

# La Pausa: Part 4 - Practice Designs

Written by The Coaching Manual



## La Pausa: Part 4 - Practice Designs

Following on from our articles detailing the timing, positioning and execution of "La Pausa", we provide practice designs that coaches can deliver to develop this attacking strategy.

La Pausa - Technical Practice

### Set Up

Area 32x8 divided into four 8x8 boxes. 2 x players (Blue 6 and 8) begin on Line 1 with the ball and the 3rd player (Blue 10) begins on Line 2. There can never be more than 2 players on the same line.

### Task

Players practice the concepts of "La Pausa" by passing or dribbling through each box. Once they reach the final box, players progress back through the 4 boxes.

### Animation

### Key Coaching Points

1. Positioning of players (different horizontal and vertical lines)
2. Timing of movements to play on the move and keep the ball rolling
3. Timing and execution of passes/dribbles to utilize La Pausa

### Detail

- Decision making of player in possession - pass/dribble timing
- Body angle to receive the pass and play forwards
- Receiving areas of foot or body
- Understanding slow and quick play through the boxes to play forwards
- Passing options around, behind and ahead of the ball
- Communication

### Progression

As players become familiar with the timing, positioning and execution of decisions to play forwards, the technical practice can be progressed to include 1 x Defender in each box as the practice becomes opposed.

The key coaching points are the same as the technical practice and the detail now includes when players use the 3 passing lines (in front of Defenders, around the Defenders and through the Defenders) to create opportunities to penetrate the opposition and advance forwards.

### La Pausa - 3v2+2 Skill Practice

Next up, a rondo skill practice can be delivered by coaches to further develop the La Pausa principles with their players.

### Set Up

Area 30x15 divided into two 15x15 zones. 3 x Attackers (Blue 6, 8 and 10) play against 2 x Defenders (Red 6 and 3). There should always be minimum of 1 x Attacker in each 15x15 zone, and the Defenders also stay in their designated zone. Target players (Green 5 and 9) positioned at each end of the area and stay on their designated line.

### Task

Blue Team (Attackers): Utilise timing, positioning and execution of passes and dribbling to play through the zones from one target player to the other.

Red Team (Defenders): If the ball is won, maintain possession and attempt to pass or dribble to Green 5 or Green 9 to replicate a counter attack in a game.

Green Team (Target Players): Maintain positions with the team in possession with emphasis on taking up shapes to offer passing options around, ahead and behind the ball.

## Animation

### Key Coaching Points

1. Dominate 1v1 situations
2. Positioning of players (different horizontal and vertical lines) to utilise the overload
3. Timing and execution of passes/dribbles to use La Pausa

### Detail

- Decision making of player in possession - pass/dribble timing
- Timing of movements to play on the move and keep the ball rolling
- Protect and shield the ball
- Positions to provide passing options or draw out Defenders
- Dribbling to draw Defenders out of position
- Body angle to receive the pass and play forwards
- Passing or maintaining possession in front of Defenders to encourage the press
- Passing options around, behind and ahead of the ball
- Communication

### Progression - 3v3+2 Gates Skill Practice

An additional Defender (Red 8) and 3 x gates can be added to this practice to further encourage dribbling as a strategy of La Pausa.

The team in possession can now score extra points by dribbling from zone to zone through the gates as 1 point is awarded by traveling through the wide gates and 2 points for the central gate.

This encourages players to recognize when to use passing and movements to create the space for the player in possession to dribble and advance forwards.

### La Pausa - 8v8 End Zone Game Practice

Ultimately, as coaches we want to our players to understand when, where and how to perform these strategies in the environment of game situations and the La Pausa practices can incorporate an 8v8 End Zone Game.

### Set Up

Pitch 60x40 with Goal and Goalkeeper at each end and also an end zone 10x30 which is a deep offside line. 2 x teams of 8 players.

### Task

In Possession: Use timing, positioning and execution of passes and dribbling to advance up the pitch and create goalscoring opportunities.

Out of Possession: Prevent the opposition progressing towards goal and recognize opportunities to press and regain possession.

## Animation

### Key Coaching Points

1. Create and dominate 1v1 situations
2. Positioning of players (different horizontal and vertical lines)
3. Timing and execution of passes/dribbles to use La Pausa

### Detail

- Decision making of player in possession - pass/dribble timing

- Timing of movements to play on the move and keep the ball rolling
- Protect and shield the ball
- Positions to provide passing options or draw out Defenders
- Dribbling to draw Defenders out of position
- Body angle to receive the pass and play forwards
- Passing or maintaining possession in front of Defenders to encourage the press
- Passing options around, behind and ahead of the ball
- Communication

These practices can be used by coaches to develop player's understanding of when, where and how to incorporate "La Pausa" into their play in order to create and exploit space and produce goalscoring opportunities.