

## No. 20 “Escalator”

- Passing
- Possession

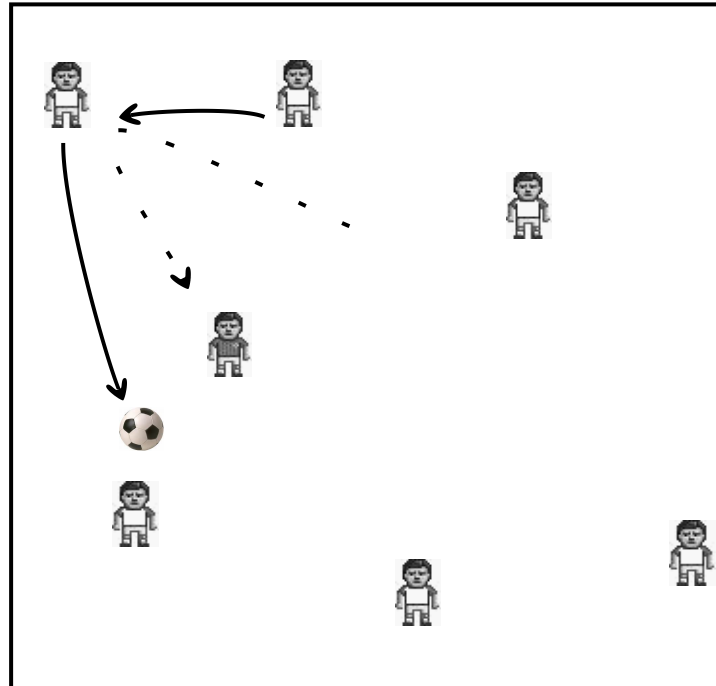
U8 ✓  
U10 ✓  
U12 ✓  
U14 ✓  
U16 ✓

path of player  
- - - ->

path of ball  
—————>

path of player  
with ball  
~~~~~>

**Grid Size**  
**30yds**  
**square**



A simple practice that gradually increases the challenge for the team trying to keep possession. To keep it realistic insist on a high work rate by the defenders. Encourage the players in possession to take advantage of their extra numbers and be relaxed and composed on the ball. All credit to Darran Bowles of The FA from who I “borrowed” this practice.

## Organisation

Spilt your group into two teams and get them into bibs  
All of one team spread themselves around the grid and pass the ball  
One defender from the other team tries to win possession of the ball or force a mistake  
Every time the team make five consecutive passes one additional defender comes in to help win the ball  
If they win the ball or it goes out of play the teams swap roles  
Keep it competitive - see which team survives the longest and award a point for that round

## Coaching Points

- ♦ How well do the team in possession use the space?
- ♦ “*Make the pitch big*”
- ♦ Angle and distance of support
- ♦ Be relaxed in possession, have a look at options
- ♦ Selection and timing of pass, “*work the defender*”
- ♦ Pass away from defenders “*where’s the space?*”
- ♦ Pace and accuracy of pass
- ♦ Communication, help the player on the ball

## Development

- i Don’t allow pass back to same player
- ii Limit players to two or one touch