

DESCRIPTION

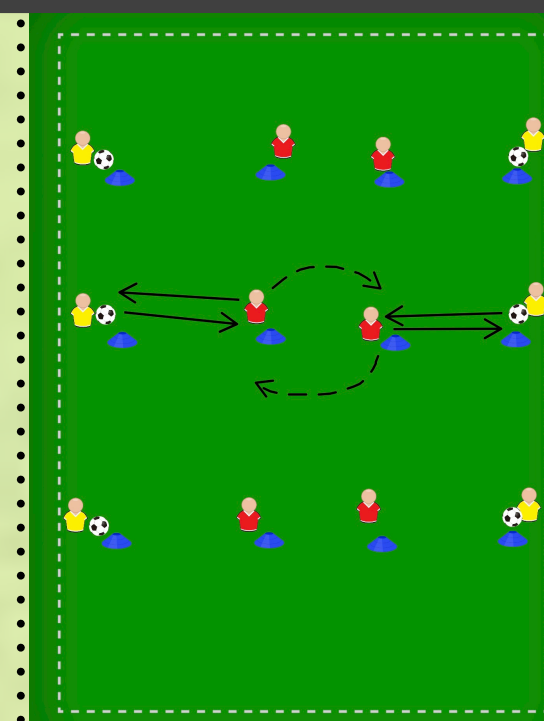
Players loosen up with some juggling and team juggling. They then move in to the positions shown. The two players in the middle will receive a ball from the outside player they're facing, they'll return the ball and then run to the other side and do the same thing. Let them work in the middle for 60 seconds then switch. The two players in the middle are trying not to let the other player catch them up. You'll have this drill set up two or three times so all players are involved. Once players get the hang of the drill you'll progress. Now you can ask the outside players to toss the ball in or take throw ins.

WARM UP

COACHING POINTS

**FIRST COACHING POINT - COMPOSURE**  
 The working players need to be accurate with their passes, quick feet but composed technique. Chest over the ball as they release..

DIAGRAM



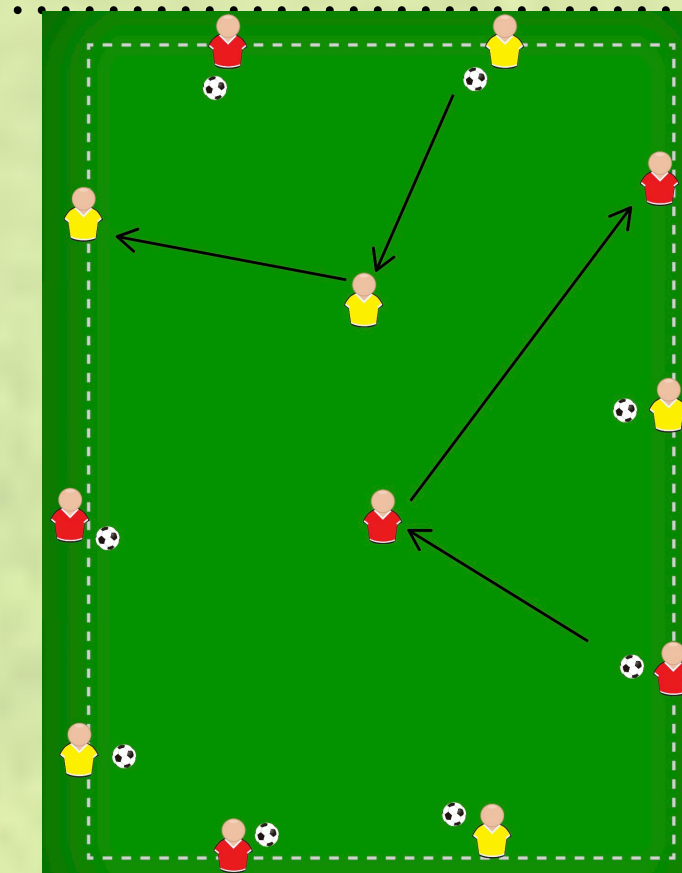
This is a progression from above. Inside of a 40x40 yard square, divide your players in to two teams. Players spread around the outside with one player from each team in the middle. All but one of the outside players has a ball. The central players must receive a ball from one of their teammates and pass it to the one teammate who doesn't have a ball. They get a point for every time they can receive and distribute the ball in two touches. The player who scores the most wins. Rotate so all of your players get a turn to compete in the middle.

