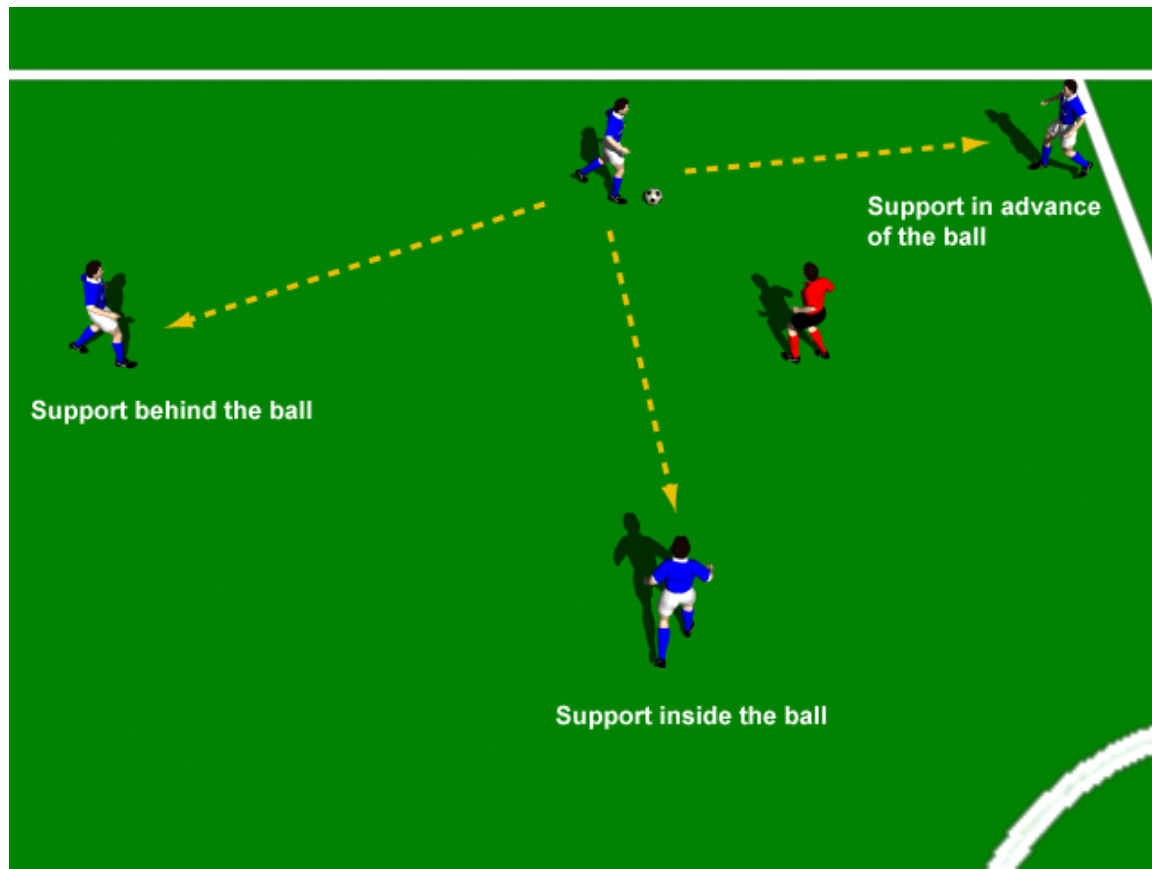


## Support Behind or In front of the Ball



### Objective of the Practice:

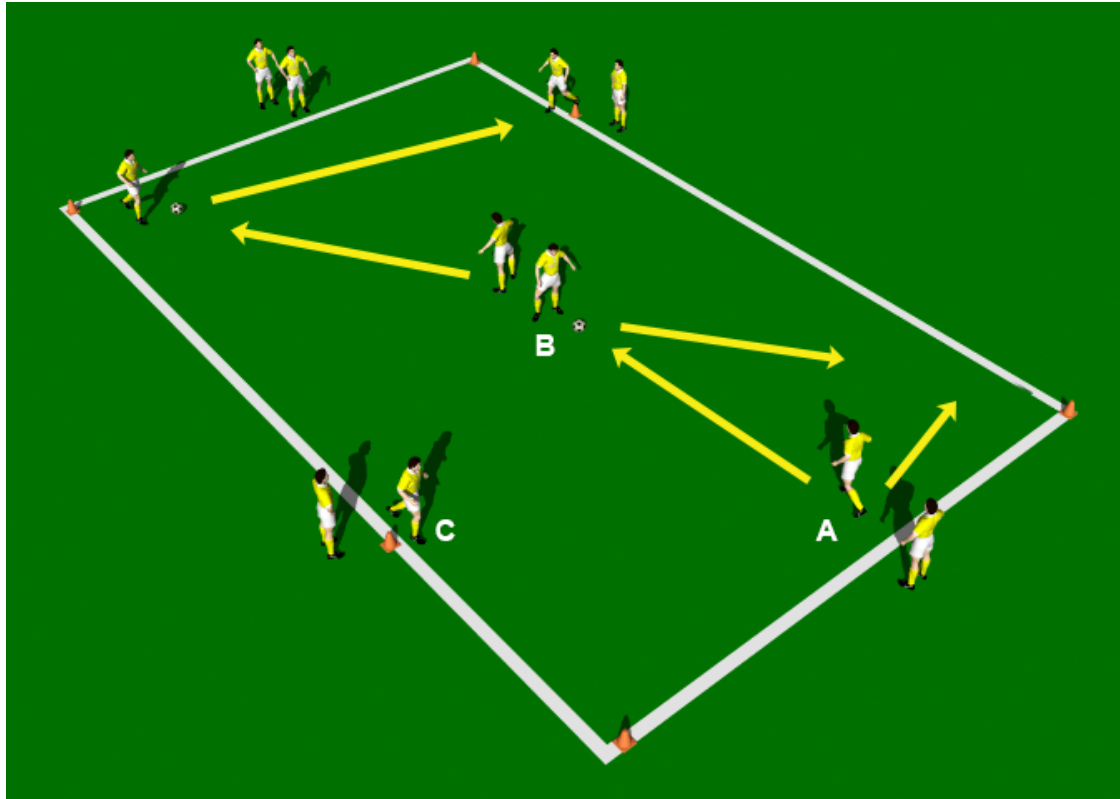
This practice is designed to show players When and How to **Support Behind the Ball**, and When and How to **Support in Front of the Ball**.

It is stated that in most games the ball is out of play or at rest for around 30 minutes. In an even game each side has an average of 30 minutes ball possession. The rest of the time you are either trying to win the ball back from opponents or trying to support and retain possession of the ball to attack. The more we have the ball, the better chance we have of winning the game.

It is a fact that when attacking defenders will generally outnumber you. Players must appreciate it is a vital quality to understand How, Where and When to support the man on the ball and the only two factors that matter all over the field are Angle and Distance.

With an increase in the pace of the game and the physical demands made on players, the ability of one team to control the ball becomes a major factor and can be looked at in different ways. With good possession we dictate how much running our team and individuals do.

