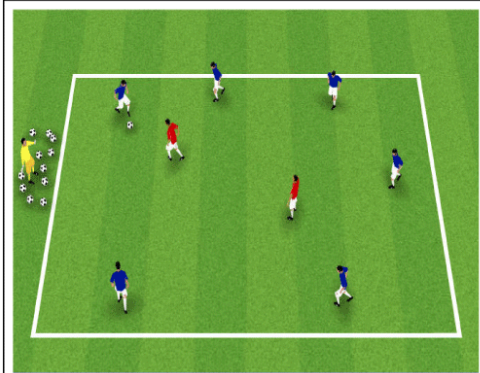


Coach

Session date

Theme

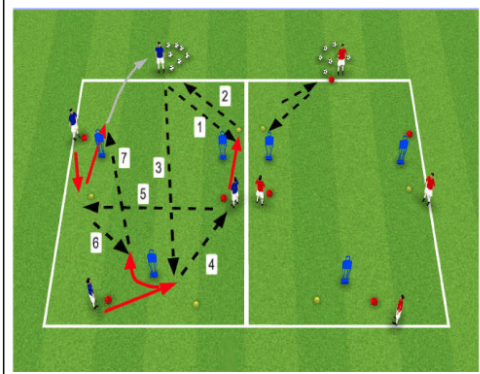


NOTES

6v 2 Control the defenders

11yds X 11yds
2 Touch Maximum

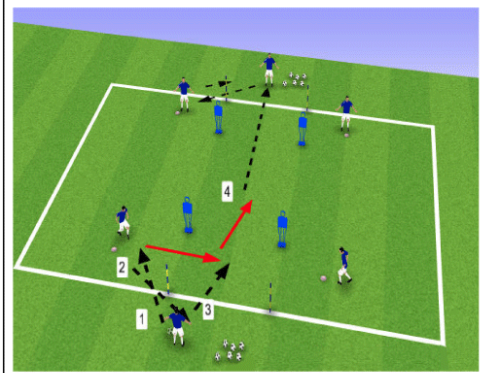
Cannot play back to the person who gave you the ball
No passes above shin height
Person who makes the mistake becomes the defender
Goal for the attackers is to control the defenders with mix of 1 and 2 touch



Move and Pass

Technical passing exercise with emphasis on quality of pass, receiving on the move - receiving player always moves from red starting spot to yellow flat cone, timing is important. 4 minutes working one direction, 4 minutes working opposite direction.

Last 4 minutes allow players to be creative, as long as all four players touch the ball before it is played through to the final player. 12 minutes total working time.

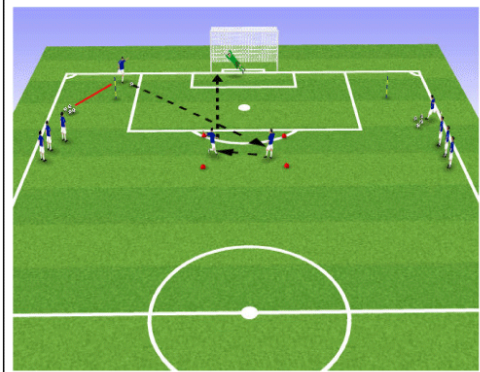


Mainz Combo

Passing and receiving on the move.

First player starts action with a pass to wide player who sets it back and then moves into the middle of the playing area - "between the lines", player who has come in off the side takes a positive touch between mannequins and plays to opposite end of the area.

* Players alternate direction of the ball each time. Coaching points are weight of the pass and timing of the movement. Players must receive the ball in stride. Begin the exercise on two touches and progress to one if the players develop a high level of understanding of the timing required.



Box Shooting

Description -
5x5 grid on the edge of the box.
Players are in pairs .
Front of the grid is 20yd out
Back of the grid is 25yd out

Instruction -
End line player plays into either player inside the grid. Players inside the grid have one touch to set, one touch to shoot. If those players score or hit the target they stay, if they miss the next group come in (players who played the pass from the end line)