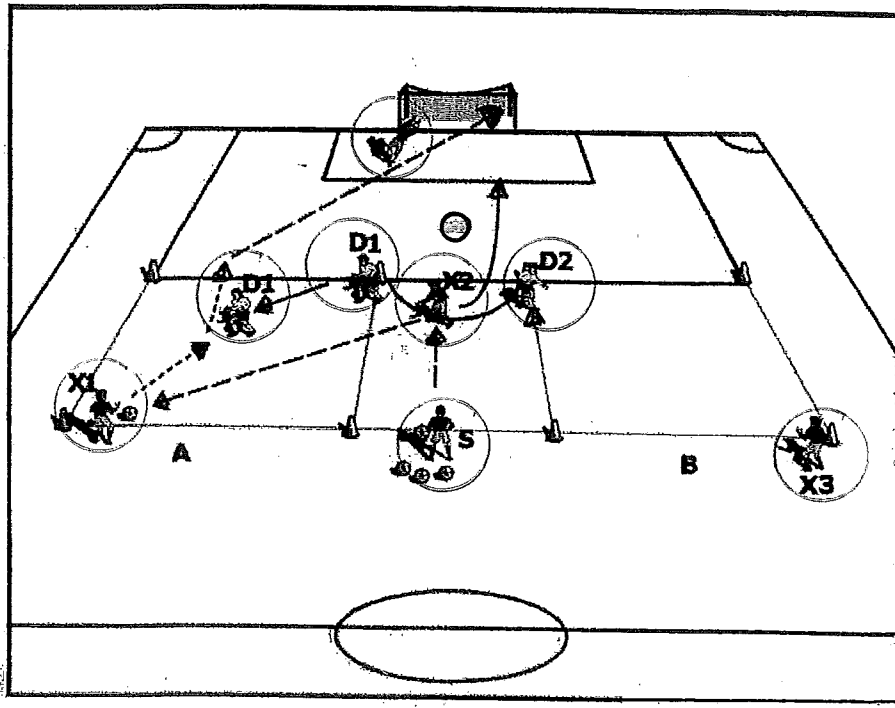


Intro



44 x 36 Yard

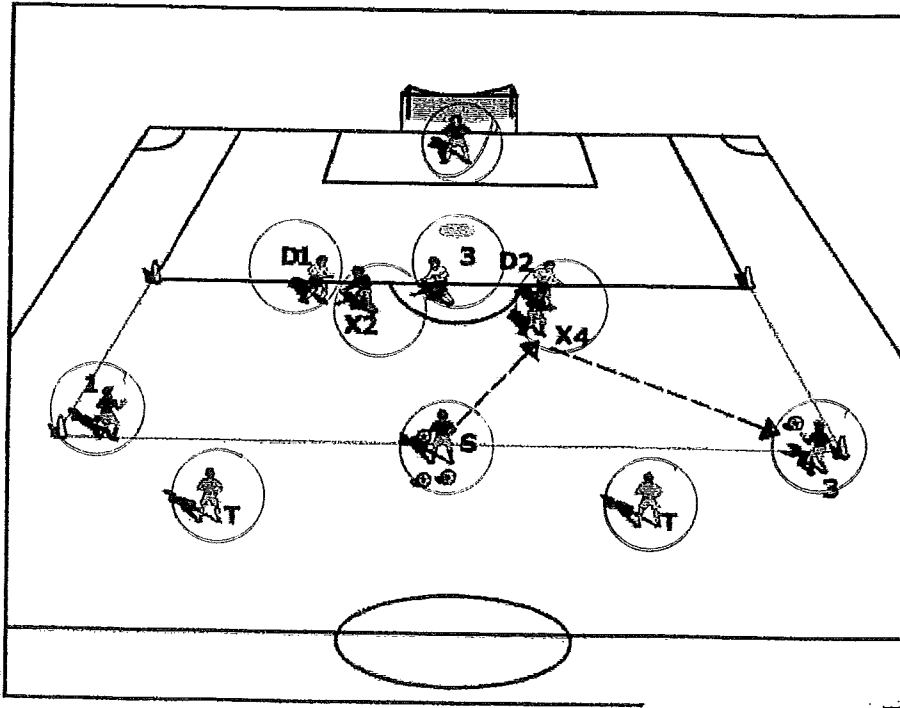
Coaching Points

- 1st touch out of feet
- See the ball & the players
- Attack the front foot
- Change of direction & speed
- Attack the space behind
- Attitude & accuracy

- Progression ● Movement of X2 to create space for X1/X3:

