

"Track on Angles" Game

<i>DRILL OBJECTIVE</i>	CREATE ATTACKING BALL MOVEMENT AND OFF-BALL MOVEMENT BY CHANGING ANGLES
<i>PLAYERS</i>	10+ Players
<i>SPACE</i>	35m x 25m
<i>EQUIPMENT</i>	10+ Balls

EXPLANATION:

- Normal rules 5 vs 5 game play (can change numbers according to your needs)
- Condition: ball carrier must carry the ball (track) laterally on an angle that is not directly towards the attacking goal.
- If ball carrier dribbles directly towards goal, foul is call and free hit is awarded to the other team.

COACHING POINTS:

- As ball carrier tracks laterally, she should keep the ball in good option position, out in front with vision up as much as possible.
- Off-ball players should move and interchange, always aware of ball carrier's movement and other off-ball players' positioning.
- While moving off-ball, attacking players should always be ready to receive a pass.

EVALUATION:

- The "carry on angles" condition will automatically create opportunity for off-ball movement and fluid interchange. The key is that the attacking players work together and are aware of each others' position to create balance on the field.
- Players should be able to develop strong overlapping movements to use the space behind the ball carrier as well as upfield options.

PROGRESSION:

- LTT: Make this a "no-tackling game". So defenders cannot tackle the ball-carrier - they can only intercept passes.
- TTC & TTW: At the TTC and TTW stages, this ball-carrying movement should be a staple part of game play, and coaches can work on more specific movement patterns. (*there may still be some value in this drill at the TTC stage, depending on level of play).

