



Technical warm-up



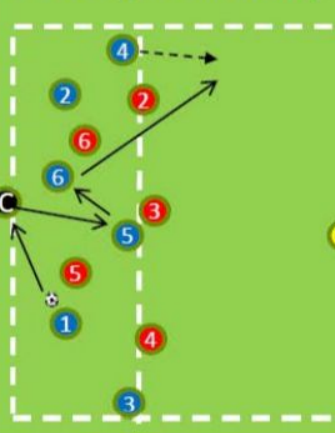
Number passing. Team blue and team red in a grid each.
 Two touch passing, B3 passes to B4 passes to B5.....R1 passes to R2, passes to R3.....
 Players anticipate the next pass, get in good position to receive.
 Work on various passes.
 Play two (3) touch until everyone is doing well on it.
 Introduce 3rd man running by putting 1 player on 1 touch (example in graphic B4 is on one touch and plays into B5 (3rd man) .
 Two players in a row on one touch, play into 3rd and 4th (B6) man.
Progression: Add defender(s)!!!

Possession game



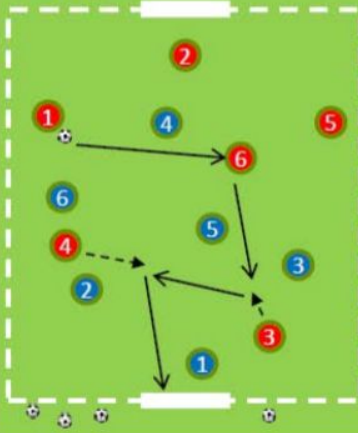
5 v 5 + 2N
 One neutral plays inside the box (no defenders can go in there), the other neutral moves freely in the whole space. Neutrals are on one touch.
 All other players are on free touch.
 Possession team looks to keep possession first, but initiate a rhythm change by playing into neutral, who then plays to the 3rd man (here B3), who looks to play into the 4th man running with a one touch (here B6).
Coach players on timely movement and creating the circumstances (width and depth)

Technical/tactical activity



7 v 5 towards goal
 Starting positions of the defenders is in front of the line.
 When either the ball or one attacker goes over the line, defenders are free to track and defend behind the line.
 Aim of the attackers is to attack space behind the defense with 3rd and 4th man running plays (see graphic)
 Coach to keep possession first and then play into targets to initiate a rhythm change.

Match play



Match play 6 v 6, regular game rules apply.
 Extra point is scored when a team scores on a 3rd man running play
 Allow the game to flow and do not stop it too often.
 When making a coaching point, make it short and sweet (step in, make your point, step out).
 Have extra balls by the goal to keep the tempo high.
 Provide information/encouragement also while the game is going on (coaching over top).

Numbers can be adjusted to accommodate 4v4 3v3 etc.

Focus areas
 -off ball movement
 -recognize space to run into without the ball
 -combination play with opposition to create realistic environment