



# Visual Cue Central MF Distribution

Category: Tactical: Switching play  
Difficulty: Difficult

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Individual-Adult Member

## Description

If you are looking to train your players in visual cues and off the ball movements, then this passing pattern drill provides a solid opportunity. This will break the habit of players not paying attention in a passing pattern (or match play) until they get the ball or the ball is near them.

### Progression #1A: One corner initiates (5 mins)

This may look like a straight-forward passing pattern, but this is a highly challenging drill, for many reasons.

To begin, just send one opposing corner at a time. As a coach, you will have to be very patient in letting the players understand, not just the sequence and the rhythm, but the continual need for visual cues.

It is not enough to run "blindly" to a spot. Off-the-ball movements in this drill is anything but "mechanical" or set on "automatic". This is a great place to introduce the EDGE stage: Technical Reality. If the pass from 0 to 1 is poor, then the runner, may need to delay her or his run. The goal is to get the 1 to 2 pass to the runner before the mannequin, and with enough time to pass 2 to 3 with accuracy.

The midfielders who are switching the ball have to have their heads on a swivel. These should be some of your more solid players to begin the drill. They will be challenged to keep the ball moving smoothly from side to side.

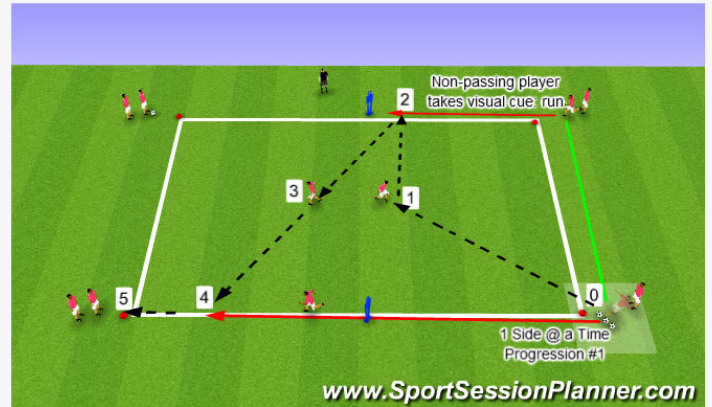
Coaching Points:

**VISION:** Perhaps the most important aspect of this exercise is vision. The laterally opposite player must be looking toward the initiating passer, and take her visual cue from the 0 to 1 pass. Then she needs to keep her eyes on the midfielder to pace her run to receive the ball before the mannequin.

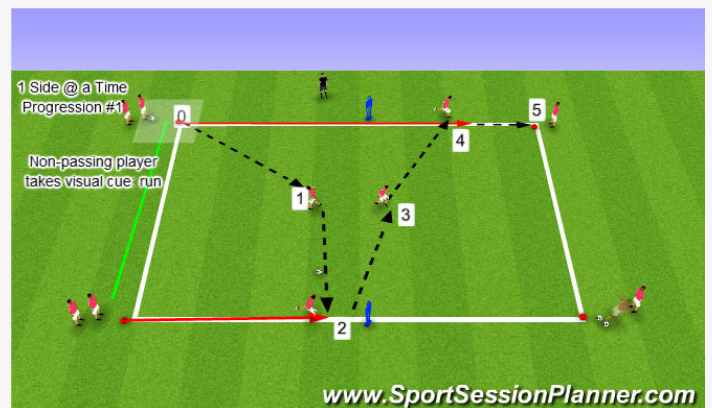
**VISION:** As mentioned above, the visual reads of the MFs will be continual and challenging since they require a 180 scan to both sides. The MF's by the end of the drill, should start to feel confident in their ability to scan, touch, redistribute.

**FIRST TOUCH:** Important for runners and MFs. For runners, receiving on the outside foot in stride, then a quick prep touch to pass to center (or if possible, a one-touch to center). For MF's, they need to turn their hips WITH the pass, opening up to the next pass.

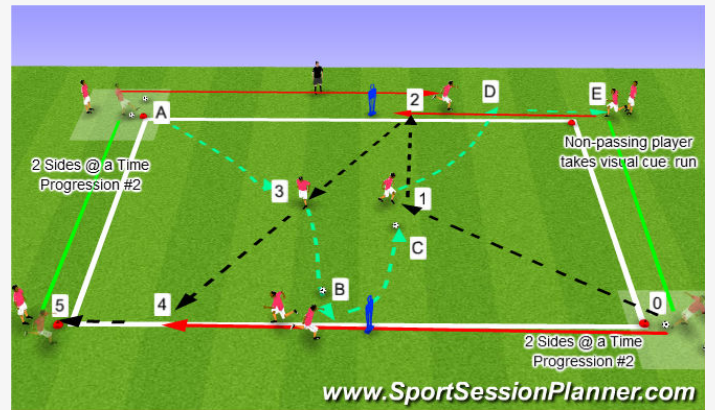
**DECISION:** Largely based upon visual cues and technical reality of preceding situation. As mentioned above, the off-the-ball movements in this drill can make-or-break the rhythm, therefore, players must understand how important their actions are when they DO NOT have the ball.



### Progression #1B: Other corner goes



## Progression #2: Simultaneous (10 mins)



## Progression #3: Finish (5 mins)

### Progression 3: Finish

Load each corner with a supply of balls and add two mini goals. More challenging than your players may think, because we have added the requirements to look at the goal (Vision), to turn their body to orient toward the goal (First Touch), and then to make a deliberate shot (Decision) striking the ball low and hard into the mini goal. We pack all that into step #4/D of the sequence. Why? to remind them that the objective is to put the ball inot thae back of the net.

