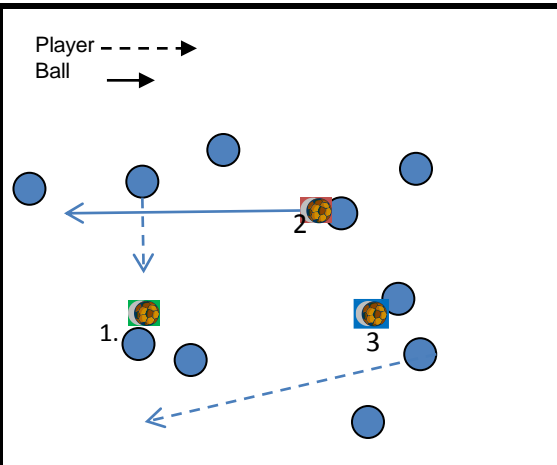




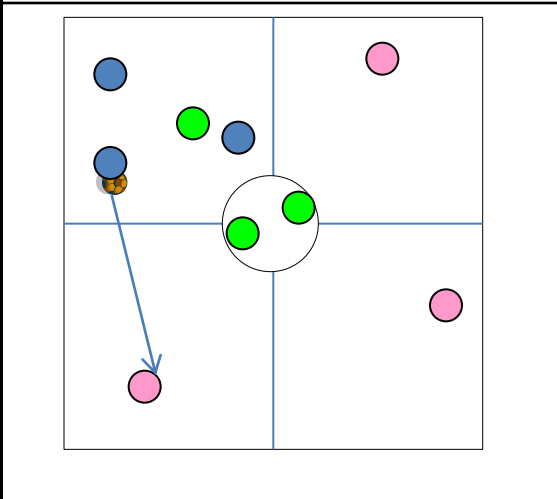
# Movement and support



### Organization

In an open area  
 Players have 3 different colored balls  
 Ball 1 must be passed 1 or 2 touch (pending on ability)  
 Ball 2 must be passed long  
 Ball 3 must have some start close and move away from it  
 Try to have the player on the ball not turn

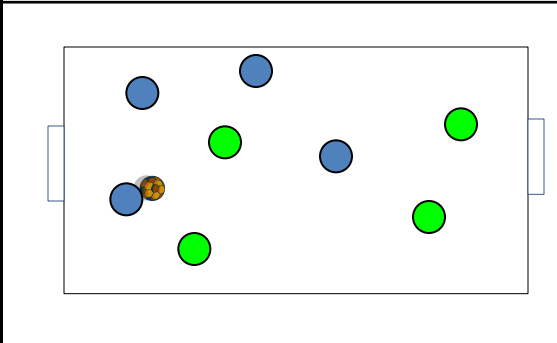
- ### Coaching points
- Quality of pass/ pace/accuracy
  - Specific movement off the ball
  - Timing- move while the ball moves
  - Communication specifics  
Short, long, through



Area 20 yard squares broken up into 4 10x10 squares  
 A middle circle with one team in it  
 Team in possession must have all players in one area and make 5 passes. On making 5 passes the ball is passed to the other team that is spread out in the other squares  
 On passing to the other color the pink team get to the square with the ball in start passing and the Blues spread out in all the squares

Middle team sends 1 defender  
 If defender dribbles out the team that loses possession becomes the new defending team in the middle

- Quick movement of ball
- Awareness of pressure
- Movement off the ball
- Awareness of passing outlet



### Final Game

Area 40x25 4v4  
 Score 1 goal for 5 passes in your own half and 1 goal for a goal in opponents goal

- Team Shape
- Quick support
- Recognition of space
- Can players see the effect of short passes and the recognition of when to pass long