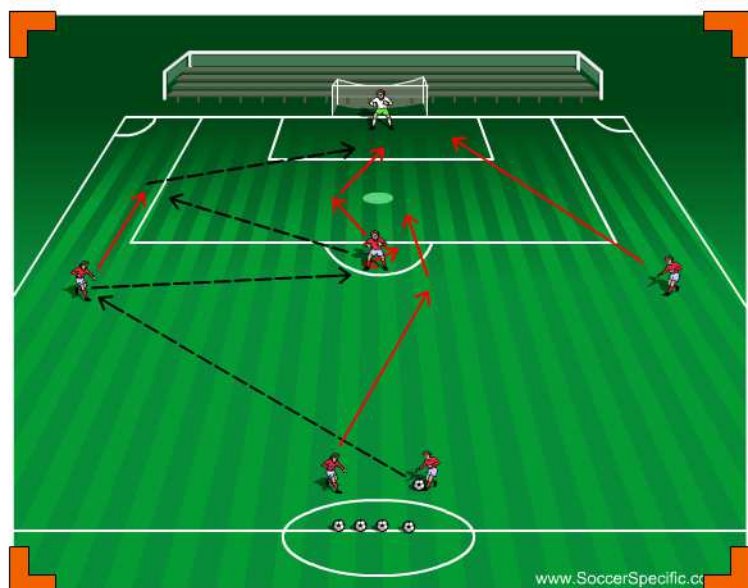


ACTIVITY #1

Set up: As shown in diagram. Players split in to 3 teams. The practice is designed to encourage pass and move, linking play and forward runs.

Instructions: Players in turn pass to the first player and then overlaps and runs on to the return pass, the players then pass the ball to the 1st person in the next team.

Coaching Points: Green team (midfielders) on toes, communicating, first receiver on 2 touch, second receiver on 1 touch. 4th pass of sequence should in front of player.



ACTIVITY #2

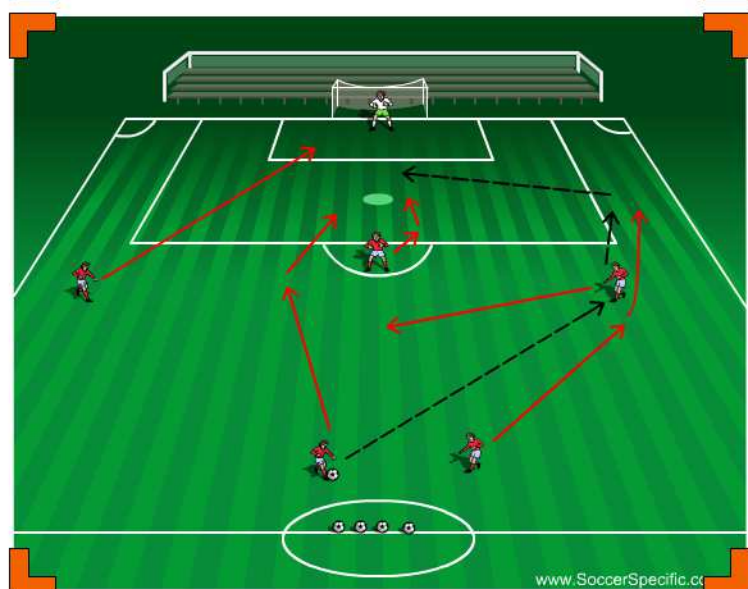
Set up: Players set up as shown in diagram, 2 x centre Mid's, 2 x wide players, 1 x centre forward

This practice can be mirrored in the other half of the pitch at this stage so all players are active.

Instructions: Phase of Play 1 - The ball is played to a wide player, the forward motions away then comes to meet the pass and lays the ball off down the line for the wide player to run on to and cross. Meanwhile the other wide player makes a run towards the back post. The centre forward makes an angled run in to the box and the other centre mid makes an angled run to the edge of the box. Repeat play for 5 minutes alternating sides.

Coaching Points: Width and length, quality of pass (accuracy and weight), angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.

