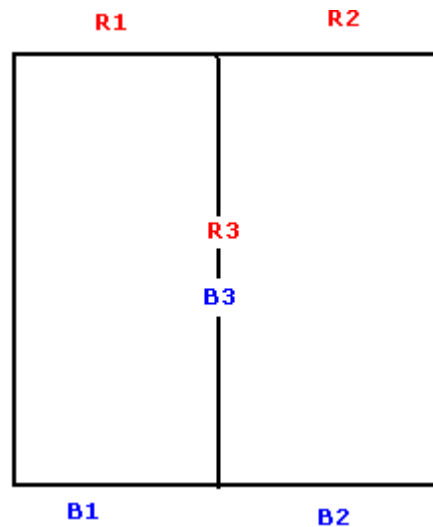




Sample Training Session

Activity 1



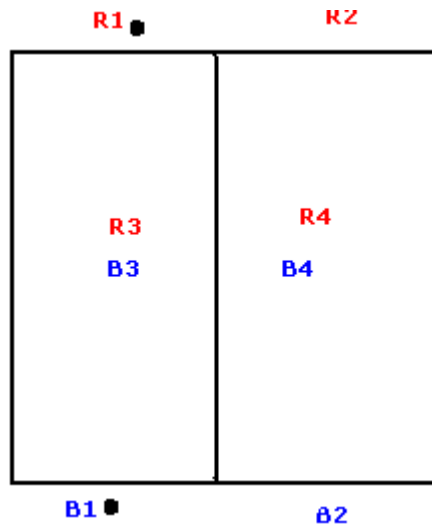
Rules:

Play 1v1 with two supporting players. B3 scores by playing the ball to either R1 or R2. If the defender wins possession the ball must be played to the supporting players before scoring. Supporting players cannot play a straight-ahead pass forward to B3/R3; all passes must be at angles.

Coaching points:

- Starting on the blind side of the defender
- Timing of coming to the ball and come in sideways to receive with the outside of the foot as this is the protected foot
- Looking over your shoulder as you come to show for the ball
- Supporting players dropping out for one another to create a better angle

Activity 2



Rules:

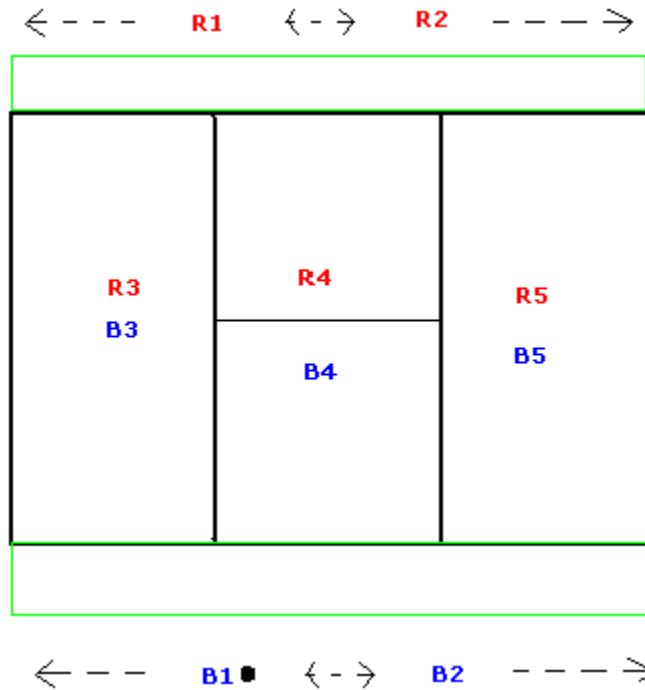
The game will be 2v2 with 2 supporting players. Again all forward passes must be played at angles. You can play a flat pass backwards.

Coaching points:

- Timing of support, do not be flat, one high and one low
- Check in and if you do not receive a pass roll out and let other forward come in
- Always start on the blind side

Main objective is to get behind the defense with a double pass or a wall pass

Activity 3



The above activity simulates playing with three forwards and two holding midfielders. The green box is simply a neutral zone so there is always some space between the holding midfielders and the three forwards. The holding midfielders can move laterally to provide better angles of support or drop out to make a better angle for one another. Objective of the game is to get in behind the defense and play the ball to the opposition holding midfielders.