

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Players in teams of three as shown, the player in the middle will receive from the left and pass to the right, receive from the right and pass to the left. Ideally, the central player will do this with one touch. Switch the central player and ensure everyone gets a turn.</p> <p>To progress players will bounce the ball and try to do the same thing while keeping the ball bouncing.</p>	<p>FIRST COACHING POINT - APPROACH</p> <p>Players should be on their toes, ready or react and receive the ball. The middle player should have open hips to the ball and where it's going.</p>	
TECHNICAL	<p>In the same cone set-up as above, but you will add a fourth player in the middle. This middle player has a ball. The three outside players will try to keep the ball away from the middle player. The outside players may pass the ball in any sequence. The middle player is trying to hit the ball being passed.</p> <p>Switch the middle player every 30 seconds.</p>	<p>FIRST COACHING POINT - QUICK FEET</p> <p>Players should be ready to move and pass the ball when under pressure</p> <p>SECOND COACHING POINT - PLANNING</p> <p>Each player on the outside should have their next move ready as the ball comes to them.</p>	
TACTICAL	<p>30x30 yard grid with a halfway line. Two players in the middle that must stay in their half. Five outside players who will try to keep the ball away from the inside players. The inside players are not trying to take the ball, only pressuring and covering. Every pass must go through the square. They get a point for completing a certain number of passes (you decide, based on your group's ability). You can give double points for a ball that splits the defenders.</p> <p>To advance, add an extra defender who must move laterally along the mid-line.</p>	<p>FIRST COACHING POINT - MOVEMENT</p> <p>The outside players may have a tendency to stand still, talk to them about lateral movement to create passing lanes</p> <p>SECOND COACHING POINT - SPEED</p> <p>For realism, encourage players to play at game speed. Passes should be two touch</p>	
GAME	<p>Set up as shown in the diagram. Four outside players keeping possession against two defenders. They must connect it to the player in the forward channel who can score but only has two touches to do so.</p> <p>To progress the game you can add an extra defender who will cover the striker and try to block the shots.</p>	<p>COACHING SUMMARY</p> <p>This part should be fun, high energy and enjoyable. Work with each player on their passing mechanics, their ability to maintain possession and create space</p>	