

Practice – Positioning - Spreading out - Switching position of attack - Finishing

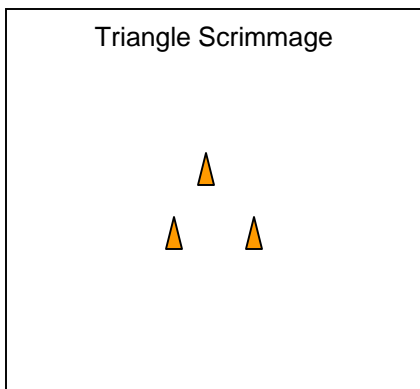
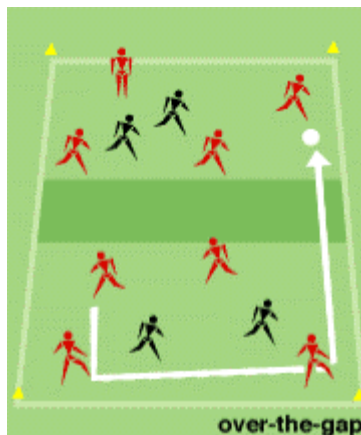
Warm ups - 10 - 15 mins ball movement - end with a run with the ball

All parts of the foot
 turns
 wickets
 lift and trap (flip on top of foot, lift and trap)
 juggling

Purpose: To practice aerial and long passing, possession play and controlling skills.

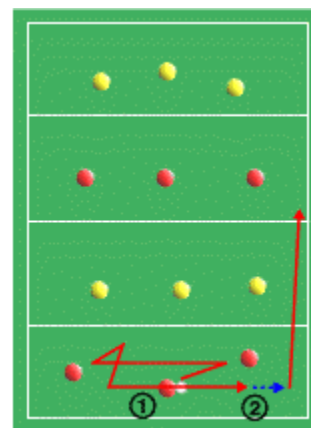
Procedure: An area 60X30 yards is divided into thirds; four attackers versus two defenders play in each of the final zones. All groups must remain in their own respective zones. On the signal, one of the sets of four attackers play two-touch soccer while looking for the opportunity to play the ball over the gap to one of the four players in the other end zone. The defending players must try to block or intercept the passes.

Development: (a) Condition play to two- or one-touch passing, and only allow players to pass a long ball after a certain number of passes has been achieved. (b) One or two extra defenders can be situated in the 'no-man's-land', thereby increasing the difficulty for the players in making the long ball pass



1) To create chances, a team must penetrate & get behind an opponent's defense. This can be done by changing the point of attack. Here, the Red team plays the ball around looking for an opening to pass the ball through to their team-mates in the other zone. If Yellows intercept, they gain possession and must try to find their fellow Yellows in the other zone

2) Red receives the ball, turns and dribbles to create space. He manages to play the penetration pass and the session continues.



Walk through 4 - 4 - 2

