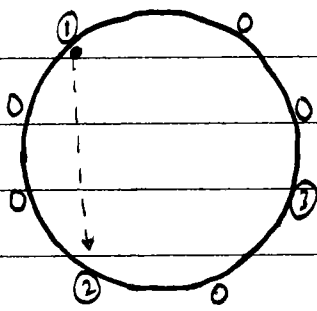


I WARM UP / BALL FAMILIARITY

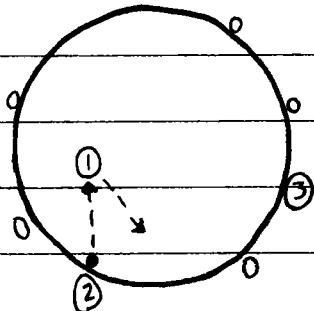
2 GRID KNOCK OUT

II CIRCLE WORK

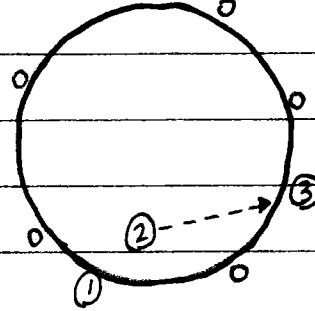
A. ONE-TWO



① PASS TO ANY OTHER PLAYER

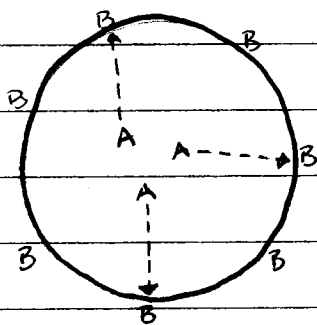


① FOLLOW PASS ② PLAY BALL ① LBY BALL OFF FOR ②

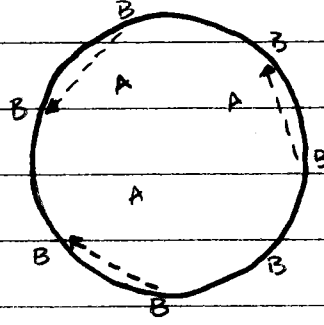


② FOLLOWS PASS FOR ONE-TWO W/ ③ ① TAKES PLACE OF ②

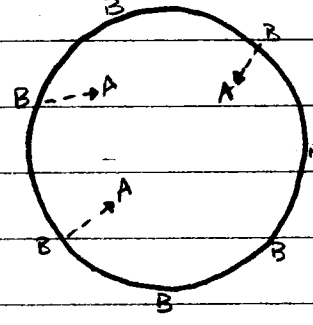
B. ON YOUR TOES



① A STARTS BY PASSING TO ANY B



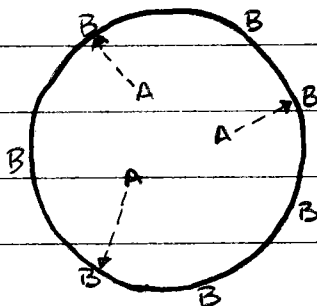
② B PASSES TO B NEXT TO THEM



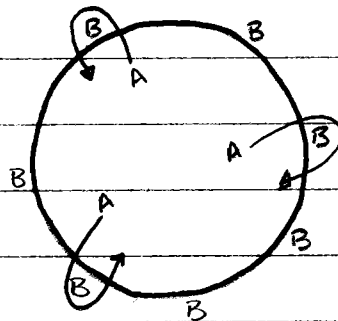
③ PASSES TO ORIGINAL A, CONTINUE

VAR: ② PASS TO ANY OTHER PLAYER, ① GET INTO GOOD POSITION TO RECEIVE

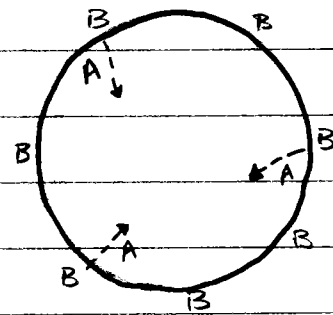
C. OVERLAPS



① A TO B



② "HOLD"



