

No. of Players:

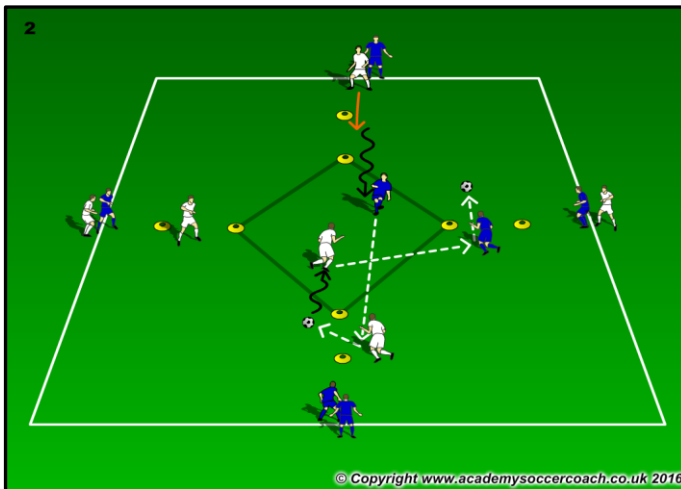
- 12-16.

Area Size:

- 15m x 15m.
- Divide players into two teams for concluding competition only.

Explanation:

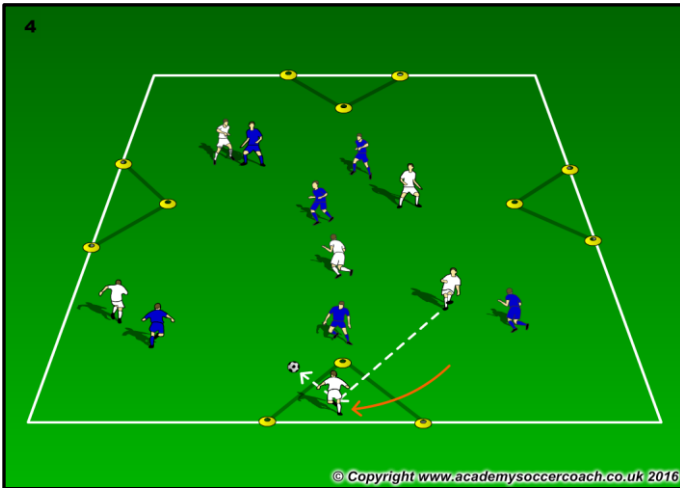
- *Immediate engagement* - For 1 minute, find some space and get a ball between two. Players to focus on keeping the ball moving using limited touches.
- Now set up as shown (1), with one ball and the first person on each gate ready.
- The player on the ball must move the ball into the centre diamond, before passing to any player. He then follows the ball to the back of that line.
- The receiving player takes his first touch through the gate before repeating the process (2).
- Receiving players will need to adjust their position according to the pass.
- Once players have an understanding, introduce a second ball.
- After a few minutes, encourage players to alternate their feet, not always using their preferred foot to receive and pass.
- **Progression:**
- After passing the ball, accelerate your run to apply pressure to the receiver. Receiving player to focus their first touch away from the oncoming player.



Concluding Competition:

- Use the larger diamond to play a positioning game.
- Whites start off with a ball and look to keep it away from the Blue defenders (3).
- The Blues will send in one player to start with and a further player after every three passes by the Whites.
- The sequence ends when the ball has been won by the defending team or the ball goes out of play.
- The coach will keep count of how many Blues entered the area.
- The teams swap over, with the Blues now set a target to beat.





Area Size:

- 30m x 30m.
- Divide players into two teams.

Explanation:

- Possession game with four goal areas.
- A player needs to receive a pass from a teammate inside the goal area, and with his first touch, take it out of the goal area **(4)**.
- Players can take their first touch out of the goal area either way, depending on where the pressure is coming from.
- Defending players may not enter the goal areas.
- First team to reach five goals, wins.

Progressions:

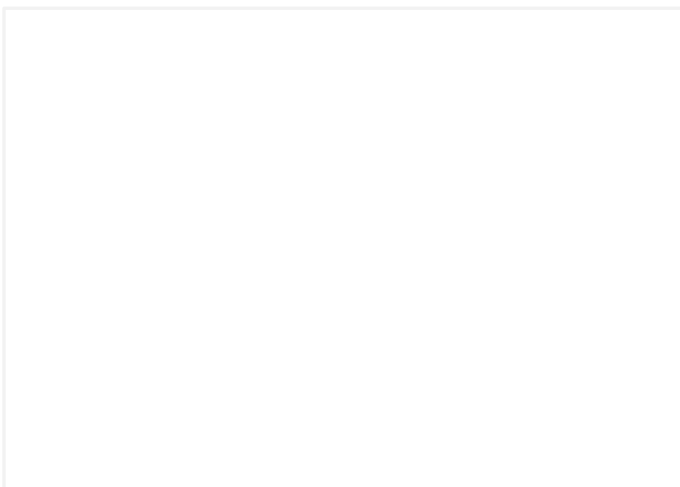
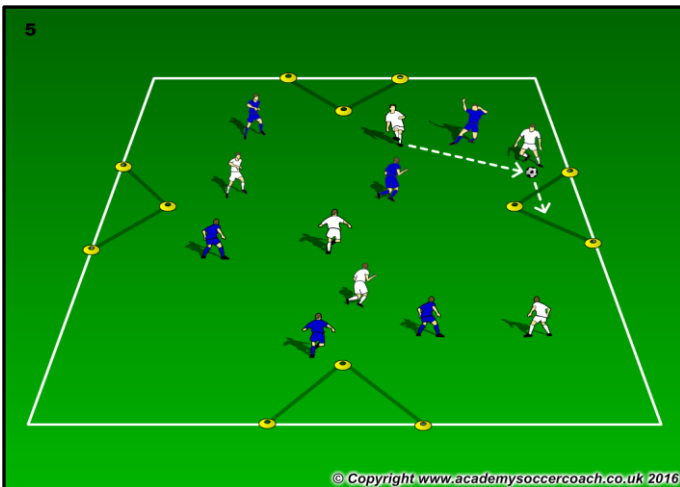
- Players must use their first touch to take the ball into a goal area **(5)**.
- Players can either take their first touch into or out of the goal area to score.

Step Up:

- 1 or 2 touch only.

Step Down:

- Set up a fifth goal in the centre.





Grid Size:

- 30m x 50m.

Explanation:

- The ball must be passed over each line, or players can use their first touch to take the ball over each line **(6)**.
- Goals can only be scored from inside the final third.

Step Up:

- 1 or 2 touch only.

Step Down:

- Have one inner line rather than two.

