

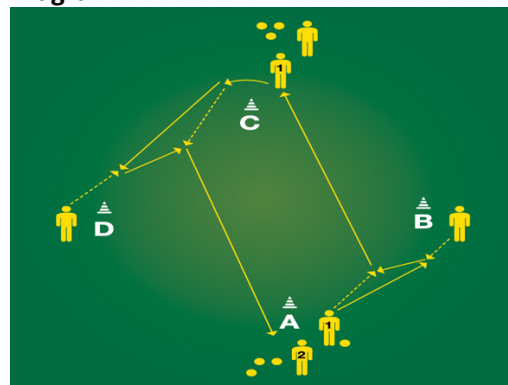
Session 5 – Striking The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- 6 players are positioned as shown, distance 7m-8m.
- Passing sequence as illustrated in diagram.
- All players follow their pass and move to the next cone.
- Encourage players to pass with good ball speed.
- Encourage players to play pass to receiving players back foot.
- Variation: Use 2 balls, one starting at cone A and one at cone B.

Diagram

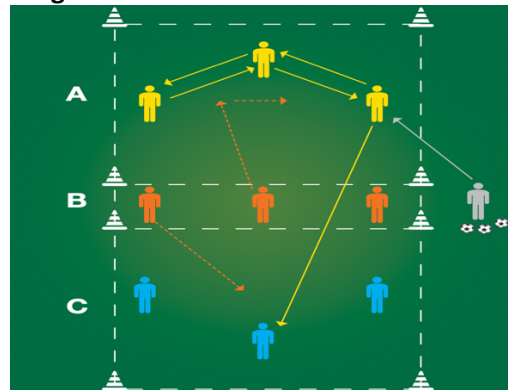


Skill Training – 25 Minutes

Organisation/ Explanation

- 3v1 Killer Pass positioning game with 9 players.
- Two grids set up (A&C) 12m x 12m.
- Three teams as illustrated in diagram.
- Coach plays ball into either yellow or blue team as illustrated.
- One defending player from the Red team comes out to defend in a 3v1 situation.
- Team in possession look to keep the ball and pass forward over to the other team where a new defender then applies pressure.
- Rotate defending team every 2-3 minutes or when defending team wins the ball.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 5v5 game including Gks + 2 'Neutral' players.
- Playing Area: 40m x 50m.
- Blue 'Neutral' players play for the team in possession to create a numerical advantage.
- All players stay in their designated areas.
- Encourage players in possession to keep the ball until the right opportunity presents itself to play the killer pass forward.
- **Step Up:** 2 touches only and or no neutral players.
- **Step Down:** 2 neutral players per grid and or make grids A and B bigger.

Diagram

