

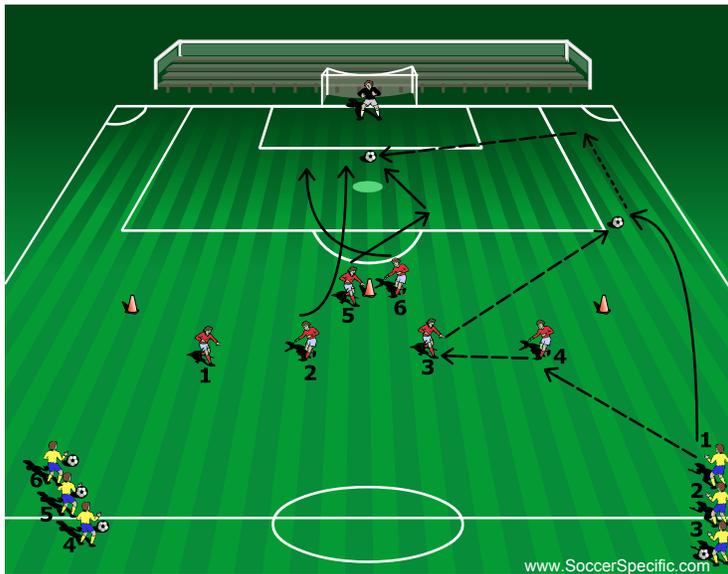
ACTIVITY #1

Set up: An area is created, approximately 30 x 30. To start, position four midfield players on centre cones (Red players A-D). Split other players into two groups and place them at opposite ends of the marked area (Yellow players 1-6).

Instructions: Yellow (1) passes the ball to Red (A), Yellow (1) continues to run and overlaps behind Red (A). Red (A) receives ball and passes to Red (B) who passes to overlapping Yellow (1). Yellow (1) passes to Yellow (4) on the opposite side who continues practice. Yellow (1) joins the end of the other group. Run practice for 5 minutes then rotate middle players.

Stretch/drink in between rotations. Progressions: 1. Add another ball-both sides playing at the same time. 2. Yellow players to change sides to play clockwise. 3. Two-touch. 4. One-touch.

Coaching Points: Timing of run. Communication. High tempo. Full-back to time run, not to pass Red 1 until Red 2 has passed (offside).



ACTIVITY #2

Set up: Half pitch practice - Yellow players split in to 2 groups and start either side of half way line as shown below. 6 Red players (midfield, 2 forwards) line up as shown.

Instructions: Yellow (1) passes the ball to Red (4), Yellow (1) continues the run and overlaps behind Red (4). Red (4) receives ball and passes to Red (3) who passes to overlapping Yellow (1). As Red (3) plays ball to Yellow (1), Red (5) and (6) (forwards) and one midfielder from opposite side (either Red 1 or 2) make runs in to the box to meet cross from Yellow (1). As players jog back into starting position, play is repeated down opposite side.

Progressions: 1. Two-touch. 2. One-touch. **Coaching Points:** Timing of run. Communication. High tempo. Quality of cross. Full back to time run, not to pass cone until Red (3) has passed (offside).



ACTIVITY #3

Set up: Same as Activity #2 with the addition of defenders at regular intervals as shown below.

Instructions: Progressions: 1. Add 2 Centre backs. 2. Then add 1 defensive midfielder. 3. Then add 2 full backs. Additional Progressions: 1. If defender wins the ball, play wide and pass to groups on half way line. 2. Build practice to an 11 V 11 with the session outcome OVERLAPPING FIELDBACKS CREATING CROSSING OPPORTUNITIES applying to both teams.

Coaching Points: Timing of run. Communication. High tempo. Quality of cross. Full back to time run, not to pass cone until Red (3) has passed (offside).