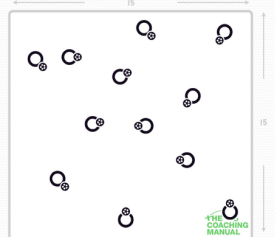


	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Setup 30x30 yard grid. All players with a ball dribbling around the area performing ball manipulation skills:</p> <ol style="list-style-type: none"> 1) Zig-zags 2) Cuts/chops 3) Speed burst 4) Moves (Cruyff, scissors, step over, fake) <p>Make it more challenging: Coach walks through the area - players must execute a turn away from coach - challenge them to be as far from any other player as they can be</p>	<p>FIRST COACHING POINT Players should be trying to use both feet to perform each action - if they are not, give them restraints i.e. for the next minutes only turn the ball with your weak foot</p> <p>SECOND COACHING POINT Encourage players to get their heads up when dribbling to be aware of the space and other players. Small touches when they are in a crowd, bigger touches when they can get to space.</p>	
TECHNICAL	<p>Setup Divide players into three equal teams - each team has a ball and must connect passes within the area</p> <p>Make it easier:</p> <ol style="list-style-type: none"> 1 Make the area bigger 2 Decrease the number of teams <p>Make it more challenging:</p> <ol style="list-style-type: none"> 1 Minimize the game to three touches per player 2 Increase the number of teams - this will increase the obstructions and make players think more 	<p>THIRD COACHING POINT Creating passing angles - players will stand still - our job is to get them moving laterally to ensure the other team's players are not blocking them getting the ball.</p> <p>FOURTH COACHING POINT Can the receiving player take a first touch towards space.</p>	
TACTICAL	<p>Setup Choose four players to be receivers on the outside of the grid - the remaining players are divided into two teams in the middle. The players in the middle must try to receive a ball from an outside player and connect to a different outside player. One point if they can get to the outside player to the side. Two points if they can get to the outside player opposite</p> <p>Make it easier:</p> <ol style="list-style-type: none"> 1 Create an overload 4v3 and work with one team to get more success 2 Make the area bigger to create more space for players to move into <p>Make it more challenging:</p> <ol style="list-style-type: none"> 1 Maximum three touches per player 2 Players must connect 3/4/5 passes in the middle before giving to the outside 	<p>FIFTH COACHING POINT Relate the game to field positions - the outside players are your pivots (center defender, striker and wide midfielders). The players in the middle are your central midfielders. Talk about the different movements you expect from them.</p> <p>Outside players should maintain that shape and move along their lines without pinching in. Middle players should be more dynamic and must seek to receive a ball with their body open.</p>	
GAME	<p>Small sided game - Area 40x30 - remember to set a formation and assign positions</p>	<p>COACHING SUMMARY Emphasize the importance of keeping to a position. Try to find moments to reiterate today's points. What you might look out for:</p> <ol style="list-style-type: none"> 1) A player having the ball with nobody to pass to 2) A player trying to receive the ball while being too close to a defender or with a close body position 3) Wide midfielders wandering to the opposite side of the field 	