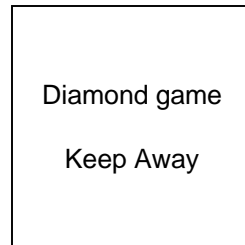
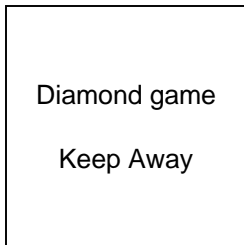


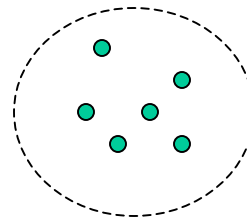
Practice - passing

Warm ups

Basic passing and receiving the ball – progress to longer passes – chipping, loft and catch pairs



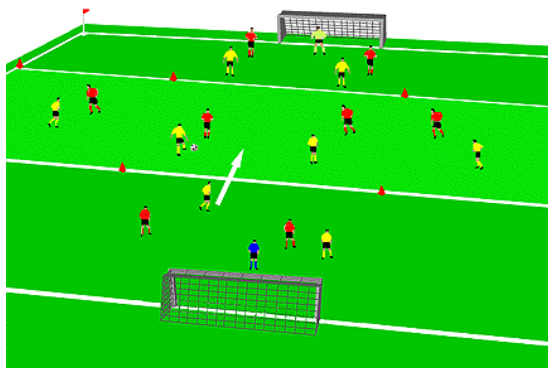
Passing movement inside circle to outside



Players pass the ball to the player with the number one higher than their own. (eg. 5 passes to 6, 11 to 1). Ball travels through the entire team. First, allow unlimited touches, then two touches, not allowing the ball to stop, then one touch. Try playing with left foot only, outside of foot only, without talking.

Small sided game with 2 target men placed on each end line. Team must play and receive the ball off the target man before scoring. Can condition to 1<sup>st</sup> time shot, headers, volleys.

Rotate target men frequently.



The field is divided into defensive, midfield and attacking thirds.

Position players in the following thirds

- 2 Defenders and 2 Strikers in the defensive and offensive thirds.

- 4 v 4 midfielders in the middle third.

All players are restricted to their respective thirds of the field unless their team has possession. When their team has the ball 1 player is allowed

to move up into the next third.

The practice starts with the goalkeeper passing

to a defender. Only 1 forward is allowed to pressurize (other forward goes down on one knee). The 2 defenders must play forward to their midfielders or forwards. After passing the ball,

1 defender can move up to create a 5 v 4 situation in midfield. When midfield pass the ball to a forward 1 midfielder can move up to create a 3 v 2 situation.

3 touch, 2 touch, 1 touch scrimmage