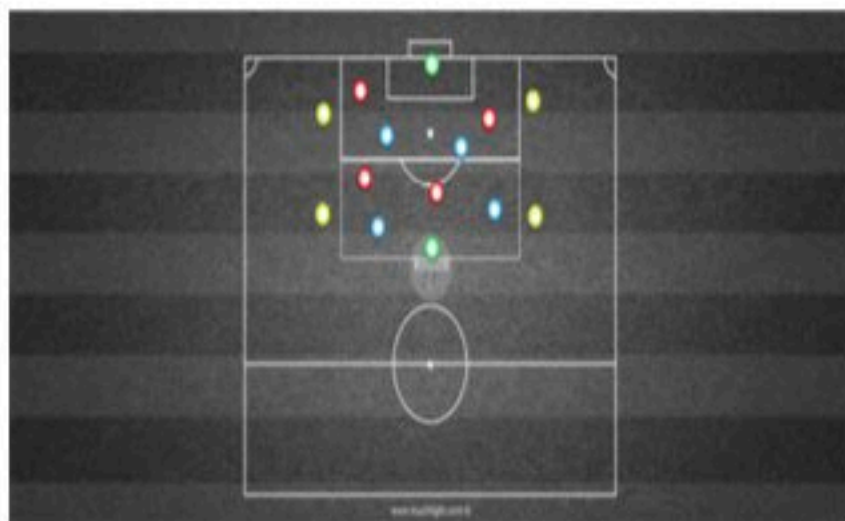
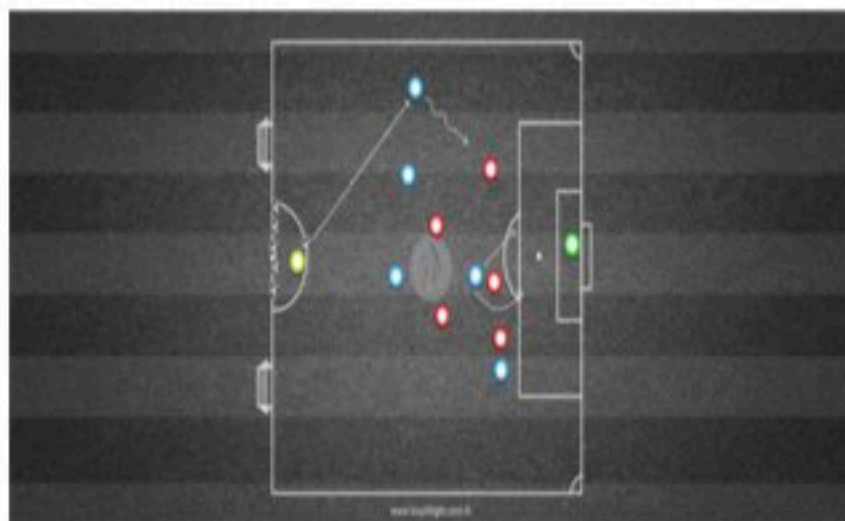


Combining in final 1/3<sup>rd</sup> 2

1



2



## Session Set-Up

36 x 44 grid

Supply of footballs

2 big goals

Bibs

2 green

4 yellow

4 red

4 blue

Half of pitch/final third

## Session Detail

**1SSG**; players are playing in a small-sided game where players look to score inside the box and can use the 4 yellow supporting players who are only allowed 2-touches. Once a goal is scored the losing team is off and then yellows come to attack. Whichever team has lost are now the supporting players.

**2SD**; 5v5 blues operate high in reds half. Again blues look to combine and play fast tempo passes to disjunct the opposing defenders to score. If reds regain possession they play back into yellow player for another fast blue attack or score in the smaller goals.

Competition  
Motivation**Winner stays on!**Individual  
Challenge

Try to combine if pressured by a defender in practice 1

Unit/Team  
Challenge

Try to play high up the pitch and look to unlock red defence

Try to score at the earliest opportunity in practice 1

Key  
Questions

What are we as a team trying to do if we are playing higher up the pitch?

Progressions

Practice 1 - play 5v5 and 2 supporting players act as Ws  
Swap roles - roles for all in practice 2

## 4 Corners | Coaching Points

1. Quick passing to combine

2. Runs at near, middle and far

3. Clever movements to confuse defender(s)

1. Confidence of passing between around players

2. Awareness of **key** spaces/gaps

1. Speed of pass and movement

2. Powerful runs at near and far post

1. Communication - **VITAL**