Timing & angle of striking

Functional Practice



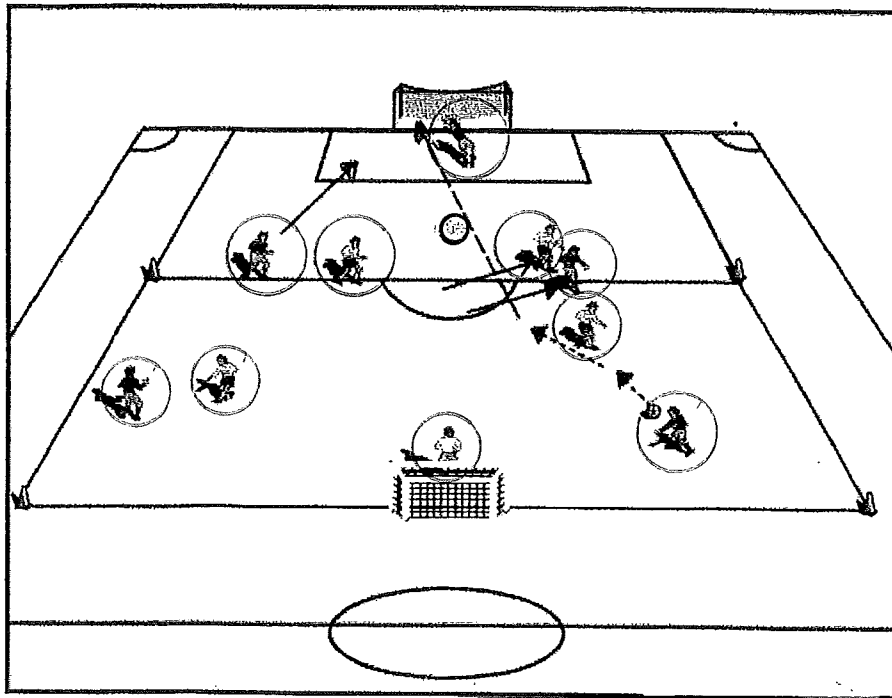
36 x 44 Yard

Coaching Points

- Attacking mentality
- See the ball & the players
- Attack the front foot
- Change of direction & speed
- Attack the space behind
- Timing/angle of striking runs to create space to attack/rebound
- When to pass/when to dribble
- Attitude & accuracy

Progression ● Allow S to join in by running the ball in & swapping places with another attacker

5v5 Small Sided Game

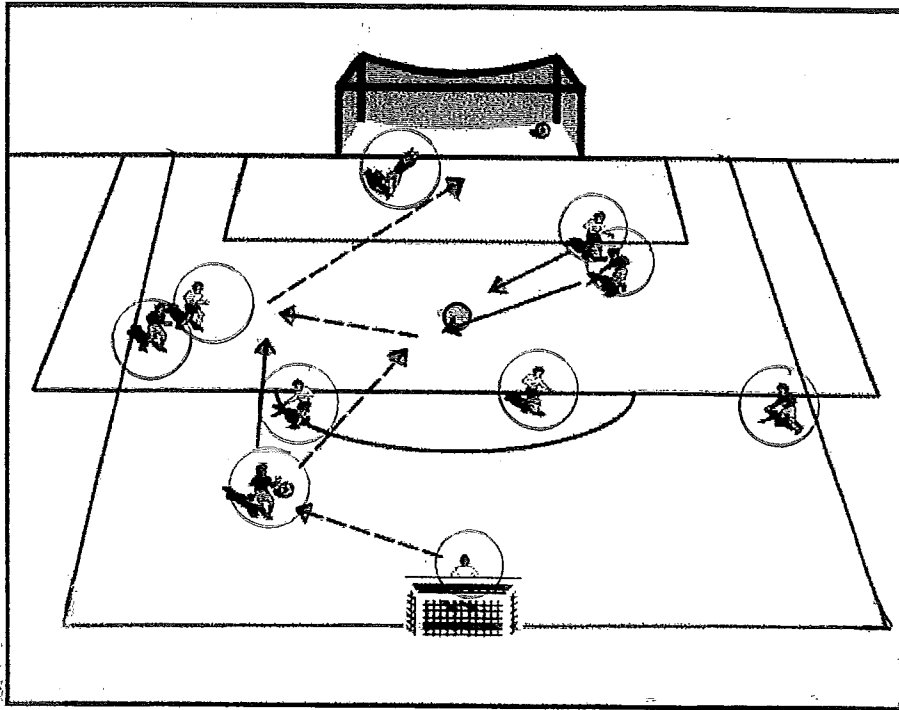


40x44 Yard

Coaching Points

- Attacking mentality
- See the ball & the players
- Attack the front foot
- Change of direction & speed
- Attack the space behind
- Movement off the ball
- When to pass/when to dribble
- Attitude & accuracy

5v5 Small Sided Game



40x40 Yard

Coaching Points

- Possession mentality
- Movement off the ball
- Distance / angle of support
- 1st touch decision
- Eye contact / communication
- Message in pass
- Changes of pace