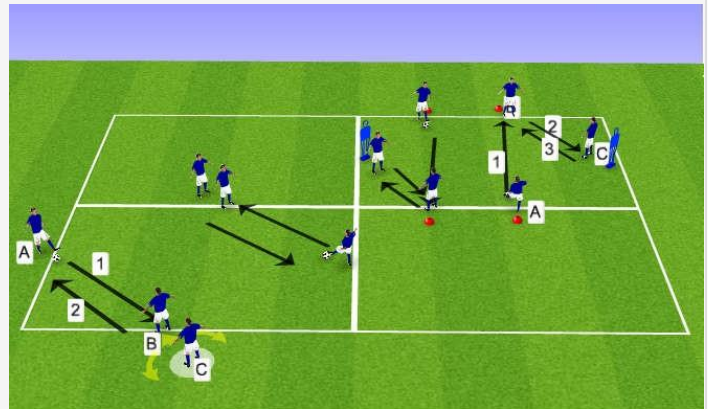


setting the ball

Practice 1: Player 1 passes to player 2 who checks of and sets to player 1. Players rotate positions. They work hard on checking away and then meeting the ball & getting the correct weight of the pass.

Practice 2: This time realistic so looking to get space and be physical and push on your set back. alternate positions.

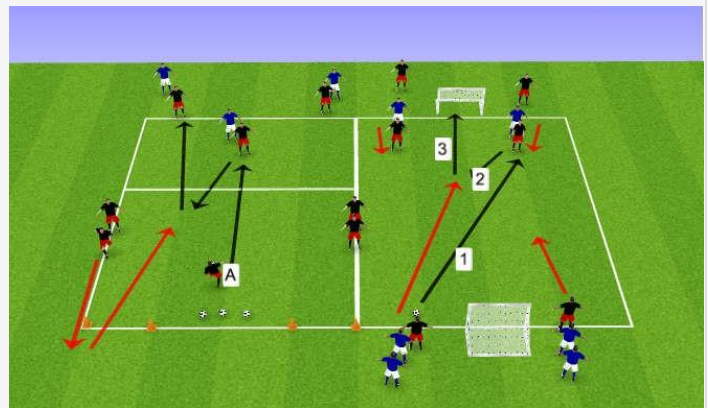
Practice 3: Meeting the ball, 2 groups of 3, focus on checking away meeting the ball and then spinning off to support. Player A plays a firm pass into player B who plays into C who moves off the cone and sets it back. Player B then plays a firm pass to player A who plays into C who sets back. Change the man in the middle



Holding up the ball

practice 1: Holding the ball up and supporting run. Player A starts with the ball. 3 players marked man to man move about in the second grid, one of them goes and shows for the ball and holds it up. As soon as the ball is passed then the supporting runner sprints through the gate and receives pass of striker and plays down the line to a player in the end grid who shows for it.

Possible progression if time: 2 v 2 holding up the ball with two supporting runners, 1 touch finish.



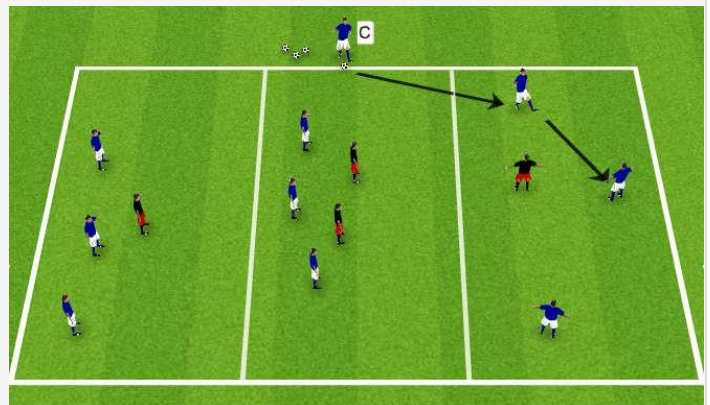
Playing through the lines

8 v 5 playing through lines directional practice.

To score the players must get from one side to the other, the reds must play one pass before it can go back into the middle zone. If the defenders intercept, then they play to coaches for a goal.

Key Targets:

Coach the midfield to get on the half-turn, movement off the ball when in possession.



Playing through the lines with goals

Playing through the lines:

3 v 2 in defensive third

3 v 2 in midfield 1/3. Player F is a floater in the midfield 1/3

2v3 in attacking third

3 touch max

Can use the coaches on the outside for support.

If pass into a 1/3 then can go in and support player

