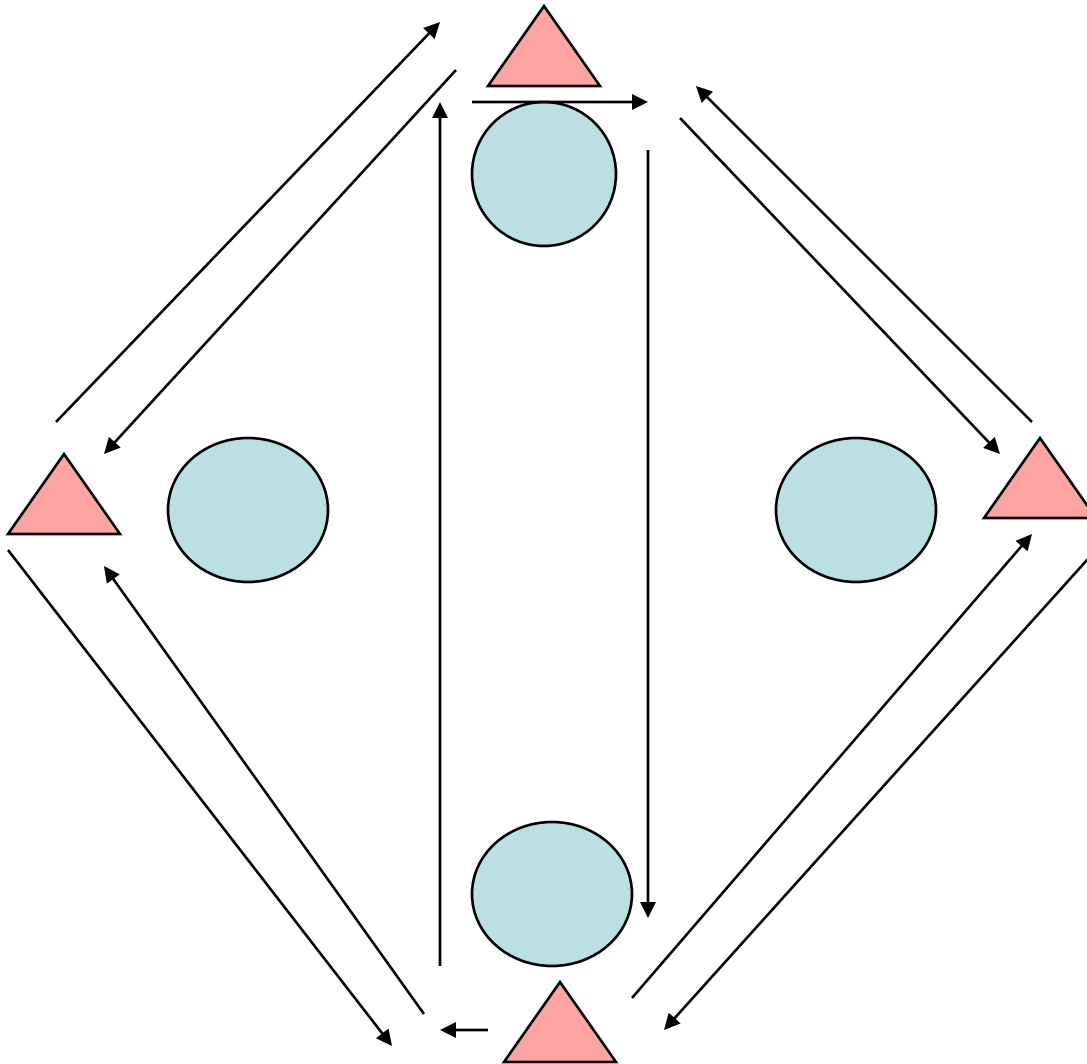


Phase 1 Warm Up

- Set up a grid 15 x 10 yards

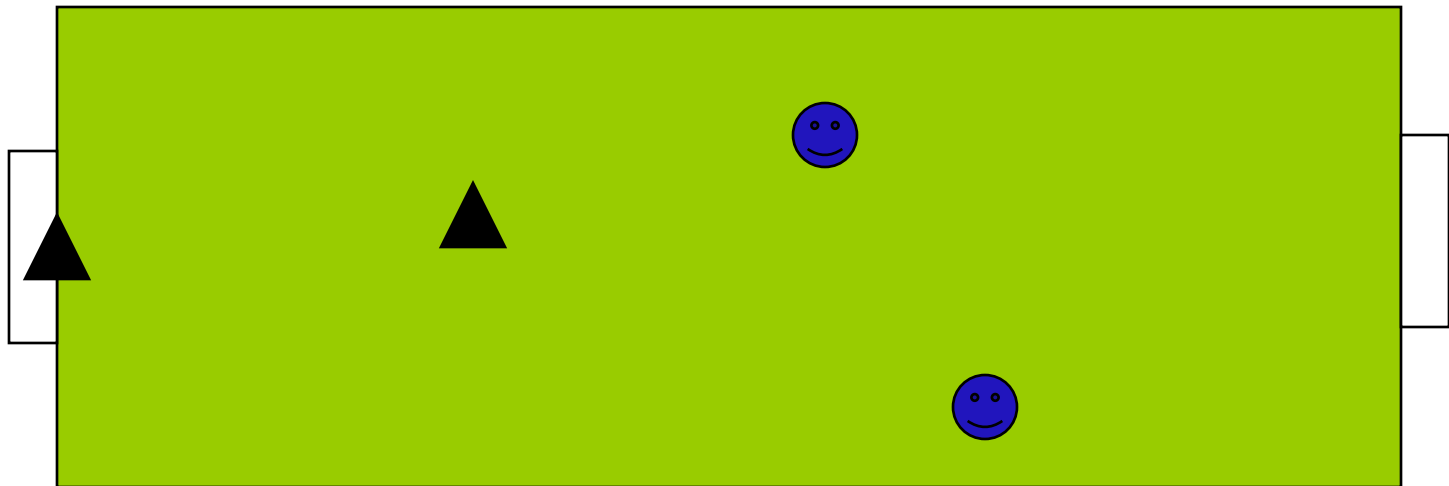


Phase One Description

1. Set up as shown, the pink triangles are the players and they should play behind the cones. Players at the top and bottom have 2 touches each players at the sides have 1 touch each. The player at the bottom plays the ball to the player to his right with his right foot to the receivers left foot, the player at the bottom plays it across their body with their right foot and plays it to the player to his left with his left foot to the receivers right foot. Continue this sequence twice and then the player at the bottom plays the ball to the player at the top. That player then starts the sequence over. (This activity is **very** demanding and requires the players to give full attention to what the activity is set up to achieve. Players must **only** use their requested amount of touches and must pass the ball to the correct foot of the receiving player.) Introduce checking runs to the “wide” players.

