

Pairs Focus session 1: Stay on the ball

Hide and Manoeuvre



A 1-2 pass around the defender at any time (providing possession is kept) counts as 3 points

Organisation: Grids, areas or sections of the pitch can be used for this and the area size should be appropriate for the ability of the players. Allow it to be challenging but with some success.

How to play: The coach calls out “go” (or one player triggers the start) and one player from each side runs in to get the ball. In this diagram, the Blue player gets to the ball first. He must keep possession and pass out to his teammate who can move anywhere **around** the area (not inside).

If he passes out to his teammate as he moves around his **own** half, 1 point only.

However, if he can manoeuvre the ball so that he can pass to his teammate anywhere around the **other** half this is worth 5 points.

A 1-2 pass with his teammate around the defending player at any time counts as 3 points (only if possession is kept) but the focus should be the 5 point challenge.

Technical

Physical

Psych

Social