## 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 4 v 1 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.
- $\quad 5 \times 2$ 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?

| Technical | Psychological | Physical | Social |
| :--- | :--- | :--- | :--- |
| First touch | Awareness of self / | Speed / change of pace | Communication <br> Skill / disguise |
| opponent / teammate Use of body to disguise | Body Language <br> Ball manipulation | Creativity <br> Passing \& Receiving | 'Game craft' |

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## General notes:

- Directional Possession

2 v 2 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.
- $5 \times 2$ minutes

| Technical | Psychological | Physical | Social |
| :--- | :--- | :--- | :--- |
| First touch | Awareness of self/ | Speed / change of pace | Communication <br> Skill / isguise |
| opponent / teammate | Use of body to disguise | Body Language |  |
| Ball manipulation | Creativity | Awareness |  |
| Passing \& Receiving | 'Game craft' |  |  |



Coaching point 1 - First thought forwards
Coaching point 2 - Receive in motion
Can your first thought be forwards? Either by passing or travelling with the ball. How are you receiving the ball to help with this?

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

Either into feet or space?

Coaching point 3 -

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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.
- $5 \times 5$ minutes


Coaching point 1 - First thought forwards
Coaching point 2 - Receive in motion
Can your first thought be forwards? Either by passing or travelling with the ball. How are you receiving the ball to help with this?

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

| Technical | Psychological | Physical | Social |
| :--- | :--- | :--- | :--- |
| First touch | Awareness of self/ | Speed/change of pace | Communication <br> Skill / disguise |
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