③ PLAY IN FRONT OF A

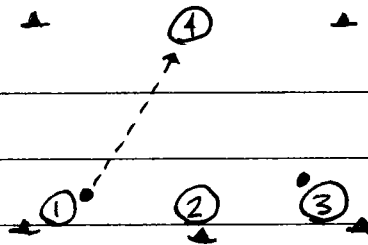
20160507

②

III

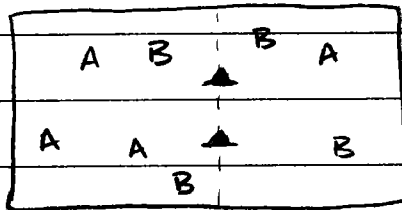
4'S PASSING

- 1 PASS TO 4
- 4 PASS TO ② (W/O BALL)
- 3 PASS TO 4, ETC.



VAR: ④ RUN AROUND CONE BETWEEN PASSES

IV



- GOAL IN MIDDLE W/ OR W/O GK
- MAY ONLY SCORE FROM YOUR SIDE OF GRID
- IF GK IS PLAYING & SAVES, THROW BALL TO OTHER SIDE OF GRID

V

3 TEAM TRANSITION GAME

VI

3 LINE GAME

- ONE-TWO
- OVER LAP

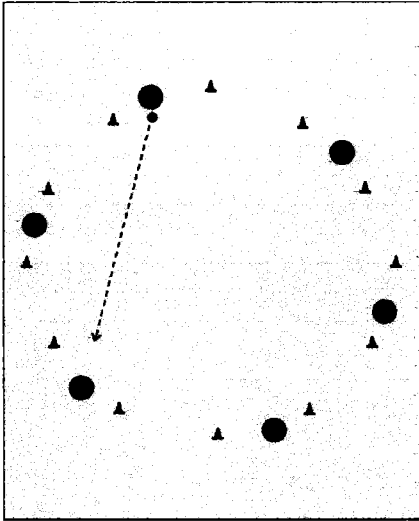
VII

SSG



## Circle - passing

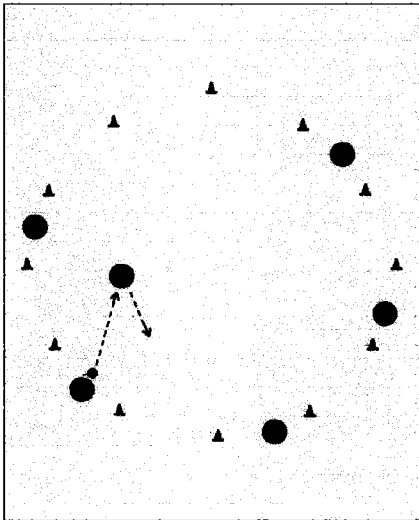
### One two passing



#### How it works

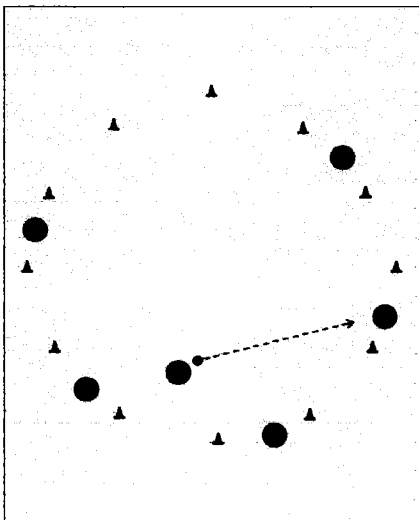
Players stand evenly spaced around the circle.

Player 1 starts by passing the ball to any other player in the circle, in this case Player 2.



Player 1 then follows the pass towards Player 2.

