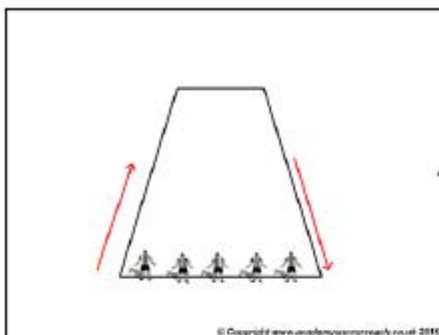
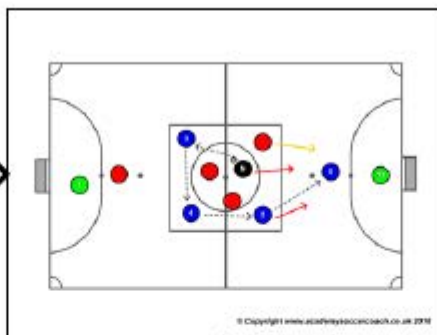


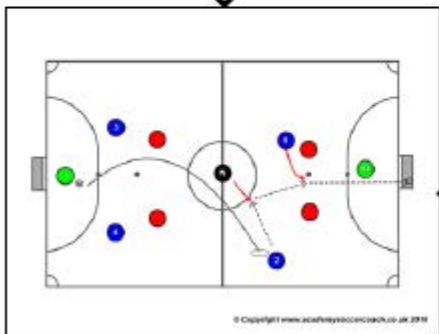
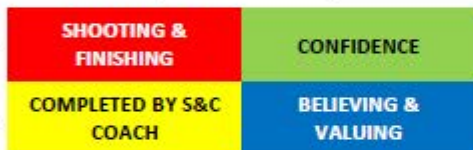
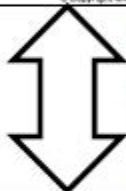
Objective: Retaining possession to create and score in a 3:2



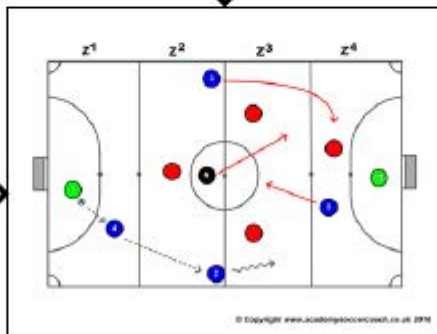
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Organisation:

Set up as illustrated.

Practice 1

Warm up completed by S&C Coach.

Practice 2

N player starts with the ball and passes to any team they want. Once a player has received the ball every player must touch the ball before the ball can be transferred into the pivot player no.5. Once this happens players play 3:1+GK with N player and one player moving into play, with 1 Red player defending 2:3 with GK. If Reds win the ball play is played in a opposite direction.

Practice 3

GK plays ball over the halfway line into one of the forward 2. The player who receives the ball must play with N player then play can start 3:2. If Reds win the ball they can transfer the ball over to the opposite 2 players and play is continuous.

Practice 4

Blue players play freely. Red players are locked in their zones and cannot come out. Blues try and combine to create and score with different shooting and finishing techniques. Swap team who has been locked in their zones.

Coaching Points:

1 RELEASE – passing quality (selection, weight, accuracy)

3 RUN-WITH – progressing with dribbling/rwtb/passing

5 Creative cleverness – probing/penetrating

2 RECEIVE – movement to open body to play forward

4 RETAIN – keep ball until available space/passing lines

6 Productivity – SCORE!!