

# Create & Score: Creating the attack (playing through midfield with the intent on playing forwards)

Category: In possession practice Length of time: 90 mins Number of players:

## Practice/Theme/Topic

Creating the attack (playing through midfield with the intent on playing forwards)

### Aims and Objectives:

- Develop combination play through midfield third with the intent on playing forwards.

### General notes:

- Aim of the game is to pass to or dribble into the end zone to get a point.
- The ball must be stopped in the end zone.
- Once you score you get a point in the scoring system.

### Organisation and set up:

- Area size suitable to number of players.

#### Red Team

Rebecca

Nunica

Lucy

Ella

Georgia

#### Yellow Team

Darcie

Beth

Libby

Hannah

Olivia

### Technical

First touch  
Skill / disguise  
Ball manipulation  
Passing & Receiving

### Psychological

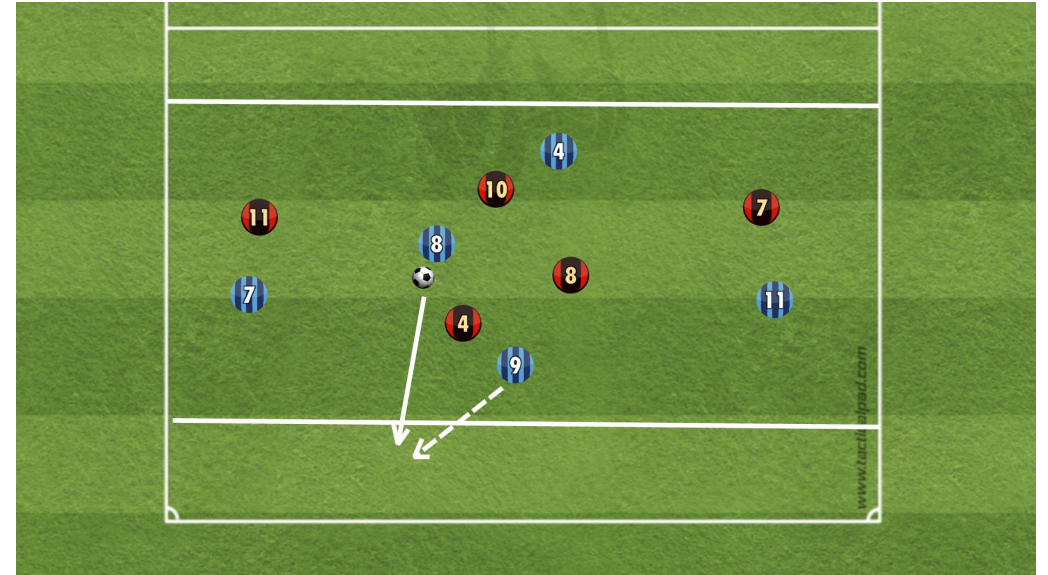
Awareness of self /  
opponent / teammate  
Creativity  
'Game craft'

### Physical

Speed / change of pace  
Use of body to disguise

### Social

Communication  
Body Language  
Awareness



#### Coaching point 1 – Movement to receive

As the ball travels, are you making a movement to receive the ball?  
Where is the movement?

#### Coaching point 2 – First thought forwards

Can your first thought be forwards? Either by passing or travelling with the ball.

Either into feet or space?

#### Coaching point 3 – No single passes!

Once you combine with a teammate, can you receive the ball in a more forward position?

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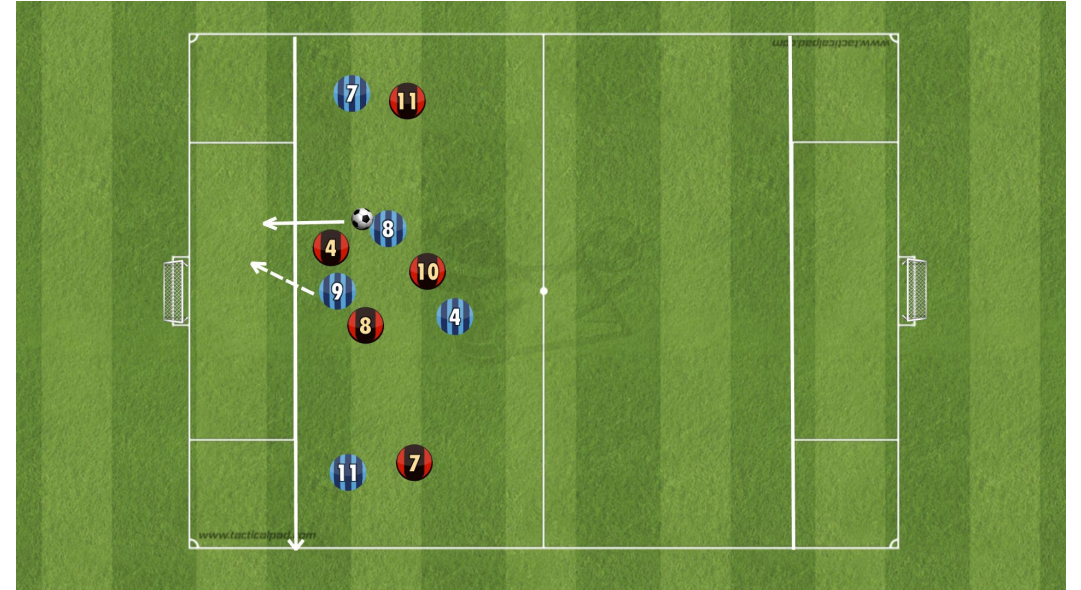
- Develop combination play through midfield third with the intent on playing forwards.

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