

DESCRIPTION

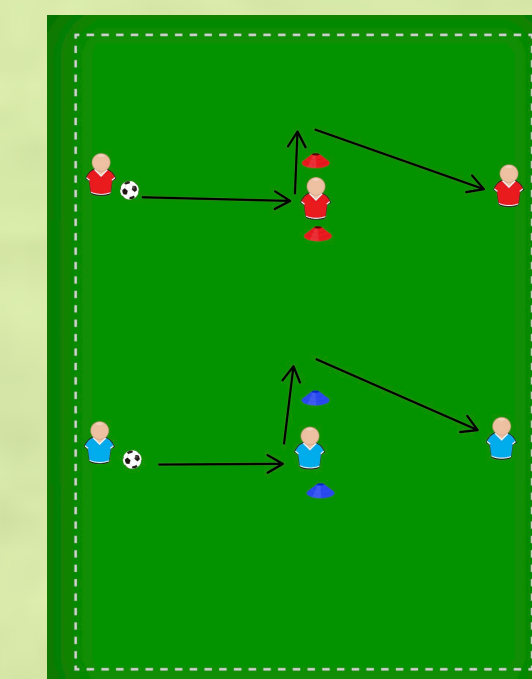
Players in groups of three - one in the middle who will receive and try to get the ball to the other side. You can allow players to play in straight lines but older players should try to change the direction of the ball, as if a defender was in the way. Allow players to get the hang on the sequence and then start to challenge them. Ask them do use only two touches each and then only one. You can progress this game by asking the outside players to scoop the ball in the air and the middle player has to trap and move the ball.

WARM UP

COACHING POINTS

FIRST COACHING POINT - PREPARATION
Players know where the ball is going so should plan accordingly. The middle player should have open hips to get the ball across as efficiently as possible.

DIAGRAM

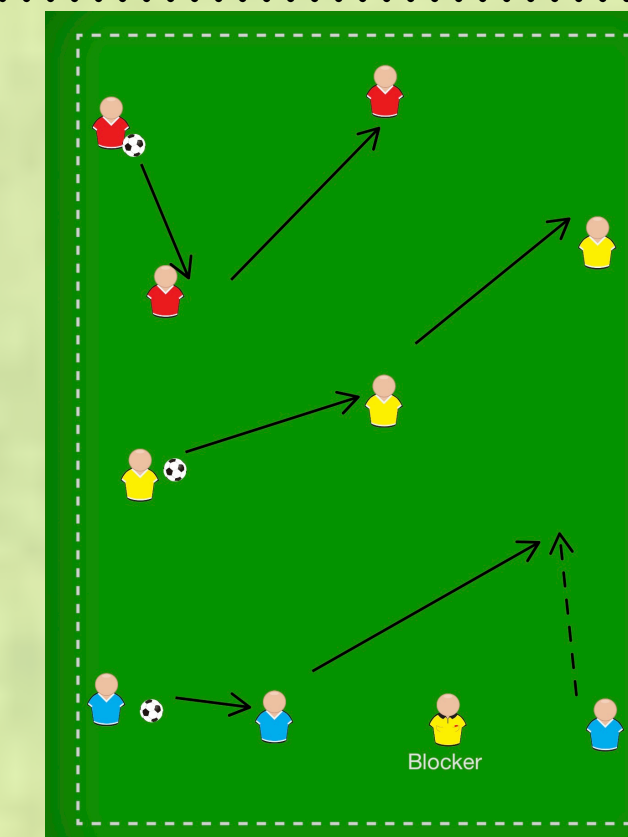


In the same teams, players will now start to do the same thing but they will move around the field. Allow plenty of space so players can keep distant. You may wish to mark out areas on your field so players don't get too close. You can progress the game by putting blockers in the way - this is a player who will not try to get the ball, they'll only try to block the passing lanes. Encourage players to use: wall passes, overlaps, check in / check outs, etc.

TECHNICAL

FIRST COACHING POINT - PLANNING
Players should try to find space away from the other groups. They do this by using the middle player as a pivot to switch sides safely

SECOND COACHING POINT - FEET OR SPACE
Players should be shown that passes to feet are better when the recipient is static or in a tight space. Passes to space might be better if the team has the chance to get in to space quickly.

