

Description

A session designed to develop the required qualities of a Center Mid in a possession style system.

Screen 1 (15 mins)

The purpose of this game is to develop awareness of space, specifically in reference to the positions of defenders relative to the ball, and can aid in development of a Center Mid.

Set up a large triangle (15x15x15 or 20x20x20)

Inside the large triangle make a smaller triangle.

Along each length of the large triangle, place a Blue player.

Along each length of the inside triangle, place a Red player.

Inside the small triangle, place a Blue player.

Ball starts with one of the outside Blue players.

On coaches signal, ball is played around the outside Blue players who look to play into the central Blue player. The Red inside players attempt to deny/steal the pass but are allowed to defend only along their specific length of the inner triangle.

As Blue plays the ball around the outside, the inside Blue player floats inside the smaller triangle, trying to find space and a passing lane where they can receive a pass from an outside Blue.

If the ball moves successfully to the inside and that player successfully plays back out, a point is earned.

Play for two minutes, then swap the inside Blue player, until all Blues have had the inside role. Then repeat for Red.

Alternately, award a point to Blue for each successful entry+exit pass sequence, and a point to Red for every steal. Play to 5 points then switch out inside player.

Coaching points:

- Quick movement of the inside player
- First touch and accuracy of pass
- Quick movement of the ball speed of play
- Quick play of the ball into the insider player
- Angle of pass and movement of players

Progressions:

- Add a second ball and/or a second inside blue.
- Upon receiving the ball and successfully playing back out, they switch with the player they pass to (who must move the ball along outside before he enters).

