

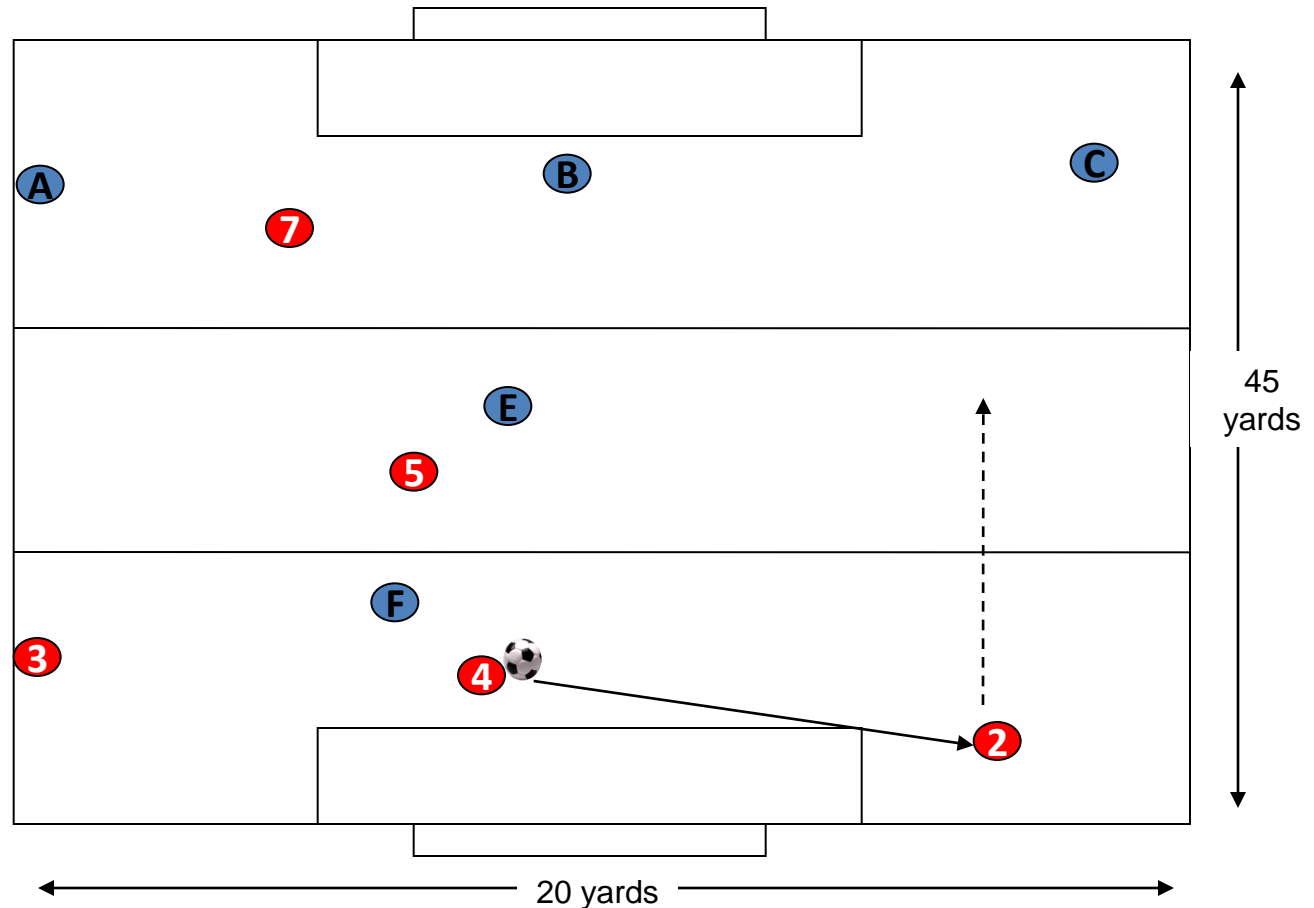


Playing through the formation



Coaching Points

- Communication
- Coach the movement off the ball
- Maintain Team Shape
- Awareness of open player
- Coach the Awareness of space



Objective: To get players comfortable within the formation and advancing through the 3rds of the field

Organization

Area 20x45yards split into 3 zones with the middle zone being 20x10 with 2 five yard goals

Teams play a 3-1-1 formation with the closest player to the goal becoming the Goalkeeper

Players stay in zones, and can only advance zones when they are in possession of ball

Players run move with the ball in their hands and when they are tagged they must pass to a team mate

Opponents look to intercept a pass or steal the ball and attack

Game is played 1st with hands progressing to feet (add more width and change area to 30x40)