

This is a really straight forward exercise that provides a surprising amount of challenge.

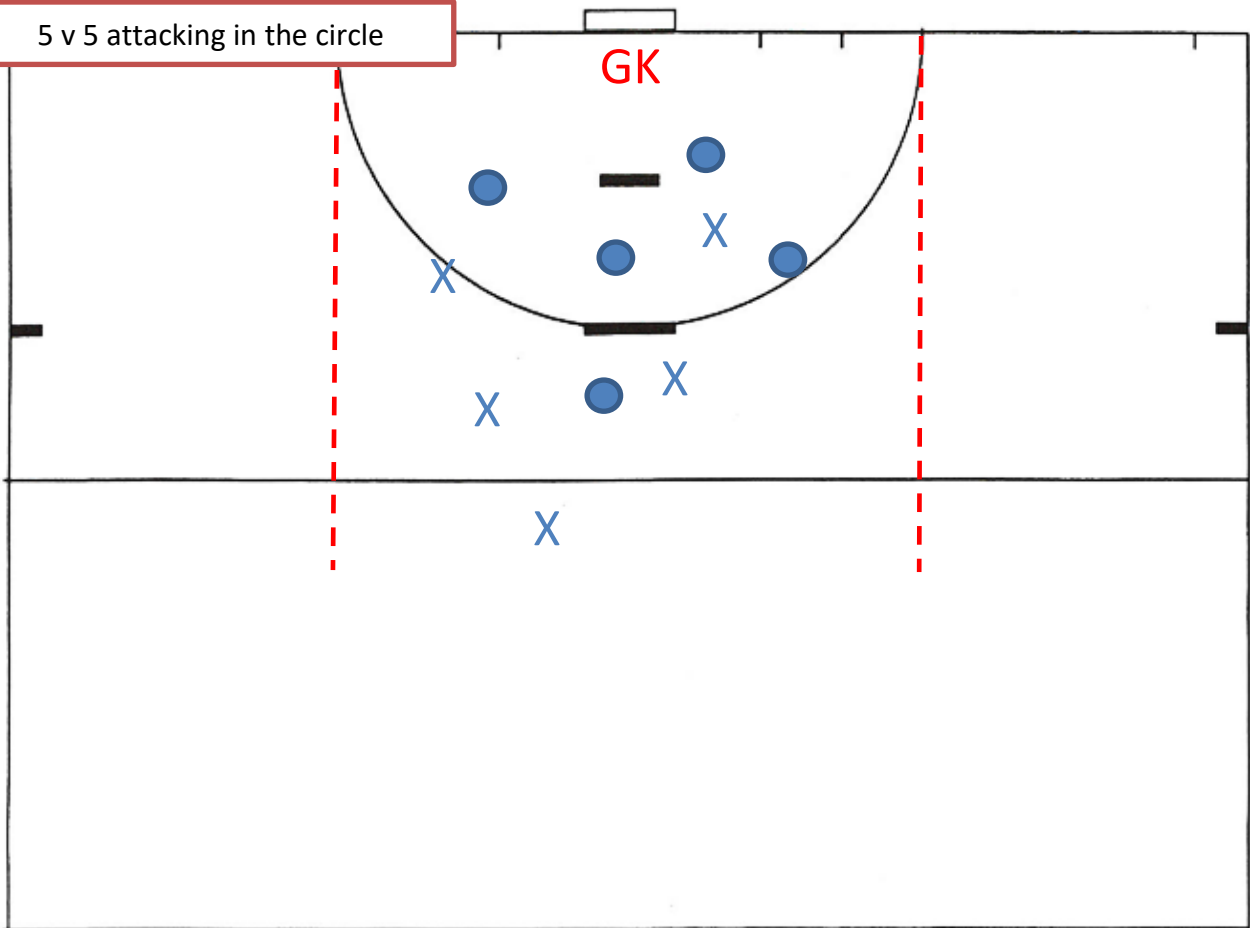
1. Pass the ball in pairs whilst moving towards the goal.
2. Shoot as soon as you enter the D and jog back to the half way line.

Progression and coaching points;

Use two bags of balls to keep the practice going for as long as possible, don't feel the need the say much. Run each of the following variations for 4 minutes.

1. As they pass they must be closer than the two narrow strips
2. As they pass they must be further away that the two wide strips
3. They must shoot before the strip placed 50cm inside the circle
4. 2 v 1 – add a defender, keep the massive space available and encourage
  - a. Early passes (away from the defender)
  - b. Carrying the ball into space if there is no pass available
  - c. Leading ahead of the ball after giving a pass. At speed.

5 v 5 attacking in the circle



What...?

1x GK - one team plays towards the GK, the other has to run the ball over the 25 and then turn around to attack the goal.

Add in points for goals, passing and leading ahead of the ball and (following on from week 2) and two handed tackles.

All long corners and sidelines can be taken on the 25-yard line. All 16-yard hits can be taken on the baseline.

