

Session 6 (1 Hour)

Start with dynamic warm up with ladders. Get the guys knocking up in pairs emphasising midfielders and forwards turning and arcing, defenders receiving and moving

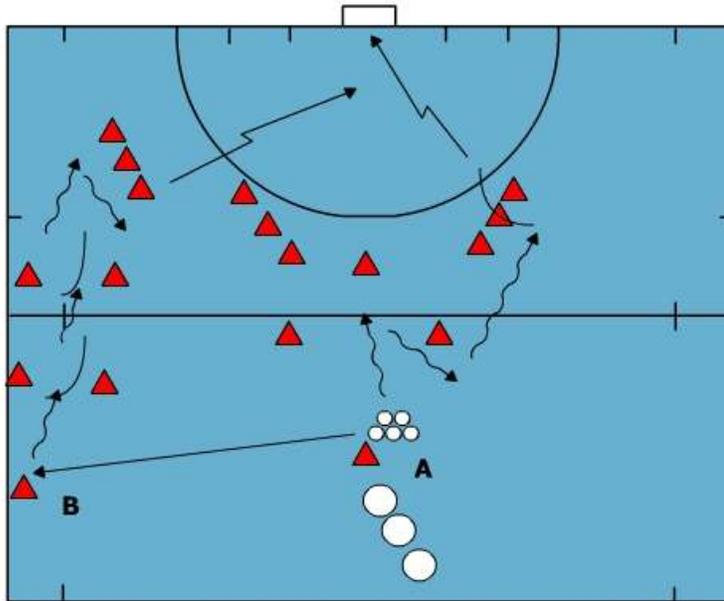
NOT STATIC RECEIVING. Back 4 guys can just move the ball without arcing before distributing.

BACK 4 PASSING SKILLS: Hitting normally (low hitting technique), Hitting off right leg front stick, passing off both feet reverse, slap, push and areal on move

MIDFIELD/FORWARD RECEIVING SKILLS: Strong turning and arcing with right leg facing forward to make arc easier. Strong tuck, hook shape leads both sides.
15 mins

Drill 1 Passing, Individual areal skills, finishing

DOUBLE BALL DRILL (10 mins repetition)



HALF GROUP AT A AND HALF AT B.CHANGE SIDES ONCE DONE EACH ONE.A passes the ball to B. As soon as the pass is made, player A takes a ball and uses areal elimination skills to evade first V.Player must go all the way around V or use areal options over cones. Next player A must use an areal skill to cut back inside to cut off defender. He must then finish

As soon as player B receives the ball from A. He must accelerate forward and use aerial flip skills at pace over the first 2 stations. He must then cut back inside the defender with a flip skill or 90 degree pull back. Once player B has done that he must pass the ball to A for a deflection who has just has a shot. BOTH PLAYERS DO THE SKILLS AT THE SAME TIME. Dont let second group go to quickly or they will clash, but try time it so intensity is still high.

Squeeze skills and strong flips being key attacking skills.

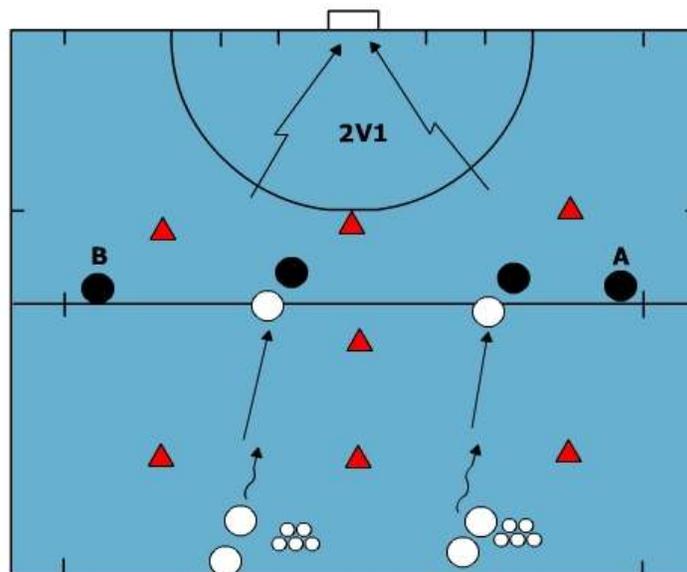
SKILLS EXPLANATION

Attackers must keep their eyes up as much as possible while moving with the ball. Simple aerial elimination. No unnecessary ground skills to compromise vision. For deflections have low body position. Align yourself about 3 metres ahead of the right post. Not too close or keepers will intercept your deflection passes

Drill 2 (20 Minutes)

Defensive: Shaving, goal side stepping, cutting extra man pass before meeting ball carrier

Attacking: receiving skills, leading to create space, Vertical and horizontal 2v1



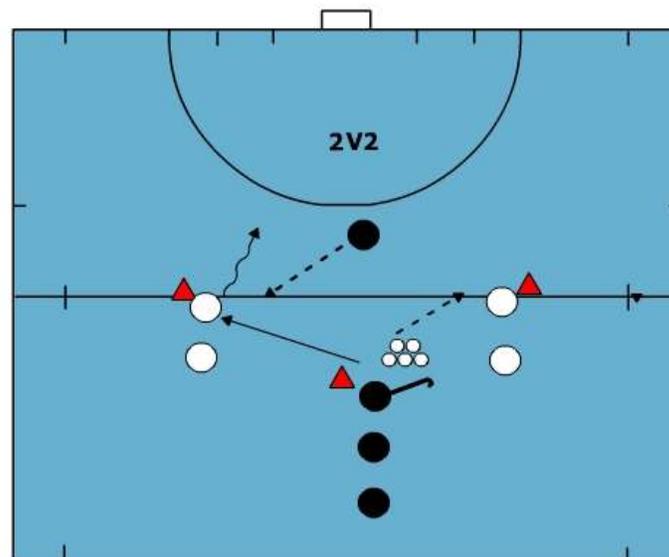
2 sections . Attacker starts running with ball. Must pass to player, before getting past cones. 2nd attacker is marked by a defender who must concentrate on defensive stepping from goal side. (Closer to ball, closer to goal marking principle). Must shave if attacker doesn't move to receive or traps the ball outside its right leg. Once tired second defender rotates (A and B)

Once pass in made 2nd attacker joins in to play a vertical 2v1. Receiver can eliminate on his own, or knock the ball into space for 2nd attacker to run onto. Try move making defender and concentrate on open receiving skills for receiver (As per previous trained sessions)

NB: CUT PASSING LINE TO EXTRA ATTACKER BEFORE ENGAGING.MAKES A 2V1 INTO A 1V1

Drill 3 (2v2 Central) 15 minutes

Decision making



Defender on the ball passes to either attacker on each of the cones outside. (2 attackers) .Once the defender makes the pass he must either mark the other attacker or engage the ball carrier.

The 2 defenders must communicate. Once you have defender you must rotate in as an attacker anywhere. Vice versa, as a defender.2v2 is continuous. Players must slot in and prepare for the next one while the current one is going.

NB: GOOD DEFENSIVE ANGLES, SIDE ON AND MOBILE .

Coaches own designer game to complete session. (15 mins)

TOTAL: 1. hrs