

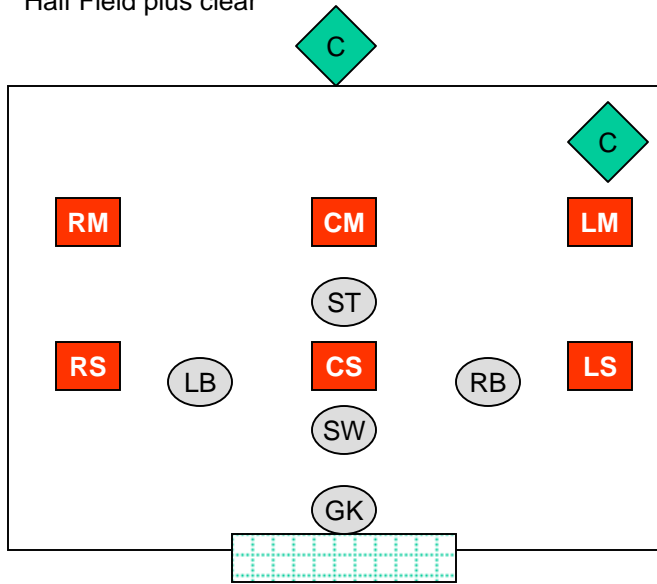
Practice – Passing / Transitions / Controlling the ball

Warm ups

Normal footwork

lead into small sided Keep away - 3 v 2 or 4 v 2

Half Field plus clear



Start with the ball at the coach

Clear to a wing midfielder who must take into the zone

Work on

Passing back/crosses/switching the field

Play slow motion

Switch offense and D

