



### Passing and Support (Progression)

This is a progression to a previous exercise Passing and Support which was featured in an earlier issue.

In this exercise the players in possession will work under more pressure than before, as they are pressured by two defenders.

**Set up:** As above, four players in each of the end zones and four players in the central area who are defenders. The players in the end zones look to keep possession of the ball for a pre-determined number of passes and then play the ball across the central area to the players on the opposite side. Two defensive players are allowed into the end zone only when the players have possession, once the ball is transferred, they must come out and the next two go in to defend the opposite end. Should the players have difficulty retaining possession only have one defender going into the area at a time. Depending on the success and ability of the players, you could adapt the size of the area, to make it easier for defenders make the area smaller and to make it easier for the attackers make the area larger.

Within this practice players will be working on Passing, Control, Movement, Spatial Awareness and Communication.

Rotate defenders at regular intervals as this is very demanding.