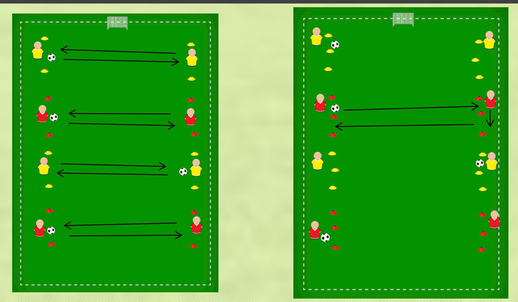
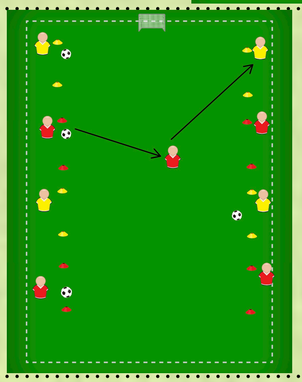
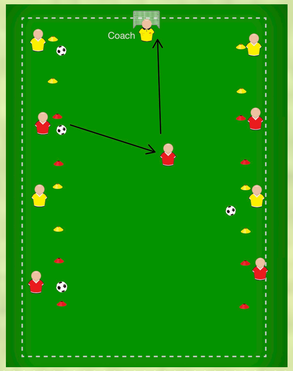
P2 SOCCER TRAINING

LEVEL:	Social Distance
TOPIC:	Passing in the final third

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	Players lined up as shown, they start by completing simple passes back and forth. You then start to challenge them to do so in two touches and finally one. You can then drop a third cone in front of them and have them move the ball around that cone with their first touch.	**FIRST COACHING POINT - PREPARATION** Players should be on their toes, ready to receive. Their first touch should take the ball in the direction they'd like to go.	
TECHNICAL	In the same cone set-up as above, one player will be in the middle working for 60 seconds. Take half of the balls away from the outside players. The middle player must receive each ball and play to an open player on the opposite side.mthey do this as many times as they can. At the end of the 60 seconds they have 15 seconds to receive each ball one more time and try to score.	**FIRST COACHING POINT - AWARENESS** Players should know where their pass is going before they receive it **SECOND COACHING POINT - ACCURACY** Players on the outside are still so the ball should be played to them to the outside foot. Anything else will slow the ole down.	
TACTICAL	Same set-up as above. One player in the middle, all other players on the outside with a ball. The middle player has 60 seconds to receive each ball and score, they only have two touches on the ball so they must receive and either shoot, or pass (if they are too far out to score). Challenge players to try and hit the ball before it stops moving from the pass. The winner is the player with the most	**FIRST COACHING POINT - AWARENESS** The middle player must have a plan of how they will score before they ask for a ball. **SECOND COACHING POINT - CHANGES OF DIRECTION** For the best chance of scoring, the middle player should try to receive and move the ball to the side to move the goalkeeper to one side of the goal before shooting in the now open side.	
GAME	The players will work as two teams. You can have each line be a team, and then progress to having players work in zig-zags. In our example, we've shown this with yellow or orange cones. Place all balls , spaced out a shown. When coach shouts go, the closest player from each team will run to collect a ball, they pass to the next player and so on. The last player in the sequence must try to score. Once that player takes a shot they will run and collect the next ball to start the sequence again. The team that scores the most goals wins the game.	**COACHING SUMMARY** This part should be fun, high energy and enjoyable. Work with each player on their shooting mechanics and their,urgency around goal.