Player 2 has to control and pass back to Player 1 who then lays the ball off for Player 2 to pass

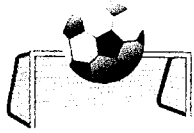


Player 2 then follows the pass to perform a one-two with Player 3.

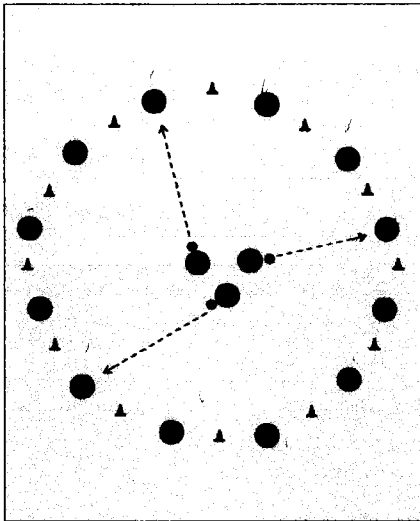
Player 1 takes the place of Player 2 in the circle to be available for another pass.

#### Possible changes

First touch passes only.

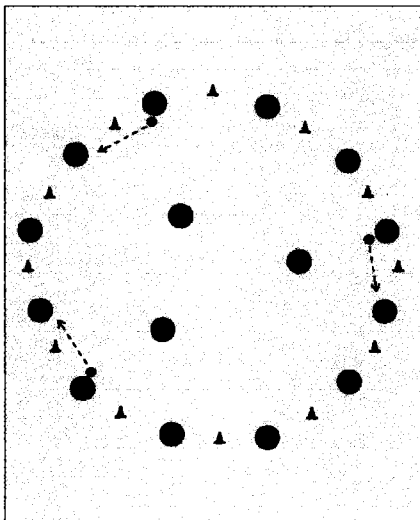


**On your toes**



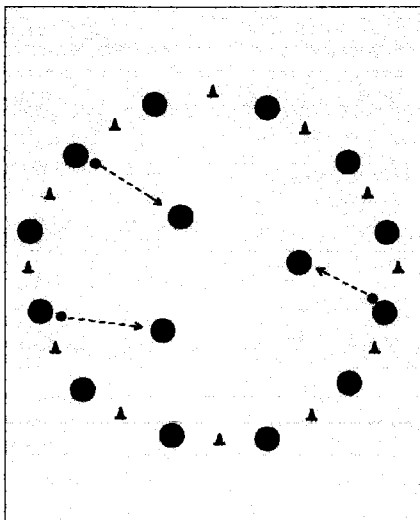
How it works

Blue players in the centre of the circle start by passing the ball to any red player around the outside of the playing area.



Red player receiving the ball then passes to another player who is next to them on the outside of the circle.

Blue player moves towards the outside of the circle ready to receive a pass.



Red player passes back to the blue player inside the circle.

Blue player then moves off and repeats this passing combination somewhere else around the circle.

Possible changes

Red player who receives the first pass can then pass to any other player around the circle. Blue player has to follow the line of their pass to be ready to receive ball back.

Reduce or increase the number of players inside or around the edge of the circle dependent on ability.

