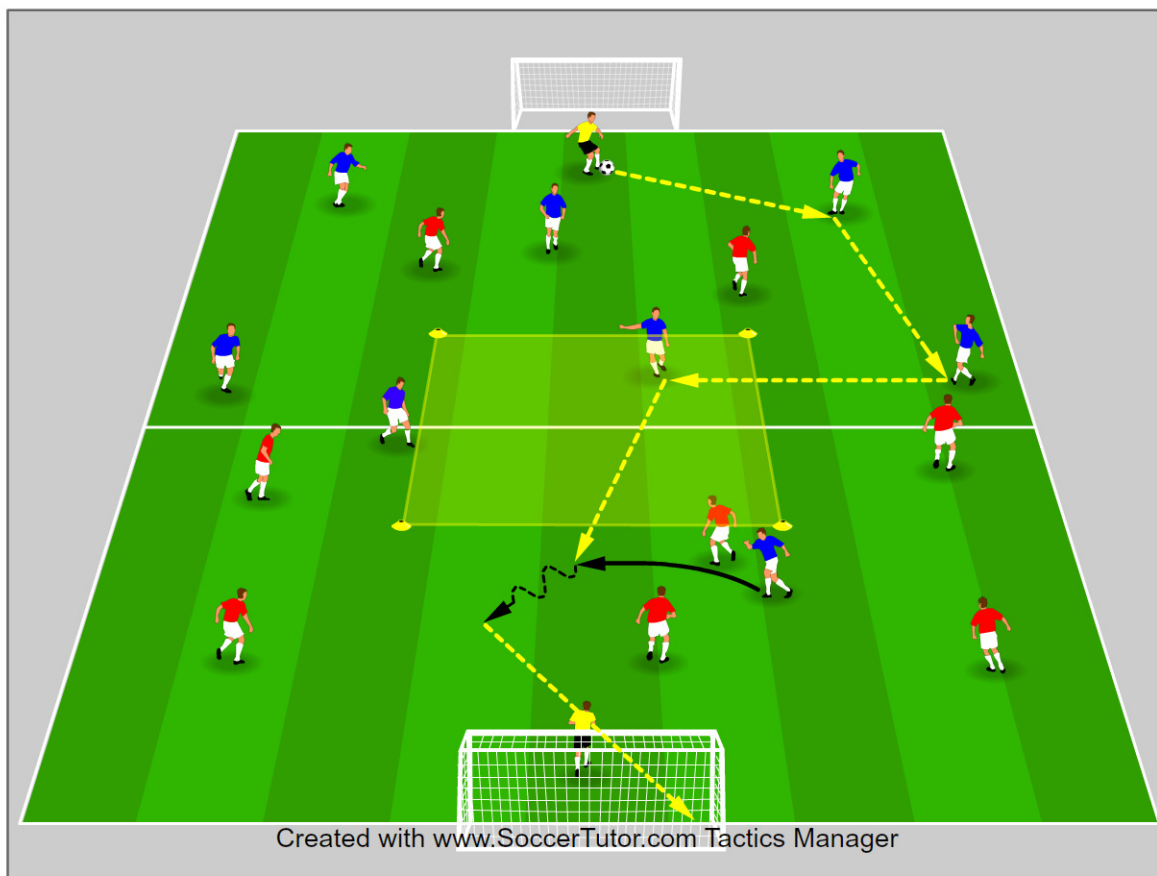


Playing Through Balls in a Conditioned 9 v 9 SSG



Date:	1/Feb/2012	Measurement:	70 x 50 Yards
Time:	N/A:N/A	Players:	19
Duration:	20	Level/Age Group:	U11 - 18+

Description: Practice by Crew Alexandra U16 Academy - Taken from WCC Magazine Jan 2011 issue.

9 v 9 in a conditioned small sided game that requires the team in possession to play through the middle square area before being able to score.

Only the player receiving the pass is allowed to enter the middle square at any one time.

Objective: To develop through balls and good forward movement in a conditioned small sided game.

Coaching Points:

1. Maintain passing angles
2. Decision of which foot to receive - outside/inside
3. Clever forward play - checked runs, angled runs and well timed runs
4. Pass with a purpose

Progression: Play without restriction and look out for the things emphasised during the previous SSG.



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