TECHNICAL

To progress, you can take away one or two of the outside balls. Ask the outside players to play the remaining balls around between them so the inside player now has to review where the open player is.

**FIRST COACHING POINT - APPROACH**  
 Encourage players open up their hips to their next target as they get close receive a ball.

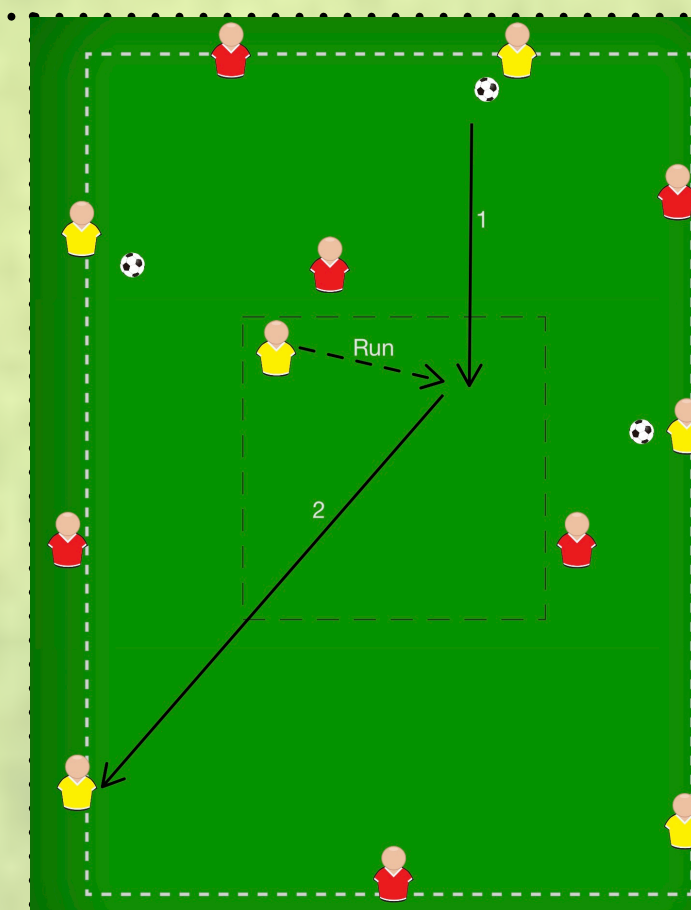
**SECOND COACHING POINT - COMMUNICATION**  
 All players should be involved to get the ball moving efficiently. Ask outside players to give guidance to the middle player.



This time we'll add in an extra 20x20 box in the middle. One player in that box and allow a couple defenders to roam in the space between the two boxes. Remove some of the balls as needed. You can start with more or less defenders depending on how your team are doing. The team who's player is in the box must get the ball in to their central player, who must distribute to a different side of the square. If they go sideways they get one point but if they can go across they get three. Play for one minute then switch the central player.

TACTICAL

**FIRST COACHING POINT - CREATING ANGLES**  
 The central player should look to create triangles with the outside players. Avoid playing in straight lines to make it harder to defend.



This will be a small sided game. Add in a goal with a goalkeeper. One defender in the middle (who must start on the cone facing the goal) vs one attacker. When coach shouts go, the attacker must call for a ball and has two touches to try and score. The defender becomes active at the same time and must try to block the shot. Allow the attacker five shots and then switch them out. Track their goals to see which team wins.

GAME

**COACHING SUMMARY**  
 This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas

