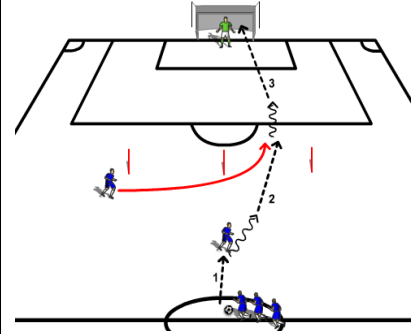


## Theme

### MOVEMENT TO RECEIVE THE BALL

THE FOCUS OF THIS PRACTICE IS TO DEVELOP MOVEMENT OFF THE BALL. THE PLAYERS LEARN HOW TO USE DOUBLE MOVEMENTS IN ORDER TO CREATE SPACE

## Finishing



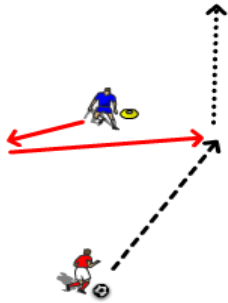
This practice allows the coach to see and then develop the forwards movement and imagination.

The midfielder receives a pass and then turns to dribble,

The forward must make a run to receive a through pass in order to shoot at goal

For the next attack the midfielder becomes the next forward

## Warm up



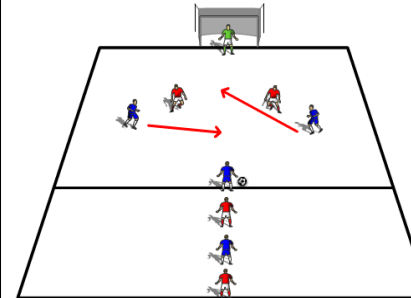
Work in pairs and use a cone as the defender

Players must take turns at making double movements in order to receive a pass

Players have the choice of the following

- away and to feet
- to feet and away
- left to receive right
- right to receive left

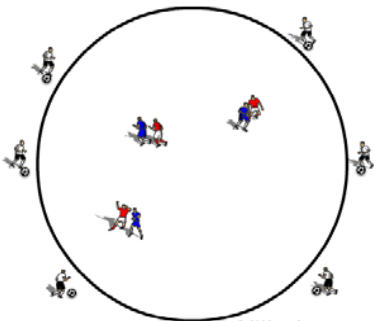
## Overload



This 3 v 2 practice forces all three attackers to make movements in order to try and create a goal scoring opportunity

The starting player is not allowed to dribble into the area and therefore the two attackers must use clever movement in order to receive a pass. after passing the starting player can enter the pitch and look to combine with their team mates.

## Opposed



Four players surround the outside of the pitch.

The remaining four players go inside the pitch and split into two 1v1 duels

One player is nominated as the attacker and must make movements to lose his marker, receive a pass and then return the ball to a different outside player.

If the attacker is tackled or miss-places a pass then the roles are quickly reversed

## Game



4v3 role reversal game

One team start as the defenders and must nominate a goalkeeper

The other team start as the attackers. The attackers must receive a ball from the coach and look to build up and score using a 4v3 overload. If the attacking team are successful and score a goal then they receive a 2<sup>nd</sup> ball from the coach. However, if the defenders win possession or stop the attackers scoring then the roles are reversed