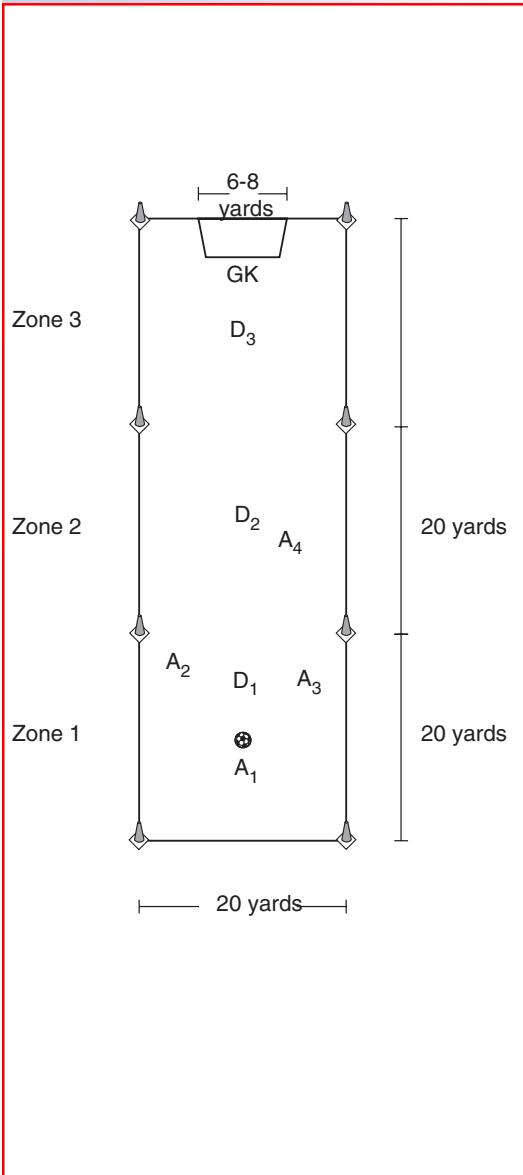




PROVIDING SUPPORT: TRAVELING LIGHT



GOAL: To develop providing support

SETUP: • Play 4v4 (4 attackers versus 3 defenders and 1 goalkeeper).

- Set up a 20- × 60-yard area divided into three 20- × 20-yard zones.
- Set up a goal 6 yards wide for younger players and 8 yards wide for older players.

- PLAY:**
- Game starts with 3 attackers vs. 1 defender in zone 1.
 - The attackers pass three times, then the last two players making passes move to zone 2.
 - In zone 2, another attacker and defender join to repeat the same sequence used in zone 1.
 - In zone 3, the 3 attackers try to score on the 1 defender and goalkeeper.
 - If attackers lose the ball, they get it back and continue trying to move through the zones.
 - Rotate offense and defense after the offense has gone through all three zones.

SCORING: • 1 point for passing through each zone



OBSERVATIONS

Either make notes on individual performance, player by player, or on the team's overall ability to perform the key components of the tactic: *triangle concept*, *2 or 3 players providing support*, *3 to 5 yards away for close support*, *8 to 10 yards away for long support*, *good sprinting*.

(continued)



PROVIDING SUPPORT: TRAVELING LIGHT

(continued)



KEYS TO PROVIDING SUPPORT:

- Be familiar with the triangle concept of positioning.
- Have only two or three players provide support at one time.
- Provide support 3 to 5 yards away in close quarters.
- Provide support 8 to 10 yards away when defenders aren't challenging the player with the ball.
- Sprint hard to get into good supporting positions.



COMMON ERRORS:

- Not moving after making a pass
- Players moving into positions where they cannot receive a pass; no triangle
- Players are either too close or too far away to receive a good pass
- Poor passing or receiving techniques



QUESTIONS FOR PLAYERS:

- What was the goal of the game?
- What did you have to do to be successful?
- How can you improve your team's ability to provide support?