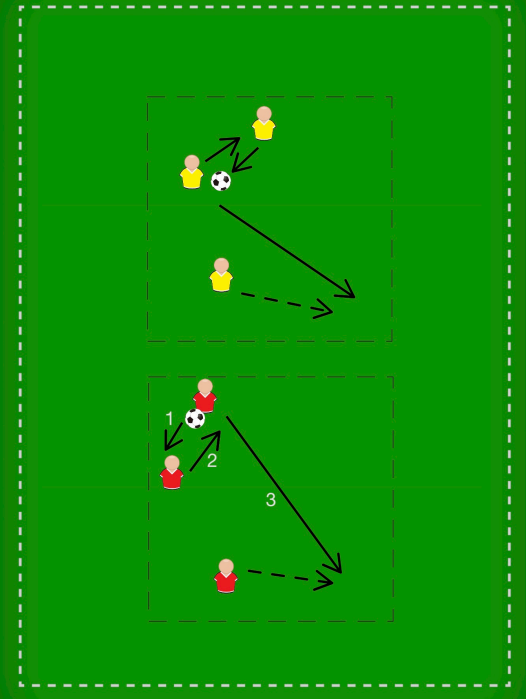
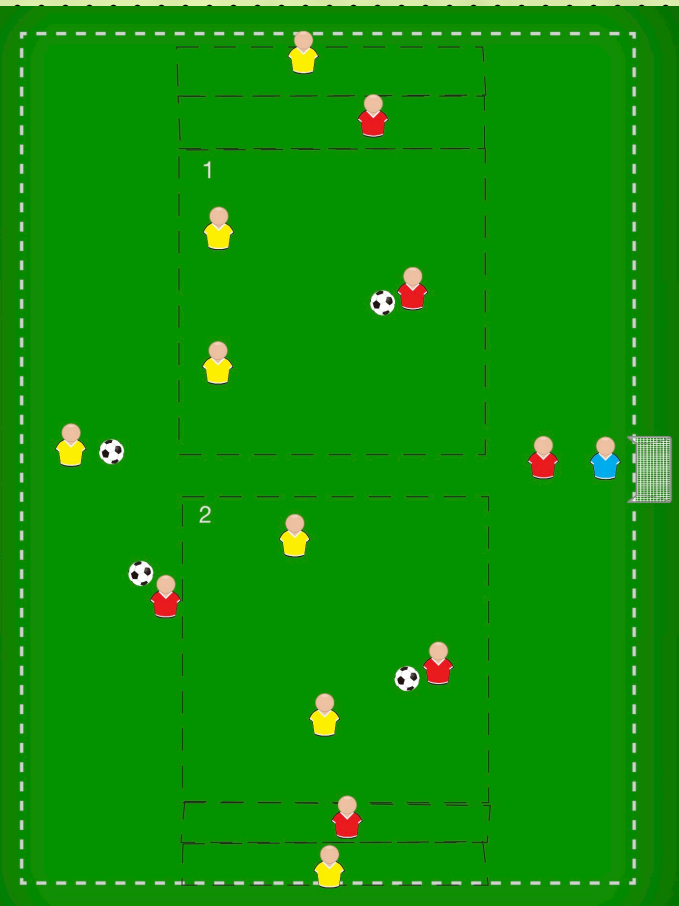


	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Players in teams of three in their own box, ask them to try to and play a combination on passes to feet and to space. Once they get the hang of it you can then show them how to do this directionally as if to replicate central midfielders playing to feet and then looking for the winger in space.</p> <p>You can then add in a defender. Give your defender a ball and ask them to hit the passers ball with their ball. Remind them to try and keep six feet away when playing.</p>	<p>FIRST COACHING POINT - THROUGH BALLS The through ball should be played in front of the receiver, without them having to change speed, course or direction</p>	
TECHNICAL	<p>Now we're going to have two adjoining boxes play with each other - again, you may have this set-up twice or you may choose to rotate players in and out. Now we'll build in two wide channels for the winger and a defender. The two players in the box must combine passes and then try to get it to their winger who will cross it to the other box. When the ball goes to the opposite box they'll try to do the same thing in the opposite direction.</p> <p>Again, use defenders with a ball or screeners to make things harder.</p>	<p>FIRST COACHING POINT - MOVEMENT Encourage your winger to try and create space by checking-in then out to try and fool the defender.</p> <p>SECOND COACHING POINT - TIMING Players should wait of the right opportunity to play forward rather than rushing the pass.</p>	
TACTICAL	<p>We'll expand once again to make this situation more realistic. We'll now start with the ball from central midfield. The midfielder has a screening defender. We'll play towards goal and add a GK. We've got players in marked areas to help maintain distance we have a winger on each side that is being screened by a defender. The closing defenders are doing so with a ball rather than actually trying to take the ball. The objective is to get the ball to either winger who crosses and we try to score. If the ball goes in to box 1 then the players from box 2 become attackers and will try to score from the cross, and vice versa.</p>	<p>FIRST COACHING POINT - PIVOTING The team attacking should try to manipulate their opposition by playing passes to one side of the field then quickly dropping and switching the ball to the other side of the field.</p>	
GAME	<p>This will be a small sided game. Set up channels for each player and outside channels for your wingers. Each side of the field has two outside channels. The team with the ball must have their winger on the outside channel (as shown) and they switch when the ball turns over - that player will be defended by the oppositions winger. Challenge players to score with their first touch or from a cross.</p>	<p>COACHING SUMMARY This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas</p>	