

Taken from Soccer eyeQ - Developing Vision & Awareness DVD Vol. 1

## PASSING, POSSESSION, VISION AND AWARENESS



Created with [www.SoccerTutor.com](http://www.SoccerTutor.com) Tactics Manager

### Set-Up

7 players, 1 ball, 8 visual cues (4 yellow, 4 red)

Players 1 & 2 play 2 v 1 against Player 3 inside a 15 x 15 grid.

Flashers/ Players A, B, C & D each have 2 visual cues (1 red, 1 yellow) and play outside the grid, patrolling their designated side only.

Players 1 & 2 must retain possession and play the ball to, and receive it back from, the outside players as many times as they can – but must play at least one pass between each other before passing to an outside player.

When one of the outside players passes the ball back into the grid their opposite player flashes a visual cue (e.g. if red A passes then red B flashes), which the player receiving the pass must spot before taking his first touch of the ball.

This condition not only forces the player to have a look but also promotes a good open body shape when receiving the ball.

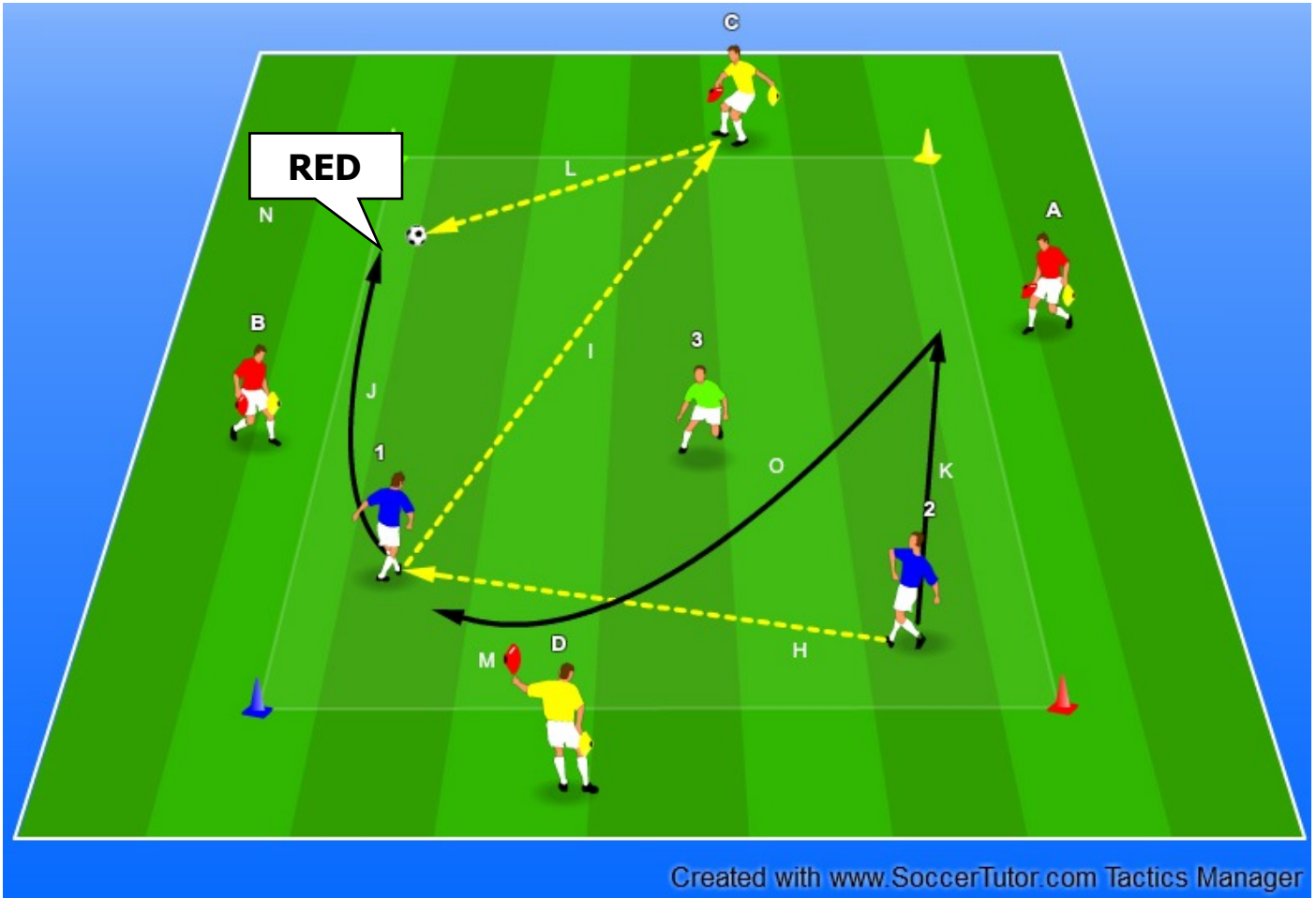
## Step 2 of 3



### Description

- Player 1 passes (a) to Player A and Players 1 & 2 make supporting runs (b & c)
- Player A passes (d) to Player 2
- Player B flashes visual cue (e) as pass (d) is played
- Player 2 must spot visual cue and call out the colour (f), before receiving the ball
- Player 1 runs (g) into space to support Player 2

## Step 3 of 3



### Description

- Player 2 passes (h) to Player 1
- Player 1 passes (i) to Player C and Players 1 & 2 make supporting runs (j & k)
- Player C passes (l) to Player 1
- Player D flashes visual cue (m) as pass (l) is played
- Player 1 must spot visual cue and call out the colour (n), before receiving the ball
- Player 2 runs (o) into space to support Player 1
- Play continues with Player 1 passing to Player 2

### Description

1. Good open body position & quick spotting
2. Good movement & support play
3. Constant alertness by outside player to flash visual cues
4. Ensure players use both feet during exercise

# Coach your Players to Develop Game Awareness, Anticipation & Decision Making, On and Off the Ball, Through Innovative Training Techniques

**The Practices in this DVD will help your Players see more, Think Quicker and Play Better!**

This unique coaching DVD offers you an insight to training methods previously only available on the highest coaching awards in Europe, and at the elite levels of the game.

Improving a players "field vision", the awareness of everything around them, will help them become a much more dynamic and effective player.



## **Purchase the 2-Book Set:**

Rest of the World Shop:

<http://shop.soccertutor.com/Soccer-eyeQ-Developing-Vision-and-Awareness-DVD-p/seq-d001.htm>

USA/CA Shop:

<http://shopusa.soccertutor.com/Soccer-eyeQ-Developing-Vision-and-Awareness-DVD-p/seq-d001.htm>

Diagrams were created using [www.SoccerTutor.com](http://www.SoccerTutor.com) Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>