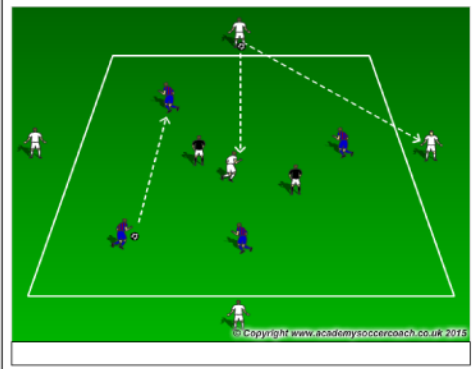
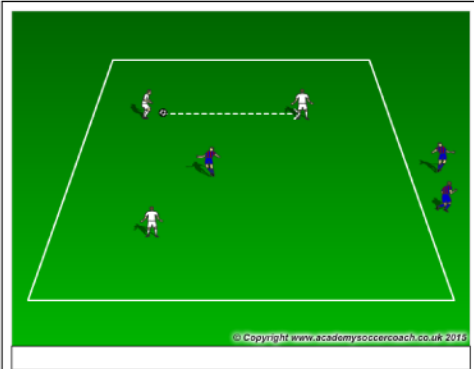


Coach Session date Team/Age Group

Theme



NOTES

Two groups of 3 players.

One group passes and retains possession whilst under pressure from 1 only of the opposing team.

After some 10 seconds the defending player is replaced by a team-mate who takes over the defending responsibility.

Also can use two teams of 4 and play 4 v 2 with 2 other defenders resting.

A game of 4 v 2 or 5 v 3 players inside the square.

A group of 4 players developing passing techniques and skill outside the square.

The outside group attempt to pass to their player within the square as often as possible through the players playing the 4 v 2 / 5 v 3 game

A game of 6 v 6 including the goalkeepers.

Each team plays with a "sweeper" / free defender whilst the others play as attackers against man-marking opponents.

The "sweeper" player can be changed every 3 - 5 minutes .

Passing and receiving skills when man-marked will be challenged with this practice.