

Simple loops

The session

What you tell your players the session is about:

- 1 Using loops to create an extra man in attack.
- 2 Passing rapidly and accurately at pace.

What you tell your players to do:

- 1 Pass the ball and support on the outside of the receiver.
- 2 Receive the loop pass and exploit the extra man in attack.

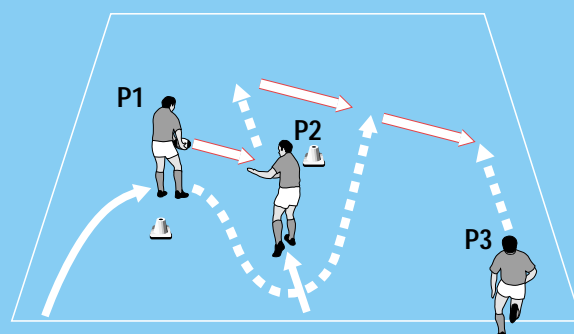
What you get your players to do:

Warm-up: Have a group of three players stand in a column, with a ball at the front. When you shout "GO", the column runs forward. The ball carrier steps left, passes right and then runs to join the back of the column. This should continue for 10 metres before the column returns by passing the other way.

Main practice: In a 10 metre wide box, three players stand in a line at one end. The first player (P1) runs forward, passes to the second player (P2) and then loops. Ideally he should loop without having to run back.

P2 then steps in and passes to P1 as he loops around. The third player (P3) holds his run and then accelerates to meet a pass from the looping player (P1). Use cones to help players understand their running lines.

Simple loops



direction of run → ground covered → pass →

Developing the session

The training session can be developed as follows.

- 1 Add defenders to pressure the first two players.
- 2 Loop to the left, as well as to the right.
- 3 Add another player who uses a miss pass, before the missed player also loops around.

A game situation

The session can be developed further by playing the following game. Using at least half the width of a normal pitch (the length is not important), set up a game of 4 v 4. Use touch rules, one touch only. This should encourage players to loop to create overlaps. Don't allow switches (cut passes).

Coach's notes

What to call out

- "Don't loop until you have passed the ball"
- "First receiver: move towards pass"
- "First receiver: pass the ball into the space for the "looper" to run on to it"
- "Third receiver: hold your run longer than normal"

What to look for

- The first receiver slowing down too early. He must attack the inside shoulder of his opposite man to create the real space for the "looper". The quick forward movement will allow the looper to run a better supporting line.
- Slow passing. The first pass must be firm. The second pass draws the looper onto the ball, but must be given firmly to avoid interception.

What to think about

Can the first receiver pass "blind"? How close do you want your looper to get to the first receiver? What angles do you want the third player to run? Can all your players use this move? Can you encourage the first receiver to use the looping player as a decoy and run a dummy move?