

No. of Players:

- 12-16.
- Divided into two teams for concluding competition.

Area Size:

- 20m x 20m.
- Set up eight poles randomly inside the area.

Explanation:

- *Immediate engagement* - For 1 minute, allow each player a ball and unrestricted running with the ball inside the area.
- Next, set up as shown **(1)**. Four players with a ball on the inside, the rest on the outside of the area (colours not important).
- Players on the inside start by running with the ball before passing to any player on the outside.
- Next, players must engage with one of the poles before beating and accelerating away from it **(2)**.
- Continue this for a few minutes but encourage players to include feints, change of direction, drop the shoulder, change of tempo, use of both feet, etc.
- Now, after passing the ball, players should accelerate towards the receiver and apply passive pressure. Receivers should engage in the 1v1 before advancing past their opponent and again past a pole.

Concluding Competition:

- Get each player to grab a cone and place it randomly inside the area.
- Both teams line up at one of the ends, with a ball at the start of each line.
- On the Coaches call, the first player in each line must run the ball to the other end and back, without their ball hitting any objects **(3)**.
- If a player's ball hits a cone or pole, they must take their ball back to the starting line and try again.
- The first team with all their players back is the winner.



Area Size:

- 20m x 30m.

Explanation:

- Set players up in three teams as shown (4).
- Whites are scoring in the poles at the bottom end.
- Blues are looking to score in the goal at the top end.
- Players on the inside have passing restrictions; Blues cannot pass to Blues, Whites cannot pass to Whites.
- Both teams can pass to the outside team (Reds).
- Players should look to find positions that isolate opposition defenders, and are encouraged to engage in 1v1's that lead to goal scoring opportunities.
- Teams rotate with every goal scored. The winner stays on.

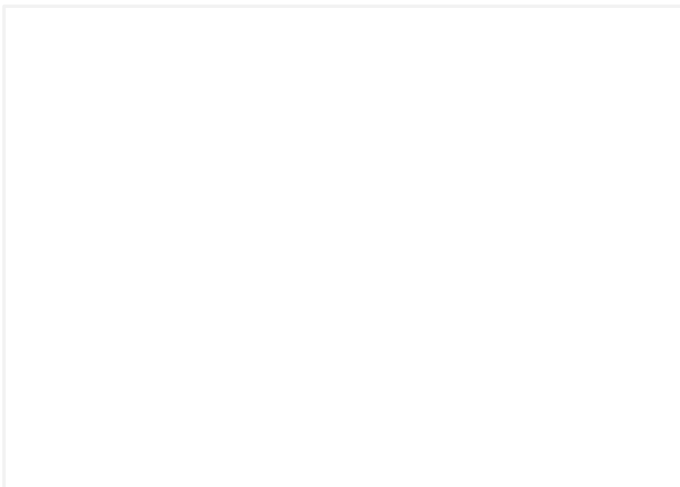


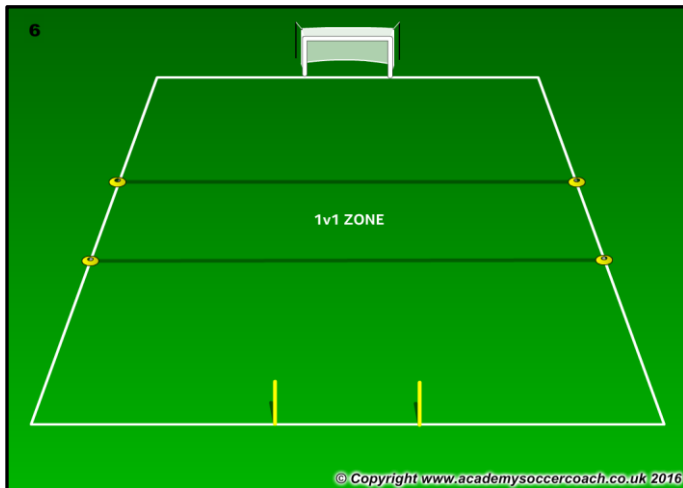
Step up:

- One touch on the outside.

Step down:

- Outside players may bring the ball into the area to create overloads. They immediately return to the outside once they have released the ball.





Area Size:

- 30m x 40m.
- Pitch set up as shown (6).

Explanation:

- Divide players into two teams.
- Set up the players in a balanced formation e.g. 3-3, to aid the 1v1 opportunities.
- Any player that is in possession of the ball inside the 1v1 zone must run the ball out of that area (either direction). No passing is allowed inside the 1v1 zone (7).
- Players may pass the ball or run the ball into the 1v1 zone, however they are not allowed to pass once inside the zone (8).
- Players can only score from within the final third of the pitch.
- Swap the teams direction at the halfway point.

Progressions:

- For the final few minutes, remove the lines and award 'bonus goals' for players that choose the correct moment to engage in a 1v1.

Step Up:

- Make the 1v1 zone longer.

Step Down:

- Make the 1v1 zone shorter.