Progression - See activity 5



ACTIVITY #3

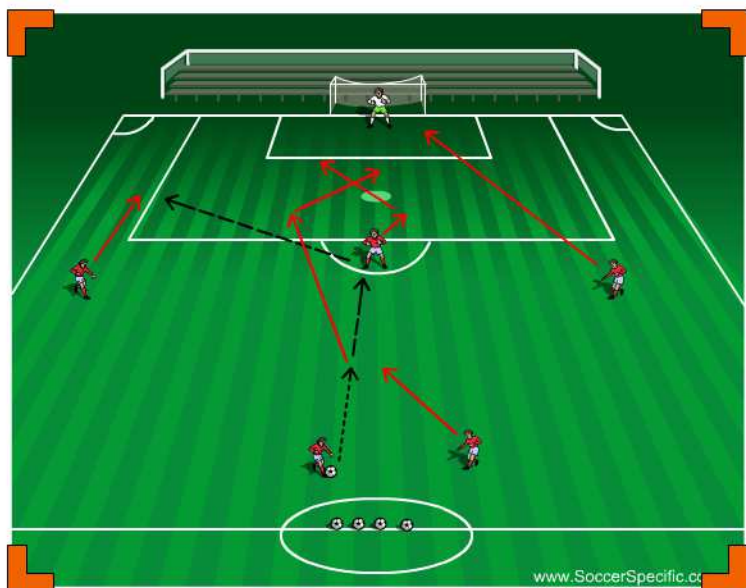
Set up: Players set up as shown in diagram, 2 x centre Mid's, 2 x wide players, 1 x centre forward

This practice can be mirrored in the other half of the pitch at this stage so all players are active.

Instructions: Phase of play two - The ball is played to a wide player, the other centre mid overlaps the wide player and delivers a cross. The opposite wide player make a run to the back post. Centre mid makes an advanced run in to the box, the centre forward makes an angled run, one wide player sits / covers the midfield. Repeat play for 5 minutes alternating sides.

Coaching Points: Width and length, quality of pass (accuracy and weight), angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.

Progression - See activity 6



ACTIVITY #4

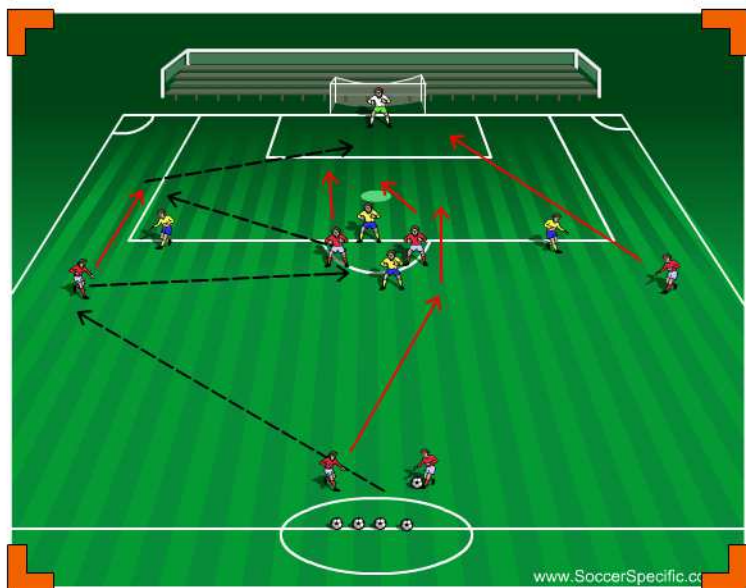
Set up: Players set up as shown in diagram, 2 x centre Mid's, 2 x wide players, 1 x centre forward

This practice can be mirrored in the other half of the pitch at this stage so all players are active.

Instructions: Phase of play three - A centre mid dribbles the ball, then passes to the forward who plays out to a wide player, the other centre holds the midfield. The opposite wide player makes a run to the back post. The centre mid who started the play continues run in to the box, the centre forward makes an angled run. Repeat play for 5 minutes alternating sides.

Coaching Points: Width and length, quality of pass (accuracy and weight), angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.