## Support Behind the Ball



### Coaching Points:

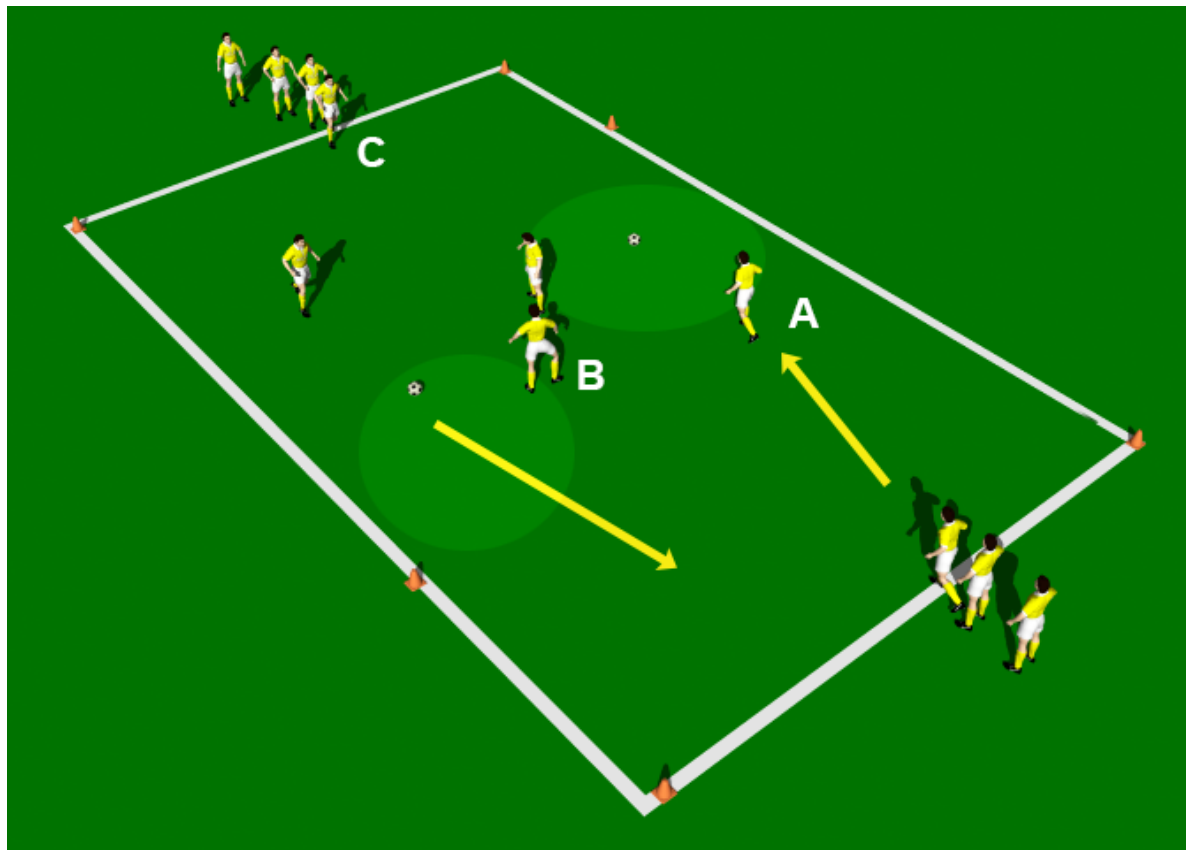
In this exercise, the players are trained to Support Behind the Ball.

Player "A" passes the ball to player "B", then must support at a wide and deep angle to provide two things; 1. Good angle of support to pass too and 2. Provide deep support to give the player on the ball "time" and "space" to make the best decision for the next pass. Player "A" receives the ball back from player "B" and switches the pass to player "C". Player "C" then players back to the starting line and the exercise is repeated. The drill is performed from both sides of the grid.

**In general:** A player should support behind the if the player with the ball is facing them.

Remember when supporting behind the ball, **Space = time and time = quality!**

## Support In Front the Ball



### Coaching Points:

In this exercise, the players are trained to Support In Front of the Ball.

Player "A" passes the ball to player "B". Player "B" turns and creates space by dragging the ball inside.

Player "A" overlaps and receives a pass from player "B". Player "A" then passes to player "C". The drill is then repeated from the opposite side.

**In general:** A player should support in front of the if the player is turned and facing forward and they are not under immediate pressure.

Remember when supporting in front the ball, **Timing of the run is critical. The sequence should be; Space created, ball delivered, then the run.**

In a game, angles of support vary according to the position of opponents; distances of support vary according to which third of the field we are in. In the back third, we will need to be closer.

Players, therefore, need to know when to go in advance of the ball when support is already there, or when the player with the ball can pass the ball forward.