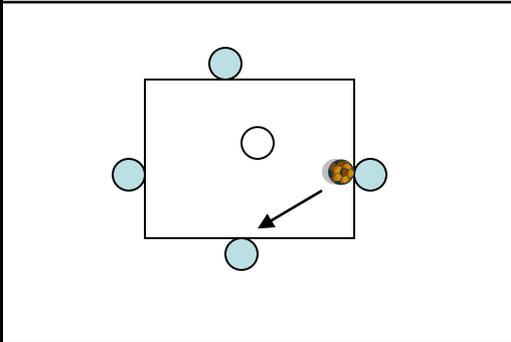


Organization

Warm up- 10 yd square groups of 5 Two balls
 One player each corner and one in the middle
1. Ball one is passed around the outside of square
 Ball two is dribbled in the middle
2. Progress to middle player executing a fake and then passes and follows to the outside

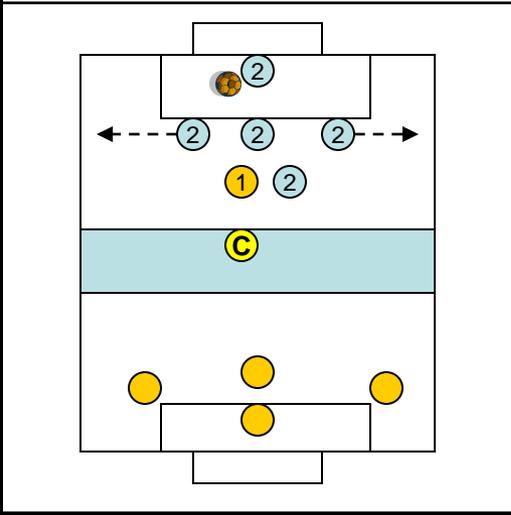
Coaching points

- Communication
- Ready to receive
- Early movement
- Open body shape
- Pass to front foot
- Awareness of other ball



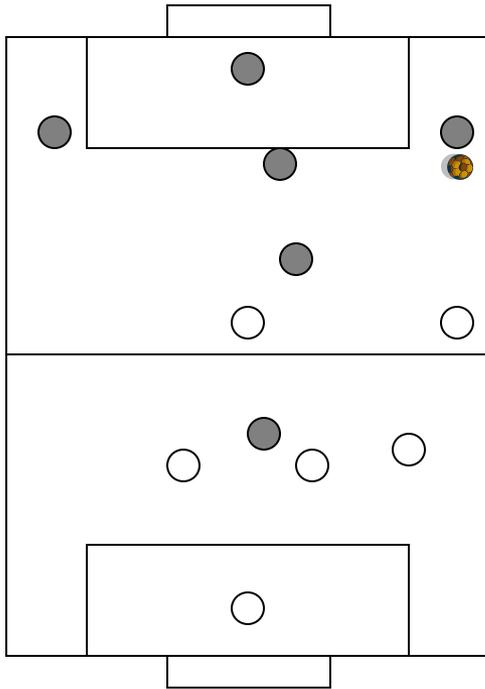
Progression -15 yard square 4v1 –
 Outside players pass as many times as possible
 Middle player is restricted to inside the area
 If middle player intercepts pass they change places with the player that touched the ball last
 •Players score 1 point by dribbling across the area

- Angle of support
- Move while the ball moves
- Deception
- Recognition of space



Final Game 30x40 with a 5 x30 yard middle zone
 10 players Two teams of 5 with :
 1 goalkeeper 1 defender 1 midfielder 2 wide players
 Team 1 scores 3 points by scoring in the goal
 Team 2 scores 1 by passing to coach or dribbling in
 Mid zone- restrict pressure at first
 On scoring restart from
1. Goalkeeper **2.** Pass behind defender **3.** Goalkick
 Final Game –Free play with no mid zone

- Move while the ball moves
- Open body shape
- Look to pass to coach 1st
- Recognition of weak side



Final Game

Area -Edge penalty area to edge of penalty area

12 players

6v6

Teams play

1 Goal keeper

3 defenders

1midfielders

1 Forward

Regular rules apply including offside

Trigger (starting) points

Back to the goalkeeper

Goal kick

Behind a pushed up back four

Coaching points

- Team Shape
- Angle/distance of support
- Body shape open to the field
- Awareness of opponents
- Awareness of weak side
- Communication