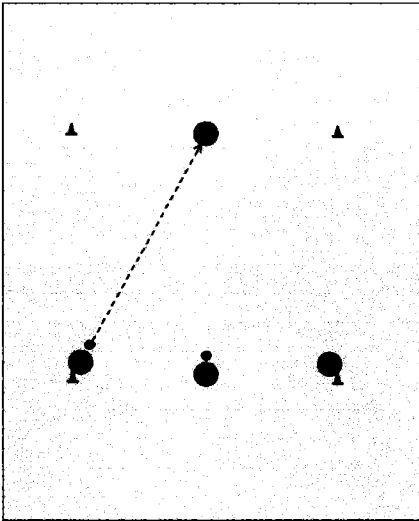


**Spare player passing**

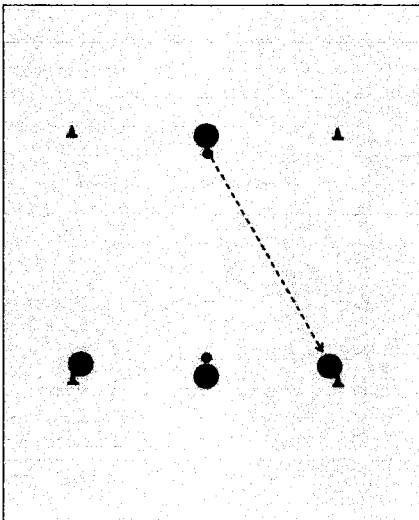
How it works

Three players at one end of the grid, two with balls, face one player at the opposite side of the grid.

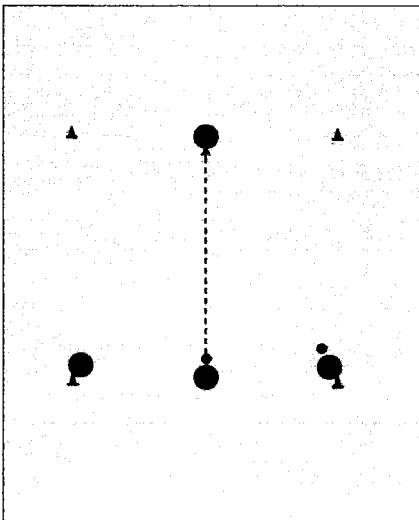
Player 2 passes the ball to Player 1.



Player 1 passes to Player 4.

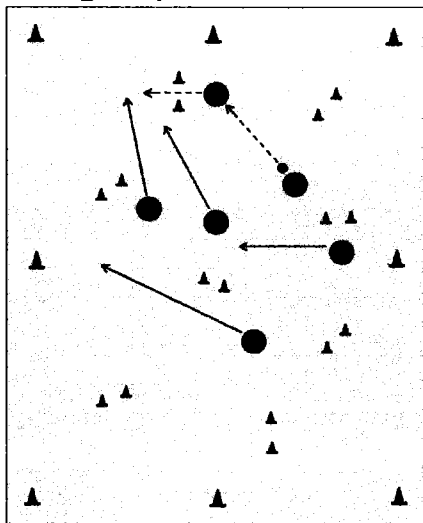


Player 3 passes to Player 1.





**Cone gates possession**



How it works

Five red players try and keep possession of the ball within the playing area.

The red team gets 1 point for every completed pass but receive 5 points if they can complete a pass through a cone gate.

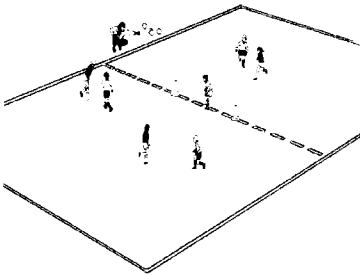
The blue player tries to prevent passes through the cone gates and if possible win the ball and kick it out of the playing area.

Play for 1/2 minutes or until the blue player has won possession and kicked the ball out of the playing area 3 times, whichever comes first.

Change the blue player with one of the red players and try to beat previous best point scores.

Possible changes

Play 6 v 2, 5 v 3 or even 4 v 4 depending on the age and ability of the group.



The diagram shows a rectangular field divided into two halves by a dashed center line. A goal is located at the top center. Several small figures representing players are positioned on the field, with some clustered near the goal. The field is enclosed by a double-line border.

**Game Rules**  
A normal 3-a-side game in an area approximately 30 yards by 20 yards, except that it is played around one goal rather than two.  
Emphasize shooting at goal at the earliest opportunity.  
Players combine to create goal-scoring opportunity.  
Team in the dark uniforms can score only from the left side of the field, and team in white only from the right side.  
Re-start game with a throw-in any time the ball goes out of bounds.  
When goalkeeper makes a save from one team, he throws the ball into the opposing half of the field.

**Player Objectives**

- To take early shots from within shooting distance of the goal.
- To provide support for the player with the ball.

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