



Description

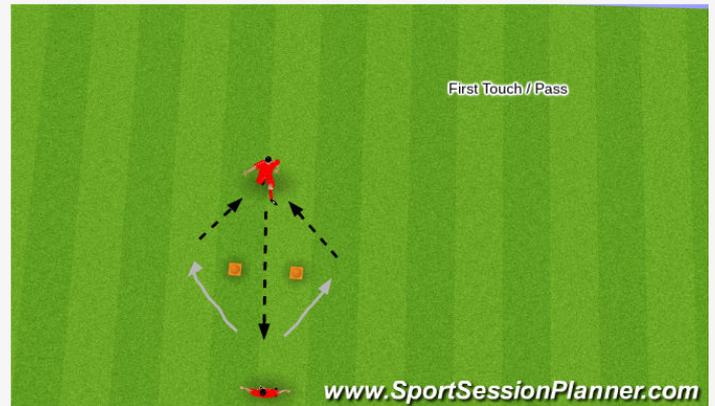
First Touch (10 mins)

Players get into pairs and work one at a time. One serves one works around the cones.

All passes go through middle gate.

- Right foot touch, right foot pass (inside foot)
- Right foot touch, right foot pass (outside foot)
- Right foot touch, across body, left foot pass (Inside foot)

Competition - How many passes can you get. Get further out each round.



Passing League (10 mins)

Players will work on the same station they have just been using. They will each separate themselves about 5-10 yards behind the cones (base on ability). From here they will begin to play in two touch for 90 seconds. They will repeatedly pass the ball to one another. Players will score a point every time they complete a successful pass through the gate. If you hit the gate or miss the target, no points are scored. At the end of the 90 seconds the player with the most points moves up, the other moves down. Each channel will be called a different country for an element of excitement for the players.

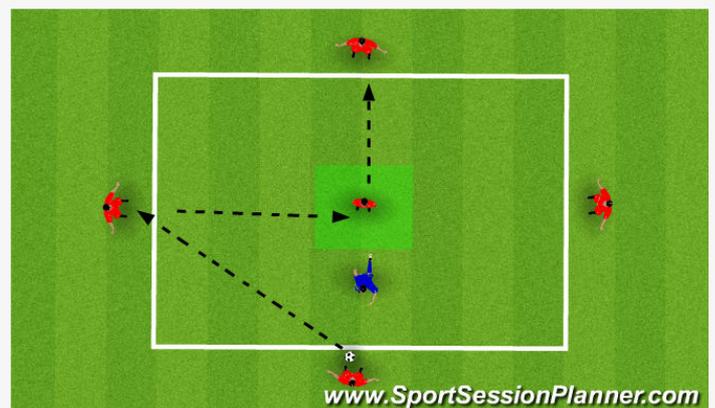
Set the standards - Ball cannot stop dead. Players can only take two touches (Base on ability). Ball must remain on the floor. Ball must be played at a game realistic speed.



Rondo - Target (15 mins)

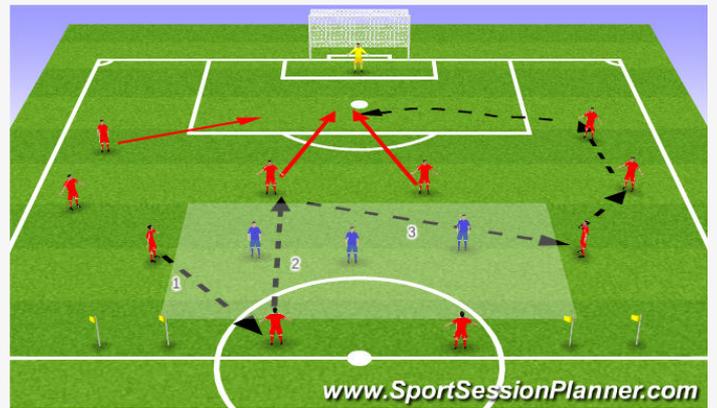
Groups of 6. 5v1. Aim is to reach target player and have them play out the other side playing on the half turn. Keep the defender moving with quick combos to find space and gaps to penetrate.

#18 players = Three groups of 6. Rotate roles after each turn.



6v3 To Goal w Counters (20 mins)

6v3 with counters in the middle of the field, midfield must complete three passes before spreading the ball wide to other wide players. Wide players must produce a type of combo; Through pass, 1/2, overlap etc. Midfielders attack the box following the play being spread wide. Defenders can score in counter goals.



Small Sided Games (20 mins)

(15-20 min) 3v3-5v5

Kick ins and dribble in to restart play.

RESTRICTION:

3-5 passes before going to goal

CP)

Angles and distance of support
simple passing combinations, 1-2, overlap, split (through ball)
Communication