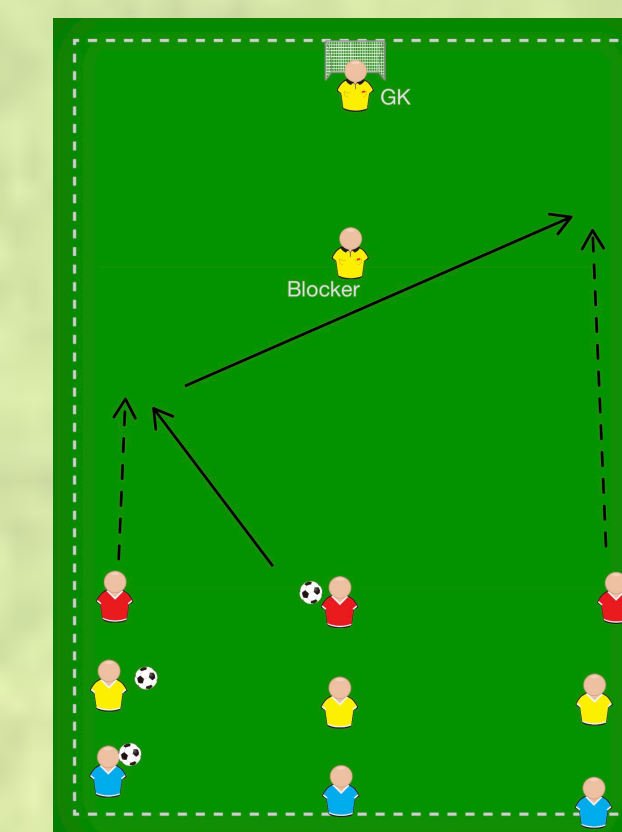
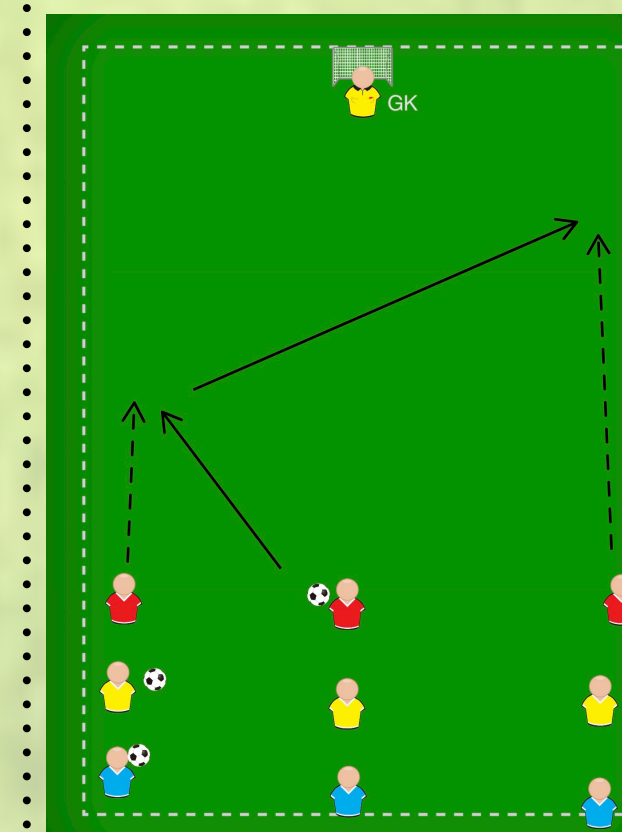


We'll now allow players to do the same thing but go towards goal. Teams will take turns to work towards goal, emphasize quick passes. Encourage players to combine passes then cross and try to score. Add a GK if you think necessary. Again, you can add blockers if you'd like to add a challenge and to play offside.

TACTICAL

FIRST COACHING POINT - CROSSING
The crosser should look to play ground balls when possible, between the goalkeeper and the back line

SECOND COACHING POINT - ATTACKING THE CROSS
The attackers should be varying their movement to the front and back post to meet the cross



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 turnover - that player will be defended by the oppositions winger. Challenge players to score with their first touch or from a cross.

GAME

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