Progression - See activity 7

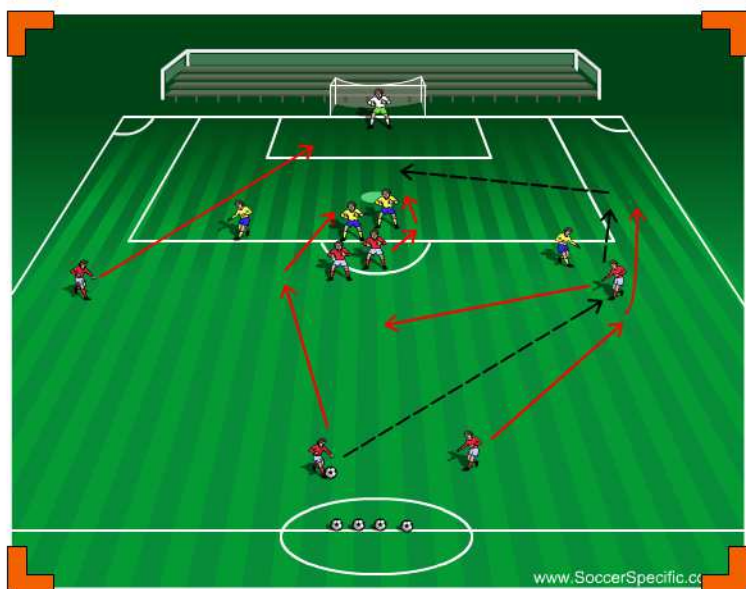


ACTIVITY #5

Set up: Progression from Activity 2 - Players set up as shown in diagram, add defenders gradually building to 6 v 4 + GK

Instructions: Start with one defender, add another defender after 4 plays on goal (2 attempts from each side). Add 4 defenders in total.

Coaching Points: Width and length, quality of pass (accuracy and weight), angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.

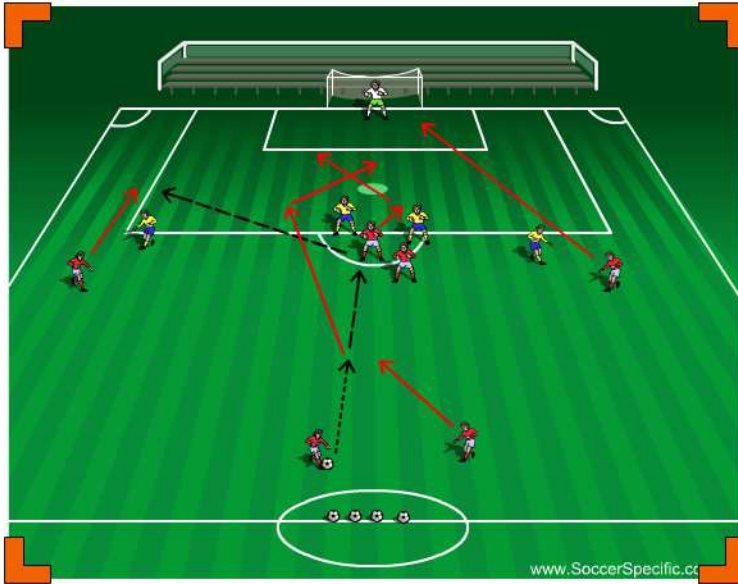


ACTIVITY #6

Set up: Progression from Activity 3. Players set up as shown in diagram, add defenders building to 6 v 4 + GK

Instructions: Start with one defender, add another defender after 4 plays on goal (2 attempts from each side). Add 4 defender in total.

Coaching Points: Width and length, quality of pass (accuracy and weight), angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.



ACTIVITY #7

Set up: Progression from Activity 4. Players set up as shown in diagram, add defenders building to 6 v 4 + GK

Instructions: Start with one defender, add another defender after 4 plays on goal (2 attempts from each side). Add 4 defender in total.

Coaching Points: Width and length, quality of pass (accuracy and weight), Angle and distance of support/quality of movement to receive, quality of movement to create space, body position, decision making.

Progress to an 11 v 11 match, free play, no restrictions. Players encouraged to use any of the 3 example phases of play previously practiced. Finish with cool down and stretches.