

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.

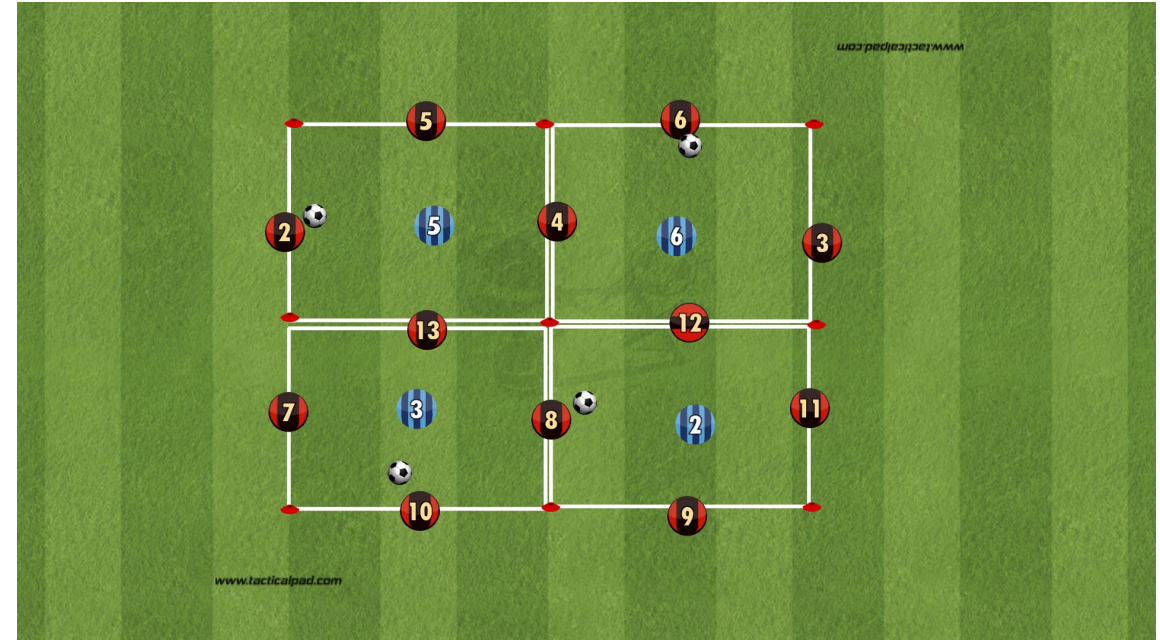
General notes:

- 'Four box Rondo'

4 boxes will play 4v1 in each box with the middle players playing in both boxes. If you give the ball away you go in the middle and hand on the ball to start again. Four balls should be playing at each time.

Organisation and set up:

- Area size suitable to number of players.
- 5x2 minutes



Coaching point 1 – First thought forwards

Can your first thought be forwards? Either by passing or travelling with the ball. How are you receiving the ball to help with this?

Either into feet or space?

Coaching point 2 – Receive in motion

Scan as ball travels
Movement to receive the ball
Body shape to receive the pass – first touch where?

Coaching point 3 –

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

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:

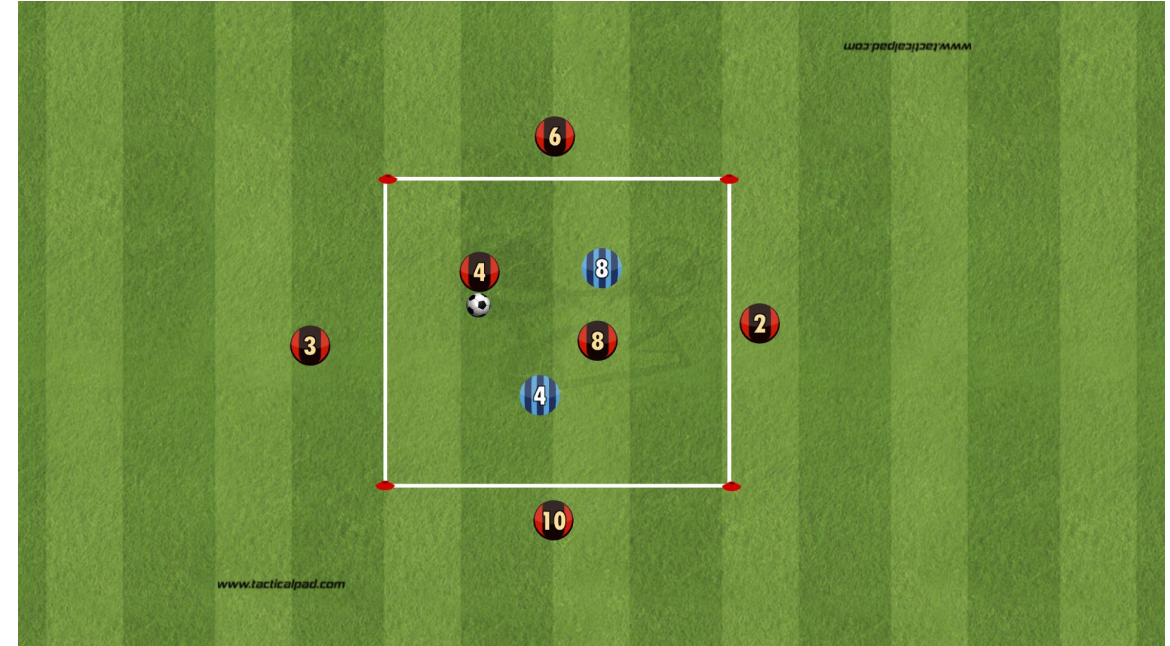
- Develop combination play through midfield third with the intent on playing forwards.

General notes:

- Directional Possession
2v2 in middle aim to retain the ball as a pair by using the players on the outside. If opposition win the ball they can retain it using outside players.

Organisation and set up:

- Area size suitable to number of players.
- 5x2 minutes



Coaching point 1 – First thought forwards

Can your first thought be forwards? Either by passing or travelling with the ball. How are you receiving the ball to help with this?

Either into feet or space?

Coaching point 3 –

Coaching point 2 – Receive in motion

Scan as ball travels
Movement to receive the ball
Body shape to receive the pass – first touch where?

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

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:

- Phase practice starts from halfway line with players matched up in the box. Defending teams aim is to stop them playing out of the box and regain before they play forwards. Attacking teams aim is to score in main goal. Ball always restarts from half way line.

Organisation and set up:

- Area size suitable to number of players.
- 5x5 minutes

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 – First thought forwards

Can your first thought be forwards? Either by passing or travelling with the ball. How are you receiving the ball to help with this?

Either into feet or space?

Coaching point 3 –

Coaching point 2 – Receive in motion

Scan as ball travels
Movement to receive the ball
Body shape to receive the pass – first touch where?