



"Sending a player to jail"

"Leaving the jail"

Organisation

- Mark out a 30m x 20m playing area that includes a 30m x 5m eliminated player zone at either end.
- Split the group into 2 teams of 6 (oranges and blues).

Explanation

- The exercise starts with the orange team in possession.
- The orange team's objective is to circulate the ball and play a wall pass around a blue-team defender.
- If the orange team play a wall pass around a blue-team defender, the defender involved is sent to the eliminated player zone.
- The eliminated player can leave the eliminated player zone by receiving a pass from a team-mate and playing a pass to any other team-mate.
- The game ends when all members of one team have been eliminated.

Key coaching points

- Players should scan to identify vulnerable defenders and the spaces behind them to exploit. Recognising opportunities to use wall passes can be an effective way to evade pressure.
- Players initiating the wall pass should look to engage and draw out defenders to create space in behind them before combining with a team-mate.
- The player receiving the initial pass should aim to play first-time to prevent the defender from recovering and intercepting the return pass.

Roles of the coach

- First coach: instructs the players on the rules of the game, encourages them to play wall passes and feeds balls into the playing area.
- Second coach: monitors when a wall pass has been played and the defenders who have been eliminated.

