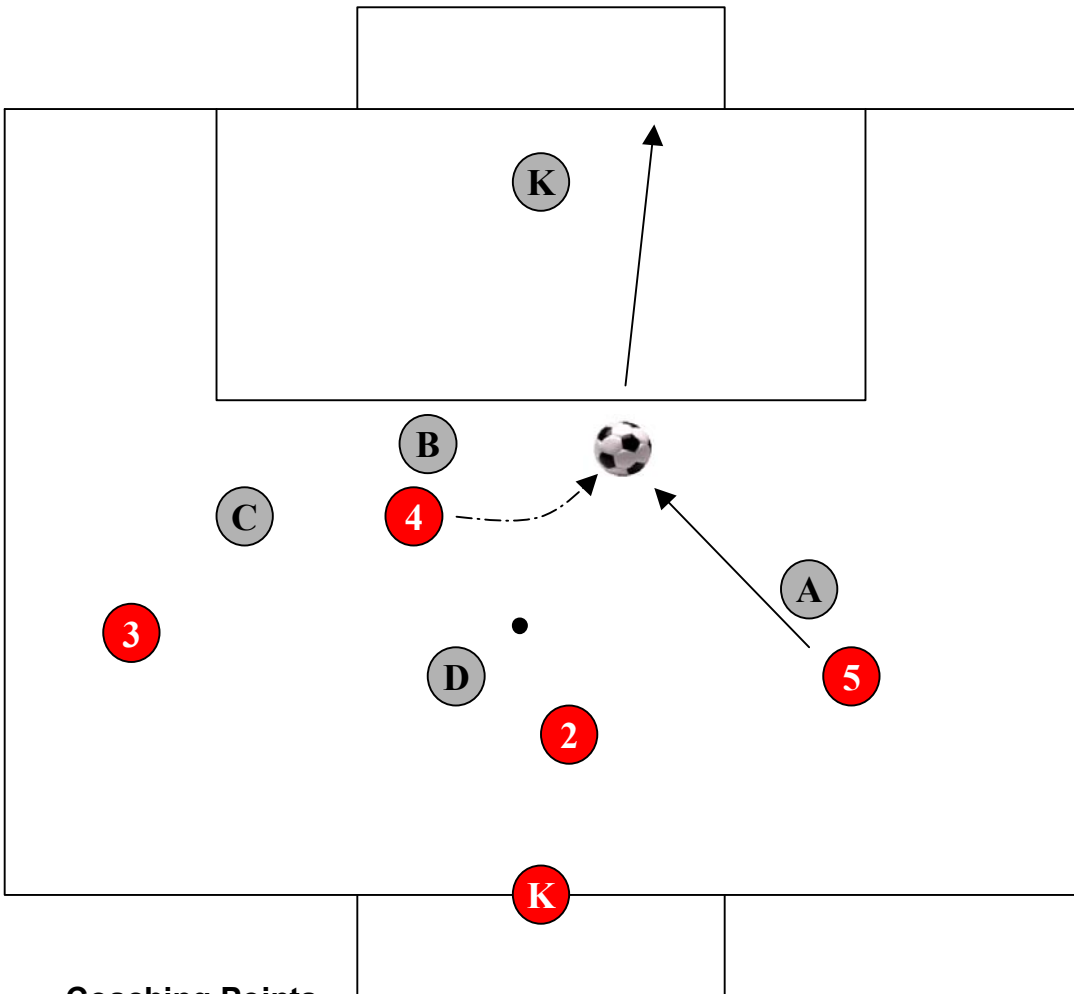


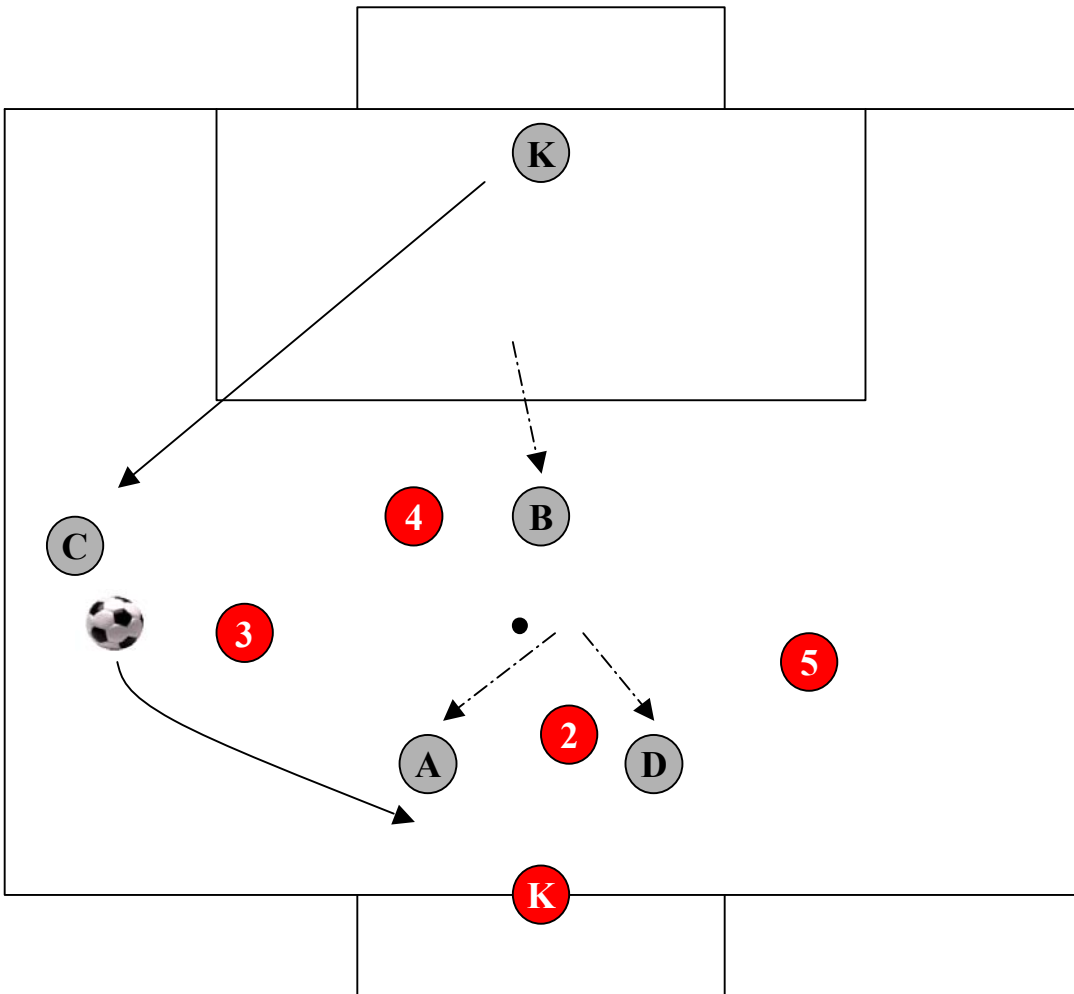
ANGLE, WEIGHT AND TIMING OF THE PASS IN THE BOX



Coaching Points

- Quality of Passing** - Concentrate on the weight, timing and angle of the pass. **Under hit** the pass to draw the receiver to the ball and into a position to shoot and get free of the defender. This technique is used to allow the receiver to hit a one touch shot at goal. Weight of pass must be **light** to allow this. This is the opposite to what coaches normally tell a player (don't pass the ball short or under paced because it can be intercepted). **Above; short under hit pass draws the player towards the ball to get free from the defender and, half turned with a side on stance, hit a one touch shot.**
- Positioning and Crossing Technique** - (creating width to cross).
- Balance in Attack** - (near post / far post / middle of goal). Positioning from crosses, timing of runs (late and fast), changing of positions to move defenders, angles of runs, contact on the ball.
- Finishing Technique** – One touch finishing if possible as time on the ball in the box usually determines this.
- Anticipation of Rebounds** - off the goal frame, off the keeper or off defenders.

POSITIONING FROM CROSSING



1. The keeper plays the ball wide and the attackers get in position to meet the cross near post, far post and centrally behind them for the pull back.
2. Try to finish one touch.
3. The game is constant attacking play both ways. To make it competitive count the number of goals scored, encourage the players to shoot on sight.
4. Teaching transitions from one moment defending to the next moment attacking, this exercise improves the concentration of the players.