



## Description

### PASSING/RECEIVING EXTENDED WARM UP 2

#### PASSING/RECEIVING EXTENDED WARMUP: MUST INCLUDE FREE PATTERN FOR PLAYERS.

Work in both directions. 2 x 1 minute each way. Stretching break in between sets, 1 minute.

FOOTWORK

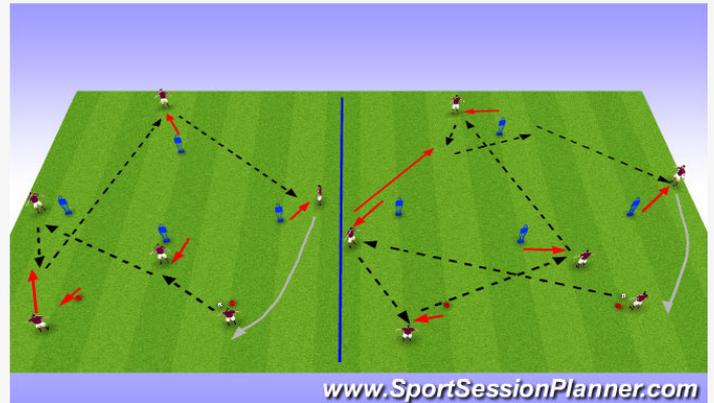
RHYTHM

TEMPO

QUALITY OF BALL WORK.

TIMING

INTELLIGENCE OF MOVEMENT



### Technical passing. Warm up extension (10 mins)

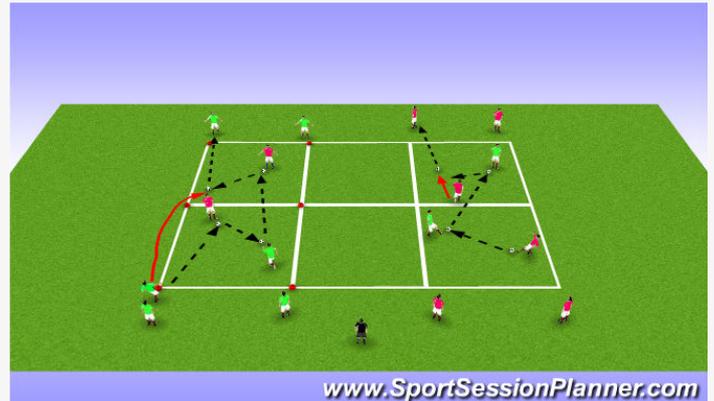
#### Extended technical warm up:

**4 x 1 min rounds**, dynamic stretching in between each round. Rotate neutrals each round.

Free play working ball through channel. Working in twos from each end through two neutrals inside channel. Neutrals stay in, two players move through channel and follow ball out.

#### COACHING POINTS:

- Look like a player. Be aware of body shape and balance.
- Focus on quick, clean, quality technique.
- Find and maintain a rhythm of play and a tempo to the ball movement.
- Communication with body language as well as voice.
- Vary type of pass, length of pass, add disguise when appropriate, be creative, clever.
- Neutrals should be intelligent with their movement, play off each other, think of opposites, be active but not always running - find spaces.
- Outside players use end cones as a guide, not a constant starting position. Movement away from cones to receive ball, drift away from cones in any direction.
- Channel also just a guide, players can drift outside channel if appropriate to find space.
- Recover and fix mistakes, regain rhythm.



### WHOLE 1 - 5v5 to Targets

#### DESCRIPTION: Directional 5v5 possession to target players. (9v9 total).

Unrestricted play using targets for possession. Tight space (30yd x 30yd). (4 x 2 minute games.)

**Round 1:** Free play. Keep possession by using target players on your team. Inside players stay inside, outside players stay outside.

**Round 2:** When target player receives the ball, it must be passed to partner target player on the same side before it can be played back into area of play. Inside defenders can now press outside players. Outside players should try to play through each other whenever possible. If defender blocks pass, can they play in and back out through an inside player.

Target players can step inside area of play to be available to receive ball, make an extra body to keep possession and keep flow of play. Inside defenders can still press outside players.

Outside

#### COACHING POINTS:

- Look like a player. Be aware of body shape and balance.



Learning Objectives

- Focus on quick, clean, quality technique.
- Find and maintain a rhythm of play and a tempo to the ball movement.
- Communication with body language as well as voice.
- Vary type of pass, length of pass, add disguise when appropriate, be creative, clever.
- All players including target players, should be intelligent with their movement, play off each other, think of opposites, be active but not always running - find spaces.
- Use end cones as a guide, not a defined area of play. Players can drift outside of area to receive and targets can step inside area to receive.
- Recover and fix mistakes, regain rhythm.
- High tempo throughout; dont worry about exercise duration.

	<b>Technical (20%)</b>
	<b>Tactical (20%)</b>
	<b>Physical (20%)</b>
	<b>Psychological (20%)</b>
	<b>Social (20%)</b>

## PART - 3v3+3N POSSESSION TO TARGETS

### 3v3+3 to targets:

15x20 yard area.

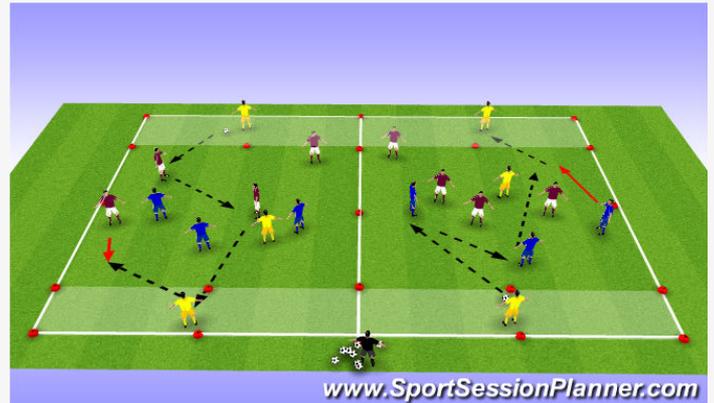
Passing technique, receiving technique, disguise, control, awareness.

1v1 finding space.

Encourage positivity.

Encourage creativity.

Movement, timing, thought/awareness.



## WHOLE 2 - 5v5+Ns TO TARGETS W/ GOALS

### 5v5+Ns TO TARGETS W/ SMALL GOALS:

30x40 yard central zone. 10 yard end zone either end for targets.

Additional 5 yard zone for gks.

Team in possession must play through a target with a supporting runner to score.

Team who score keep possession.

