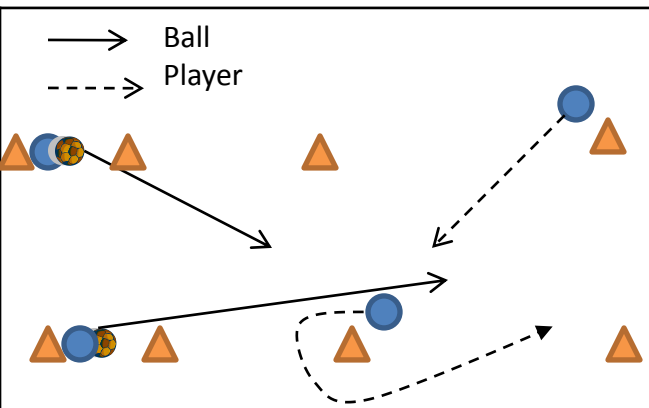




# Shadow play

## Off the ball movement



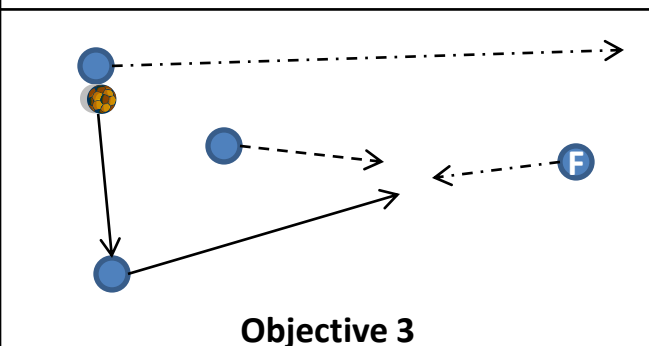
**Organization**

Groups of two- one ball  
Two cones 2 yards apart /two cones 15 yards apart

1. Player 1 dribbles in a figure of 8. player 2 starts on the back cone and checks to receive
1. Player 1 dribbles in a figure of 8 player 2 starts on the front cone and runs behind to receive

**Coaching Points**

- Communication
- Speed of approach
- Check at an angle
- Speed of pass
- Check when the player is facing



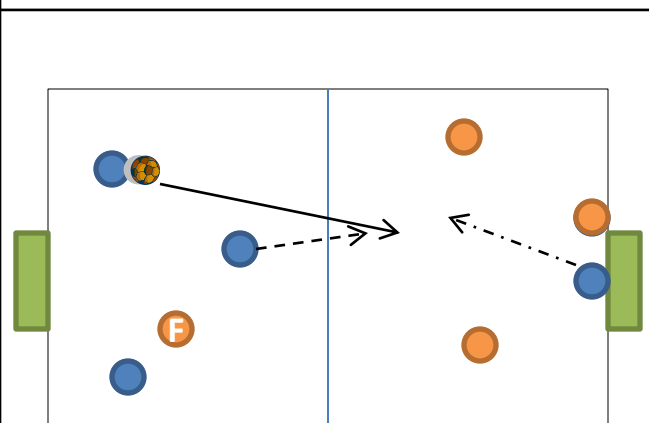
In groups of 4 with 1 forward 20 yards away

**Objective 1.** Team has to recognize when to pass into a checking forward

**Objective 2** On finding the forward team has to get support into the forward

**Objective 3** on finding the support player, teams have to establish a 3<sup>rd</sup> player moving off the ball

- Check while the ball moves
- Open Body shape to forward
- Awareness of forwards movement



Area 30x40 with a half line and two 5 yard goals

4v4

Each team has 1 forward restricted to the opponents half

Teams score by putting 5 passes in their own half or by passing to the forward

Teams score 2 points if forward finds a supporting player with 1 touch

Forward can score in the goal if they win the ball

Finish with Free play 4v4 playing to 2 goals

- Awareness of forward
- Speed of play
- Creating space
- Team Shape
- Varied movement