Phase 2 Small Sided Activity

- In a 30 x 20 Grid Play 2 v 1 + 1(GK)

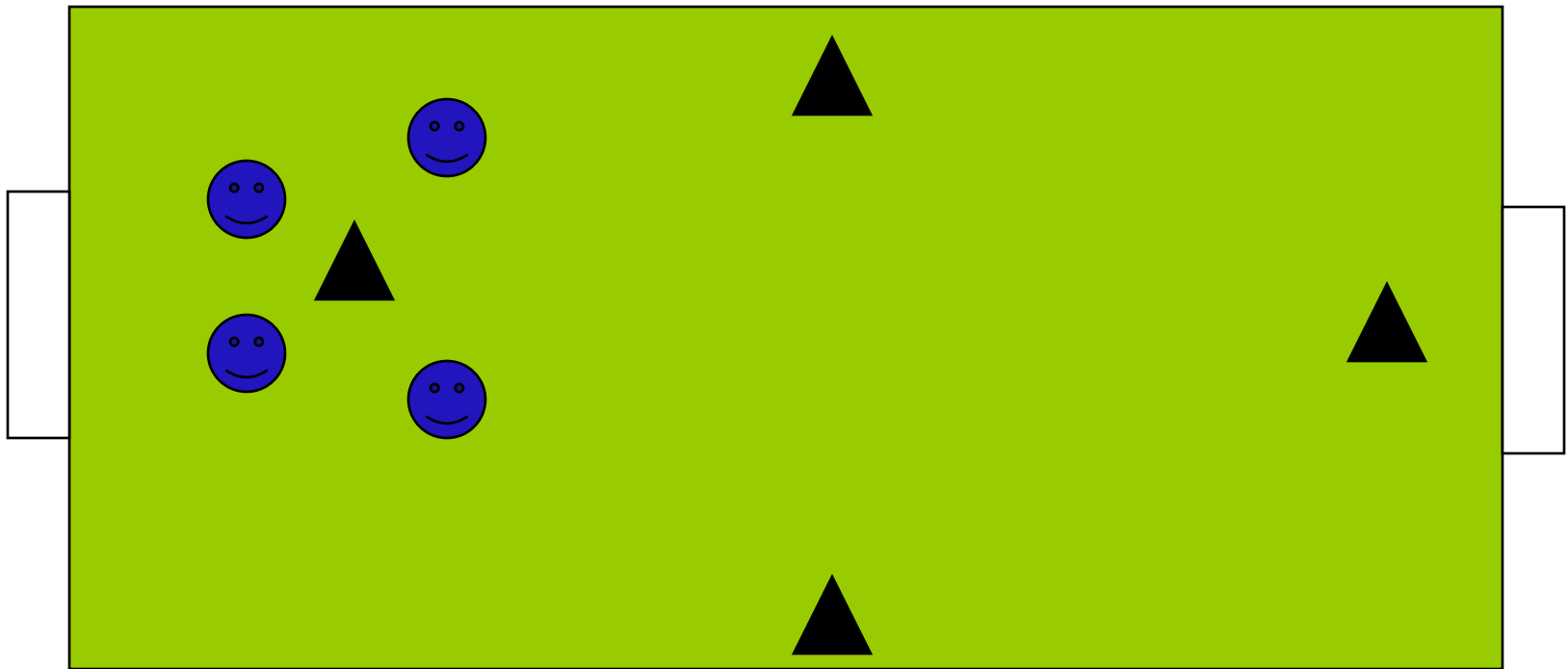


Phase 2 Description

2. Set up as shown, play 2 v 1 + 1 to goal winning team stays on. The 1 defender is a moving offside line (just like the real game). Focus first on the decision of the player with the ball whether they pass or dribble at the appropriate times. Then focus on the runs of the supporting player, are they always the same? Do they vary their runs? What types of runs could they make.

Phase 3 Expanded Small Sided Activity

- In a 40 x 30 Field play 4 v 4 (GK's can be used to play 5 v 5)



Phase 3 Description

3. Set up as shown, play 4 v 4 to goal.

Restriction: Once possession is lost the team who loses possession must be given time to set up the “Block”. Set the block up initially just behind the half way line. Once the players have a grasp on the “block” make sure the attacking team are playing in a diamond shape regardless of the movement of the players. Coach support angles and distance and movement off the ball.