



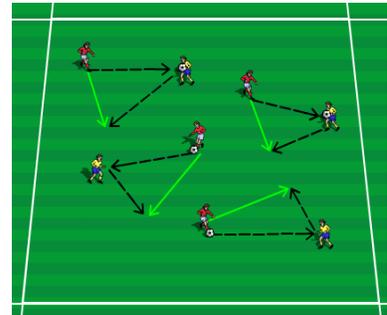
Forward Play

Teams are at their most vulnerable when they lose the ball in the attacking third. This session will let us capitalize on these opportunities by making a quick fire counter strike when the attackers win the ball.

Warm Up

Setup 30x30yard box with several gates inside
Players in pairs, one ball between two

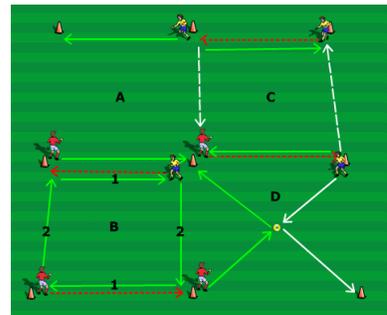
Description Red must make a pass to Yellow and then react to player 2's thrown pass. Red must sprint after the pass and then pick the ball up. Yellow then repeats the practice by passing to Red.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 10x10yard boxes to accommodate squad
Two balls required for B & C

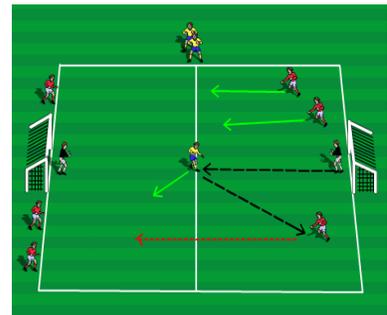
Description (A) Yellow Leads, Red Reacts to always be opposite.
(B) Players dribble then switch balls
(C) Dribble, Pass then sprint back to receive
(D) Sprint into the centre and back out



Drill

Setup 40x50yard pitch

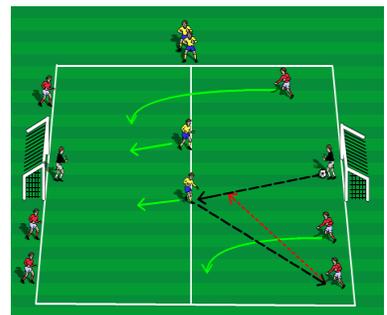
Description The goalkeeper throws the ball out to the defender, who passes the ball back to one of the onrushing three attackers. The three attackers must then attack at speed in order to beat the defender in a 3v1 situation and score.



Development

Setup 40x50yard area

Description Now progress to two defenders. The emphasis at this stage should be attacking at speed. If the attack is too slow, penalise them by introducing another defender who makes a recovery run from the halfway line.

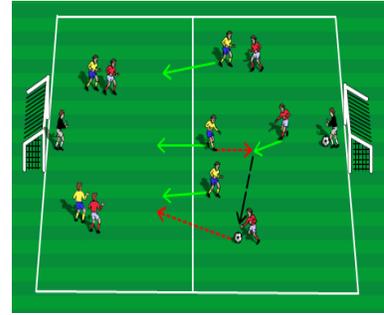




Game Related Practice

Setup 40x50yard pitch

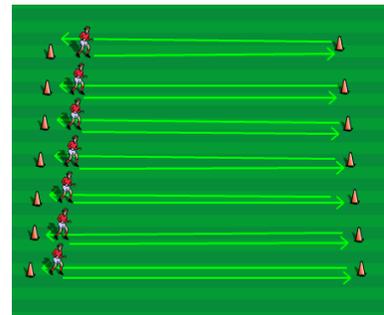
Description Play a normal game. Apply a rule that when defending, players can only tackle in their defensive half of the pitch. This will force two scenarios. The teams will naturally drop deep off the ball, allowing space for a quick break on regaining possession.



Cool Down

Setup Two markers, 20yards apart

Description Players lightly jog performing slow dynamic stretches such as lunges, squats etc. This can be progressed into static stretches. It is important to lower the heart rate gradually and stretch all of the major muscle groups to aid recovery.



Notes