



**No. of Players:**

- 12-16.

**Area Size:**

- 2 x (15m x 15m).
- Divide players into two colours on separate areas.
- Plenty of balls nearby.

**Explanation:**

- *Immediate engagement* - For 1 minute, get into pairs with a ball and practice, medium and long range ground passes.
- Next, set up as shown (1). Two players inside the area with a ball each, the rest spread evenly around the outside.
- To start, players pass to any player and follow their pass to the outside.
- Players should be encouraged to use both feet.
- **Progressions:**
- Next, players should be encouraged to take the first touch out of their feet in order to set up the next pass (replicating a shooting opportunity). This pass should be over a longer distance and firm.
- Players on the outside should adjust their position along the line to keep a good distance.
- For the final few minutes, players can now strike through the ball with their laces for the next person to catch in their hands (2). The ball is then rolled out to another player to continue the process.
- *Note: This part should focus on technique rather than power.*

**Concluding Competition:**

- Continue as above, with teams competing to see how many balls they can catch within a minute (3).
- The team that catches the most balls in a minute, has been the most accurate and therefore the winner.
- Lofted passes don't count towards the total. The balls must be driven with laces.



**Area Size:**

- 30m x 25m.

**Explanation:**

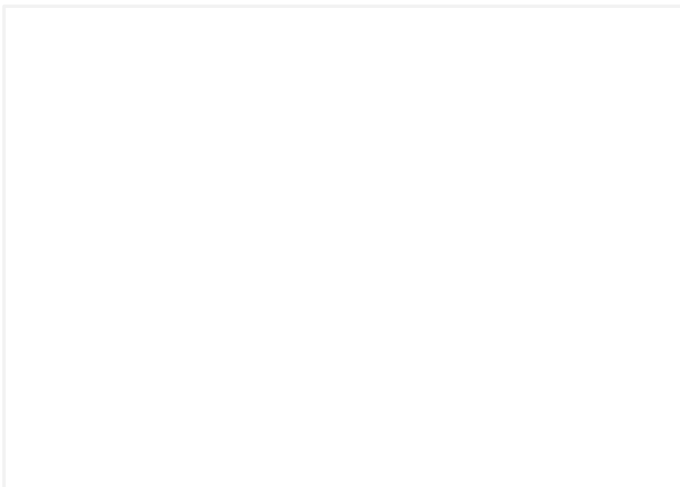
- Divide players into 3 teams. Reds on the outside, Blues & Whites on the inside (4).
- With every turnover of possession, teams must pass to an outside player before attempting to shoot at goal (5).
- Players don't have to shoot directly from the outside pass, but within the same passage of play.
- Goals can not be scored inside the yellow half-circle.
- The team that scores stays on. Rotate the other teams.

**Step Up:**

- Finish with the first or second touch.

**Step Down:**

- Players can shoot at any time, with outside players optional to use.





**Area Size:**

- 30m x 50m.
- Set up goals at a suitable distance from the playing area.

**Explanation:**

- Divide players into two teams, set up in a balanced formation e.g. 3-3.
- Normal game, with players shooting from anywhere inside the playing area **(6)**.
- At restarts, the Coach will play balls into areas that will potentially lead to striking opportunities.
- At the halfway point, swap the lines so that all players get an opportunity to strike at goal.

**Progressions:**

- Award an extra goal to players finishing with their weaker foot.

**Step Up:**

- One or two touch finish.

**Step Down:**

- Players can run the ball across the end line unopposed before shooting.

