



Skills and Drills Sheets



Rev B – Feb 2014

Yellow – basic skills

Blue – skill drills and games

Red – team drills and games

Green – goalkeepers games

Bucklebury Wolves Drills



Passing

Get your players to do simple side foot passing

1

They need to use their whole body to pass the ball properly



2

Tell them to put their left foot to one side of the ball



3

Then tell them to kick through the centre of the ball keeping it low and easy to control

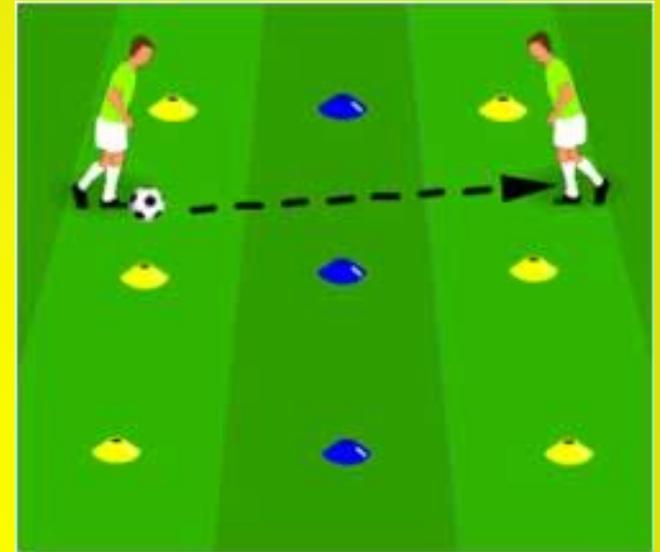


4

They must use their arms for balance and keep their head still



BASIC SKILLS

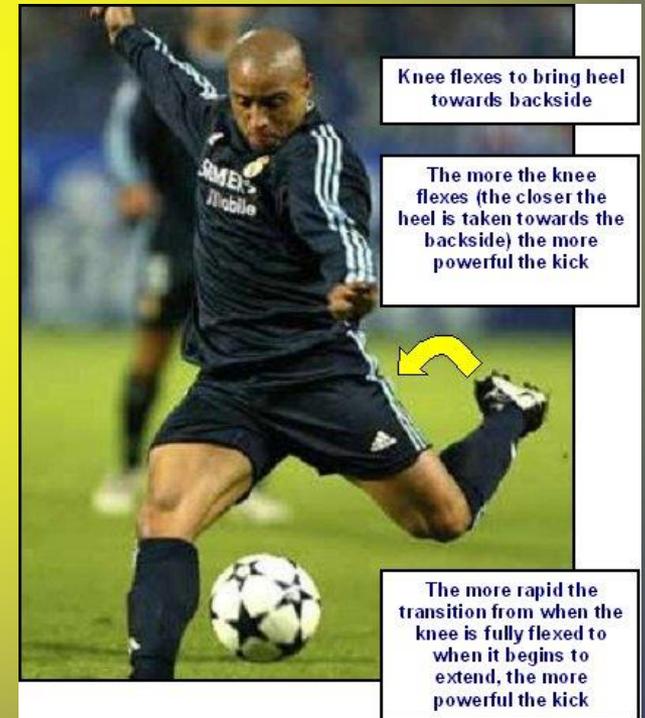


The passing square



Shooting

BASIC SKILLS



Jump, kick backside and head



Hold ball in hands, jump as high as possible



...make sure heels kick backside



...bring the ball to your head with your hands



...land back down with ball in your hands

Technique for properly heading a ball:

Contact with the ball should be made on the **forehead** between the **eyebrows** and the hairline.

Ball must be struck and not bounce off the head
Players **must use muscles in their back and stomach** to approach the ball

Back slightly arched as ball approaches, **slightly leaning forward** after striking the ball

Neck must be stiff, younger players can be taught to tuck their chin towards their chest to stiffen the neck

Head moves **toward** the ball

Eyes must remain open and on the approaching ball

Timing is essential

For balance, **knees must be slightly bent**

Playing around with headers



serve ■■■ direction of header →

Goalkeeping

Using the long barrier to save shots



Hands down, little fingers almost touching



Knee down, long leg behind hands



Gather ball



Turn shoulder to protect from incoming pressure

Get your goalkeeper to drop-kick into attack



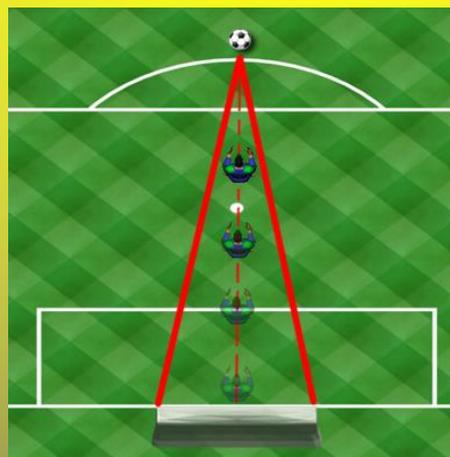
As you move forward release the ball



Kick the ball just before it bounces



A full follow through gets the greatest distance



Bucklebury Wolves Drills

BASIC SKILLS

Diving saves need sharp reactions



Be on your toes



Keep your arms well out in front of you

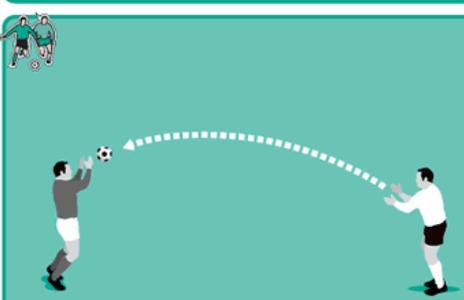


Get your hands behind the ball

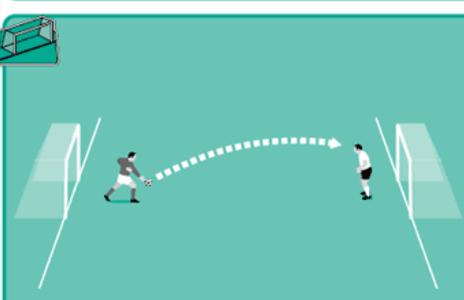
serve →



Make sure the hands form a "W" when catching.



Practice catching at various heights and speeds in pairs.



Goalkeepers score points by catching the ball in this game.

Improves: Co-ordination and saves

Duration: Varies

Players: 2 or 4

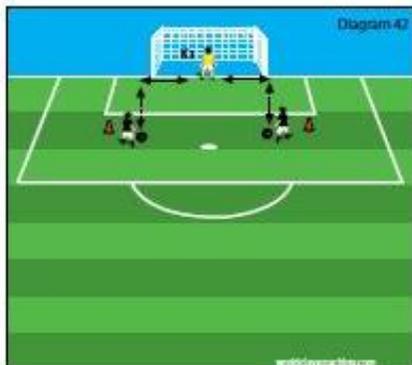
Kit: 4 cones, 1 ball

Coaching Pointers:

Goalkeepers work in pairs, using one ball each. Keepers are positioned facing each other approximately 2 yards apart and a little to the side. The keepers work as team mates and serve the ball to each other. The idea is to serve the ball just to the side of their team mate and their partner has to shuffle their feet quickly to get behind the flight of the ball and catch it.

Emphasis is on quick footwork. The keepers should not cross their legs when shuffling side to side. The tempo should be high. Change partner after short interval.



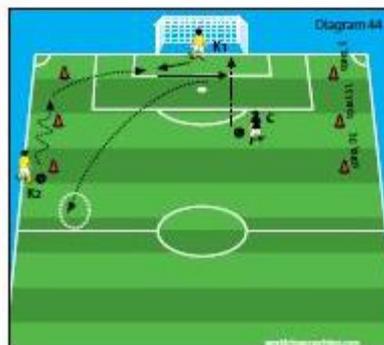


WARM UP (25 mins)

Two minutes on your own

SHOT HANDLING IN THE GOAL:

- Focus on movement between the saves: quick but balanced
- Two servers eight yards out, even with the posts
- Slingshot serves to head/shoulder height
- Bowled serves on the floor, scooped save
- One serve low/one volleyed, alternate sides
- Same but high ball, claim at crossbar height
- Both volley, one set at a post, one set angled in, quicker pace
- 3 sets each, 6 - 8 reps per set



SHOT LOCATIONS

- Off opposite angle
- Same side angle
- In and outside of the penalty area

VARIATIONS

- Shots from ground and hands
- Controlled service: shots close to goalkeepers body
- Coach chooses not to shoot - observe for a drop in form/fatigue

COACHING POINTS

CROSSES:

- Assess the ball "early" and attack the ball "late" (a term I learned years ago from ex-Chelsea keeper Peter Bonetti)

COACHING POINTS

Shots: Recovery movement, re-set position and recovery saves

Distribution: Throw to the side that the save takes you. When dealing with near post serves or crosses that take you forward, hit the gaps behind the server. By exploiting that space you will eventually pin the opposition back

MAIN THEME (30 mins)

SHOT/CROSS COMBOS:

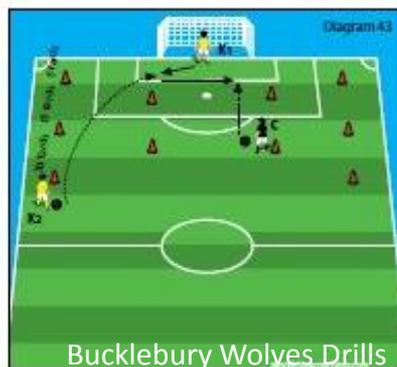
- One goalkeeper on the flanks, the coach in and around the penalty area
- The goalkeeper takes a cross and distributes to a Pre-determined side
- Goalkeeper takes a shot from the coach

CROSSES:

Three to five crosses each area:

- 30 yards
- 15 yards
- 5 yards

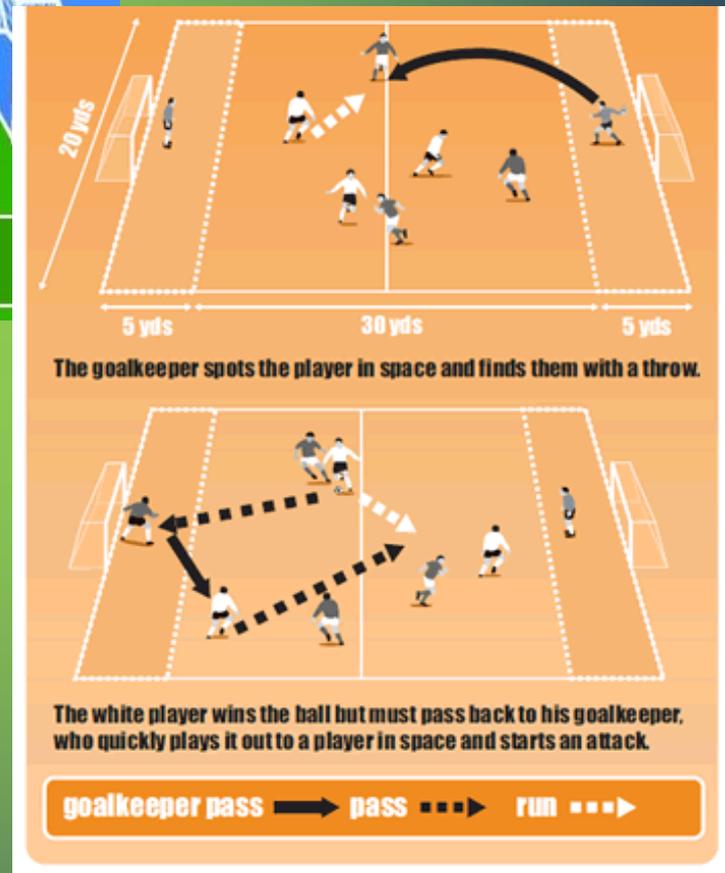
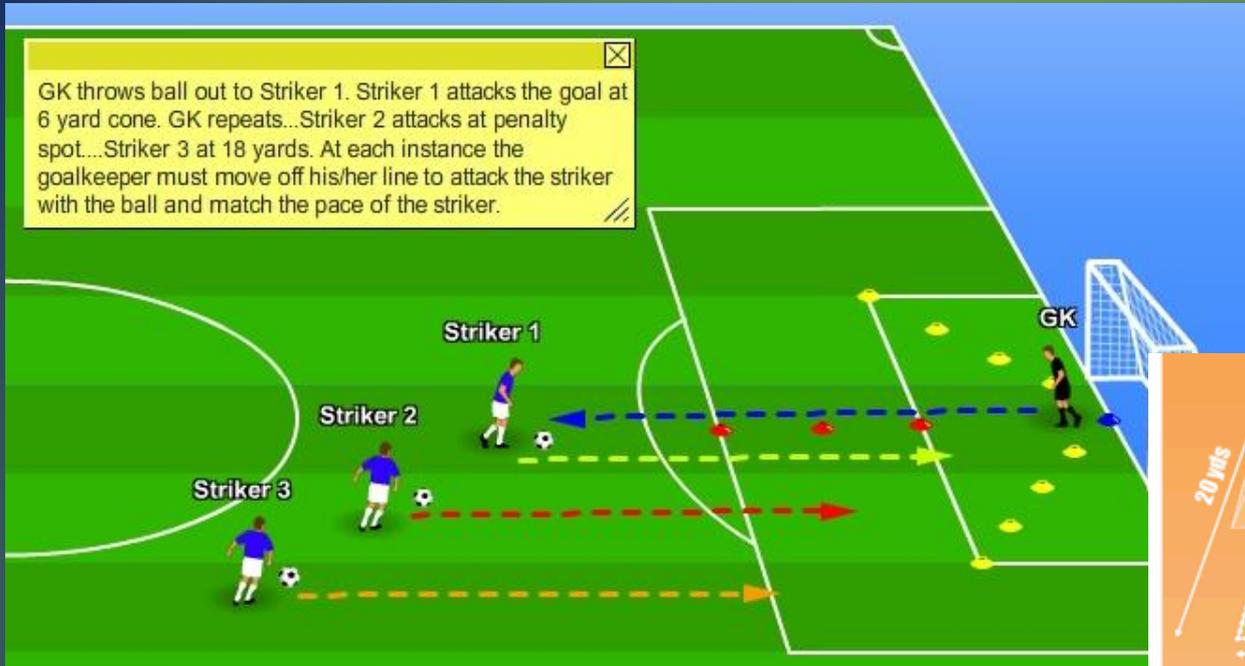
Various Targets: Front, central and far posts



Bucklebury Wolves Drills

Goalkeeper Closing Down & Distribution Drills

SKILLS



Part 1 - Game

Organisation

Players are split in to 3 teams with 3 tall cones at each end to act as goals. To score a player must knock over one of the opposing teams cones with a javelin throw. The ball can only be stolen with an interception

Learning

- Can the closest player try and close down space
- Shaped of body to move opponent to the side
- Stay big and deny space
- Send the ball quickly after regaining possession

Part 2 - Practice

Organisation

Orange player attacks goal, and tries to score by dribbling ball in to end zone behind the blue goalkeeper. Goalkeeper tries to win possession and then distribute ball through scoring gates at the opposite end. Recovering defender brought in to practice to put pressure on attacker.

Learning

- Stay big and move down the line of the ball when the attacker takes a large touch out of their feet
- Collapse on top of ball when attacker has been ushered to the side
- Create a large target and put onus on the attacker.

Part 3 - Development

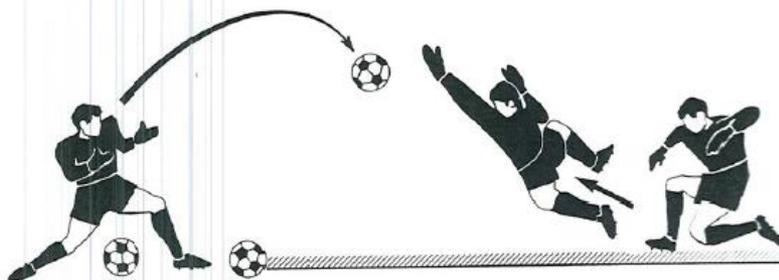
Organisation

Return to game. Check for learning

Learning

- Pass with feet to collect with hands

drill 83



Purpose: Correct diving technique

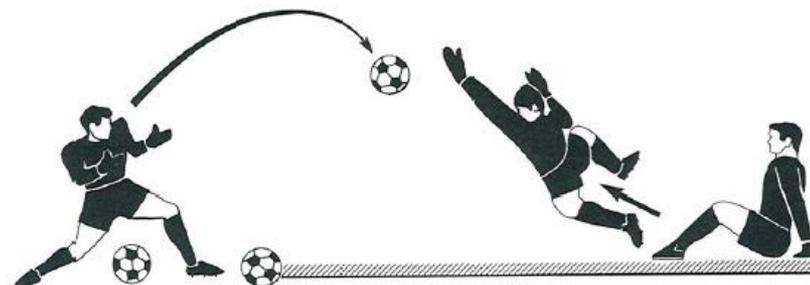
Practice set-up: The goalkeeper kneels on one knee and faces the coach, who holds a ball. The coach proceeds to toss the ball to one side of the goalkeeper, who dives to catch it and return it to the coach. (Note: the toss should be to the side where the knee is off the ground.) The coach should ensure that the goalkeeper is diving along the side of his body, so that he can see the ball clearly and use the softer part of his body to land.

Equipment: A good supply of balls

Progressions: Gradually extend the goalkeeper by serving the ball further from his body so that he needs to react more quickly or improve his diving techniques.

Click on sign to add text
and place signature on a
PDF file.

drill 82



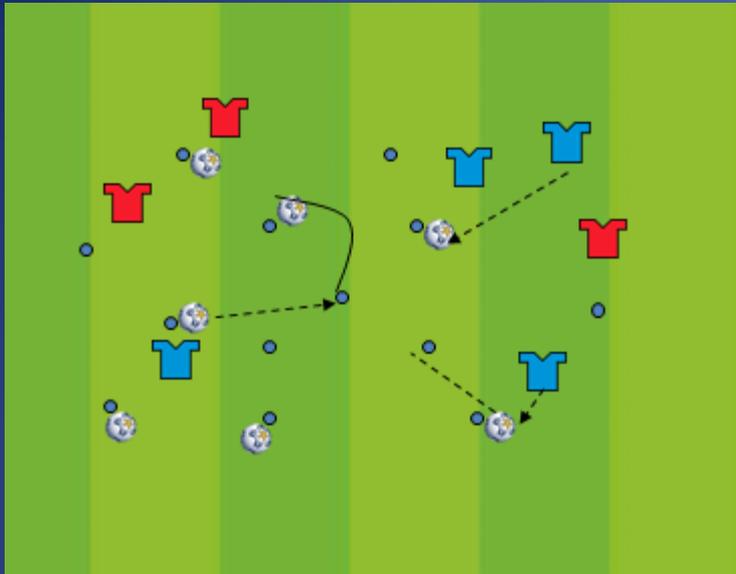
Purpose: Recovery and diving technique

Practice set-up: The goalkeeper sits on the ground faced by the coach who has a ball in his hands. The coach serves the ball to the side of the goalkeeper, who dives sideways to catch it and return it to the coach for the next service. The coach serves the ball six times to the right side and then six times to the left side.

Equipment: A good supply of balls

Progressions: The coach should gradually extend the goalkeeper by throwing the ball a little higher or further from him and alternately left and right as the session progresses.

Click on sign to add text
and place signature on a
PDF file.



Improves: Control, balance, movement, passing

Duration: Varies

Players: 2

Kit: 2 cones different colour per player, 1 ball each

Types of Activity:

Good 1st touch to attack at speed

Understanding of space to attack

Balance

Techniques of skills to beat defenders

Good body shape to see the attack / Support play

Decision making and game understanding

sessions

Practice 1

The area is marked out with 2 sets of different coloured cones. The players take a ball from the drop off cone and dribble the ball round the other coloured cone before taking it back to a different drop off cone. In the practice the coach will set different skills and challenges to go round the cones.

Practice 2

The Players now work in 2s the player with the ball passes the ball to his team mate who the dribbles the ball round the cone. His team mate the makes a run to the drop off cone to receive a pass back from his team mate who them does the same.

Warm Up Skills Drill in pairs

SKILLS



Improves: Speed, agility, first touch passing

Duration: Part 1 (top pic) – 2 mins

Part 2 (bottom pic) – 2 mins then swap and repeat

Players: Varies but always in pairs

Kit: 2 cones & 1 ball each



Weblink: <https://www.youtube.com/watch?v=hGKnFncCOmg>

Start slow and speed up

Part 1 – player in box needs to be on toes and always moving

Part 2 – ball can be played outside outer cones so 4 passing positions – i.e. not just between cones.

Warm Up Skills Session – Part 1

SKILLS



Improves: Speed, agility, first touch passing

Duration: 45 seconds on each set

Players: Varies but always in pairs

Kit: 2 cones & 1 ball each

Weblink: <https://www.youtube.com/watch?v=tc03nCb8N4>



Concentrate on light ball touches and accuracy

Quick coach demonstration between each

Need to set up two pairs of cones in line if want to do Part 2 (next page)



Warm Up Skills Session – Part 2

SKILLS



Progression: Two groups work together

Improves: Speed, agility, first touch passing

Duration: 45 seconds on each set

Players: Varies but always in pairs

Kit: 2 cones & 1 ball each



Progression 2: Dribble towards server, leave ball and sprint around to the next ball

Weblink: <https://www.youtube.com/watch?v=tc03nCb8N4>

Middle players swap places after each pass, outer players stay in position. Hence need to have two lines in a row.

Quick coach demonstration between each



Progression 3: Open up and play other side



Players Double Up - Pass through gate and follow pass

Space Invaders Warm Up Game

SKILLS

Improves: Control, balance, dribbling, passing

Duration: Varies

Players: all

Kit: cones, 1 ball each

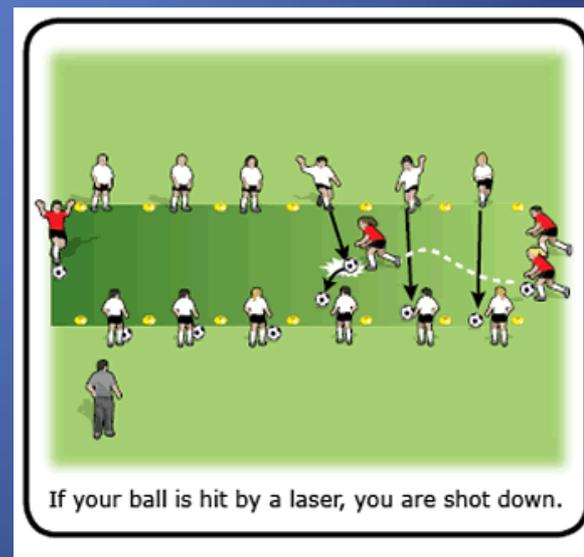
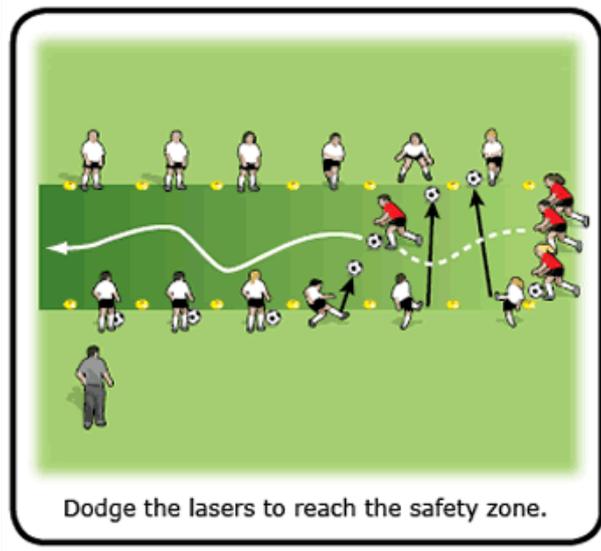
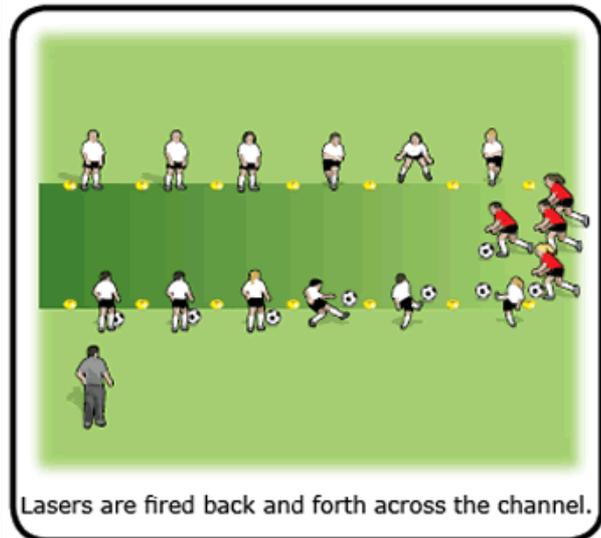
How to play it

In pairs, players from three of the teams stand on either side of the channel. On your call, they play one touch passing back and forth. This represents the laser to shoot down invaders.

The fourth team – the invaders – has to dribble through the channel, one player per zone at a time, avoiding having their ball hit by the lasers. If an invader's ball is hit by a laser, they have been destroyed and leave the channel in that zone.

The invaders must aim to reach the safety zone at the end of the channel. The team with the most invaders reaching the safety zone wins.

If no team reaches the safety zone, the team that progress the farthest along the channel wins.



Pirate Treasure Warm Up Game

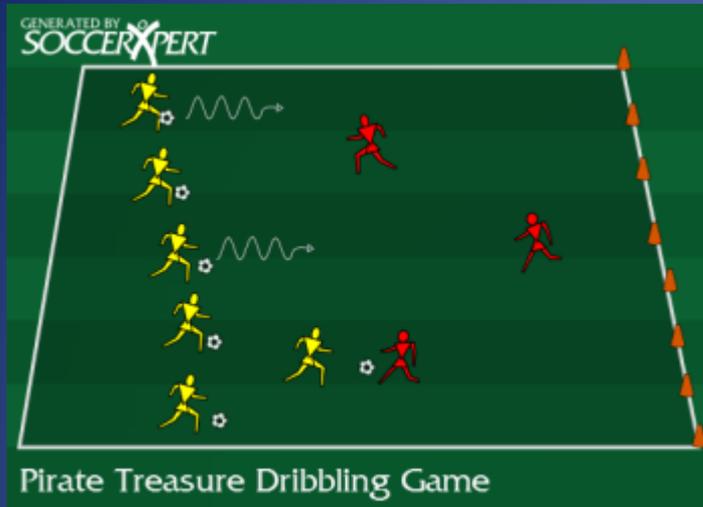
Improves: Control, balance, dribbling, passing

SKILLS

Duration: Varies

Players: all

Kit: cones, 1 ball each



Dribbling Warm Up Game

Improves: Dribbling, co-ordination (shooting)

Description:

Each player has a ball. Players dribble around the obstacle as shown, first using right foot and then switching to left foot.

Coach Observation:

Movement of the player
Coordination/Speed/Agility
Use both feet.

Note:

Add a net so players can shoot after going thru obstacles.



1 Minute Control Skills Drill

SKILLS

Improves: Control, balance, movement, passing, heading

Duration: 12 minutes (as players swap after 6 mins)

Players: 2

Kit: 4 cones, 1 ball

The coach should roll through each of these skills:

1 minute with inside foot passes (1 or 2 touch)

1 minute outside foot passes (1 or 2 touch)

1 minute top of the foot volley

1 minute inside of the foot volley

1 minute chest volley

1 minute headers

The coach should focus on:

Good work ethic

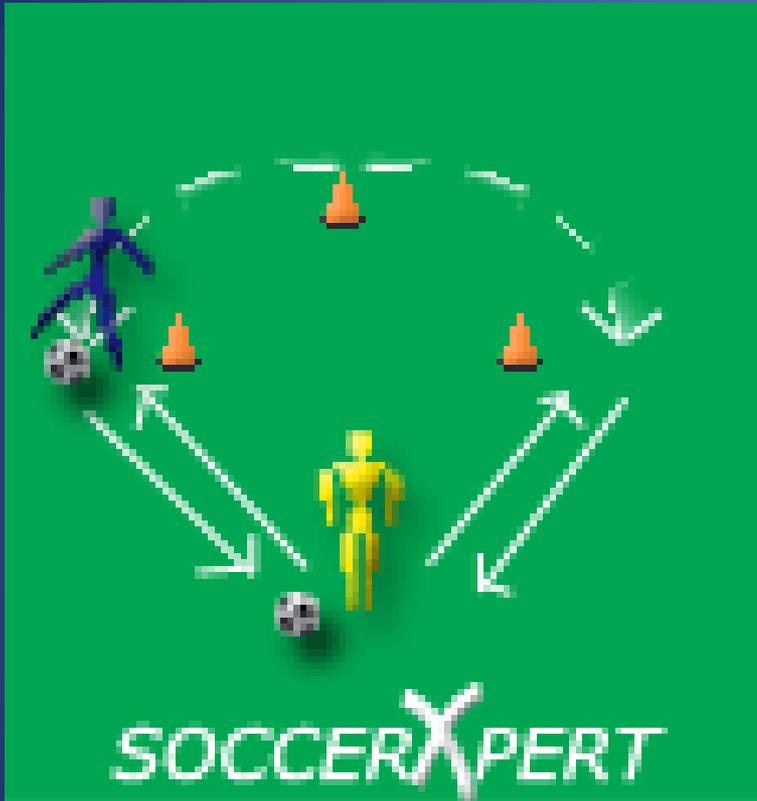
Clean passes with good pace

Quick feet/movement

Good balance

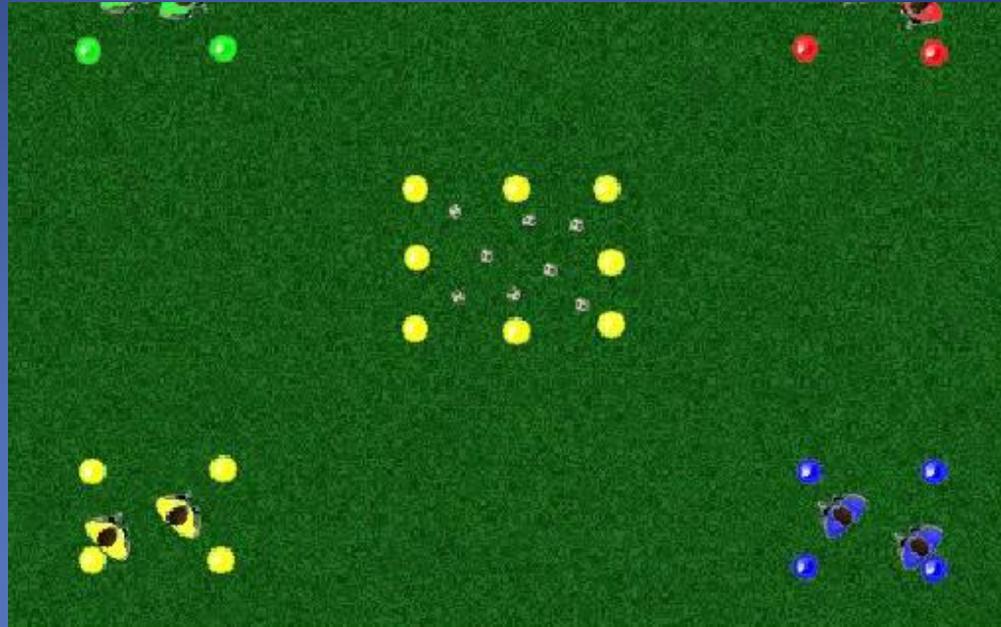
Good body posture and player not standing straight up

Player in control of the ball



Robin Hood Skills Game

SKILLS



Improves: Control, balance, movement, dribbling, heading

Duration: 15 minutes

Players: 12-24

Kit: 20 cones, 1 ball per player or more

4 teams involved in races to get most number of Balls back into their corner area.

The coach should focus on:

Explain one player per team in action at any one time, net player can only start when teammate gets back to their corner

This is a competitive game

Good work ethic

Stop the ball in the corner area

Try:

Run and dribble back to corner

Dribble to centre and run back

Run to centre and pass to teammate in corner area

Walk to centre heading ball

Pass & Move Drill

Improves: Control, balance,
passing

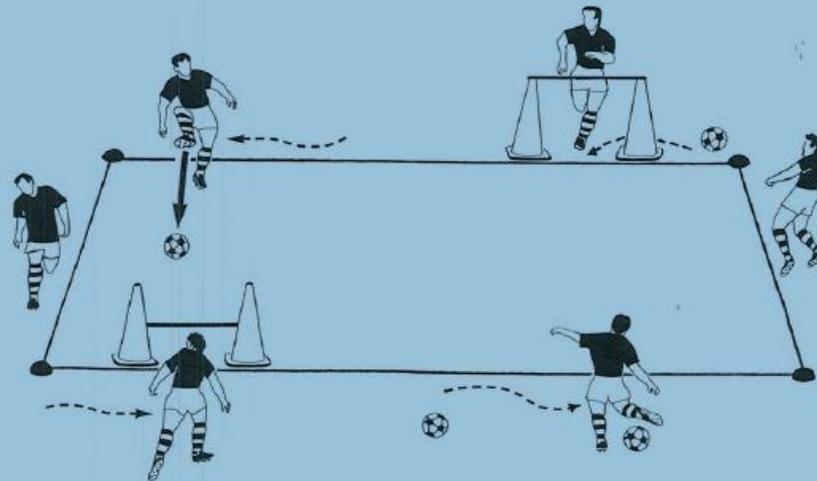
Duration: 15 minutes

Players: 6

Kit: 8 cones, 2 balls

SKILLS

drill 13



Purpose: Passing on the run with the ball

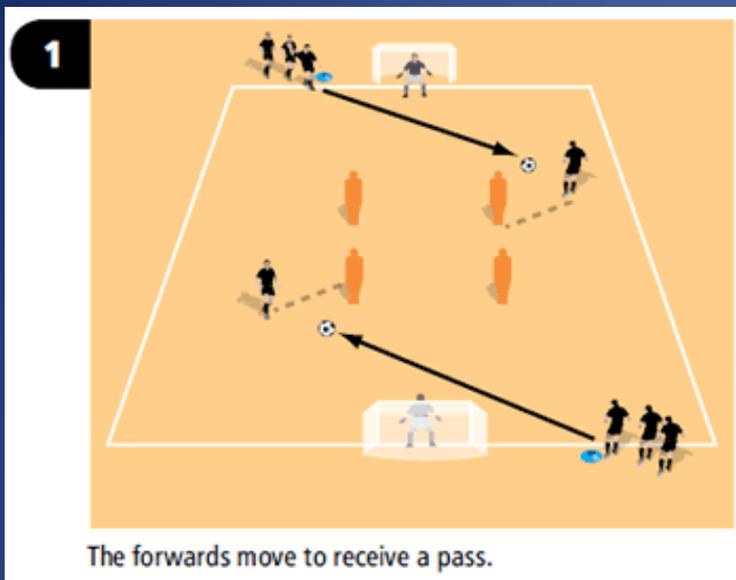
Practice set-up: A long channel 15–25 yds long by 5–8 yds wide is marked on the ground and two small goals are made with cones placed 2 yds apart. Two files of players stand at the back of their respective goals. The first player runs with the ball and tries to pass it on the run through the small goal at the other end, continuing to run and join the end of this file. The next player receives this pass and runs with the ball to the other goal and so the drill continues. Keep a few spare balls around for continuity of the practice.

Equipment: Four cones, two balls

Progressions: Both teams racing against each other at the same time. Repeat the practice in the opposite direction so players have to use both feet.

Pass and Move Drill

SKILLS



Improves: Control, movement, beating defenders

Duration: varies

Players: 8 or 12

Kit: 4 poles, 2 goals, 1 ball per player

How to play it

The forwards move away from the mannequin to receive a pass.

The forwards set the pass back to the supporting midfielders.

The midfielders return the pass into space for the forwards to spin and run after. The forwards now shoot across the goal.



Passing Drill

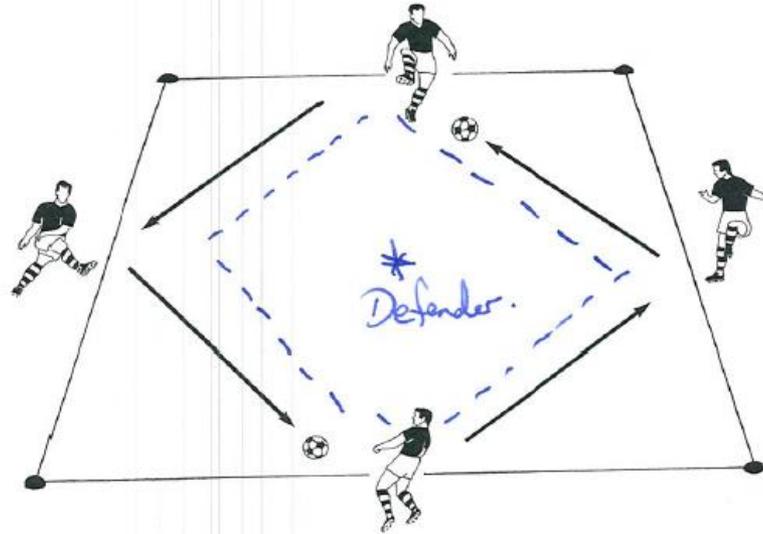
Improves: Control, balance,
passing

Duration: 15 minutes

Players: 4 / 5

Kit: 4 cones, 2 balls

drill 30



Purpose: Quick passing and control

Practice set-up: Four players stand around a 6–10 yd square, two of them with a ball at their feet. The two players with a ball proceed to pass the ball simultaneously in a clockwise direction around the square, so the balls rotate. At first, players should control the ball before passing it, but later they should try to pass the ball straightaway so that the balls are continually on the move.

Equipment: Four cones, two balls

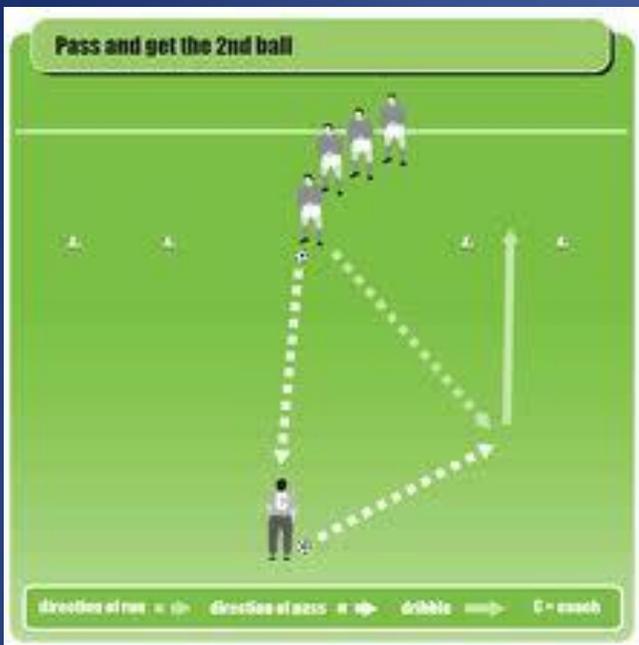
Progressions: Use both feet in both directions.

+ introduce defender in middle in smaller area as ---

SKILLS

Pass and Move Skills Drills

SKILLS



Improves: Passing, movement

Duration: varies

Players: 6 players and coach

Kit: 3 cones, 1 ball

The coach should focus on:

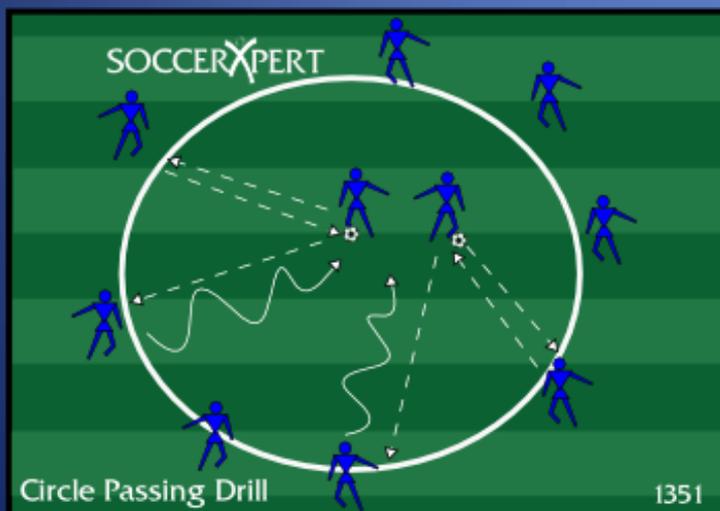
Good work ethic

Clean passes with good pace

Quick movement

Good balance

Getting back into position quickly



Improves: Passing, movement

Duration: varies

Players: 6 players and over and coach

Kit: 12 cones, 2 balls

Progression – outer players change places when they pass.



Dribbling Drill

Improves: Control, balance,
dribbling

Duration: 15 minutes

Players: varies

Kit: 5 poles, 1 balls each

SKILLS

drill 12



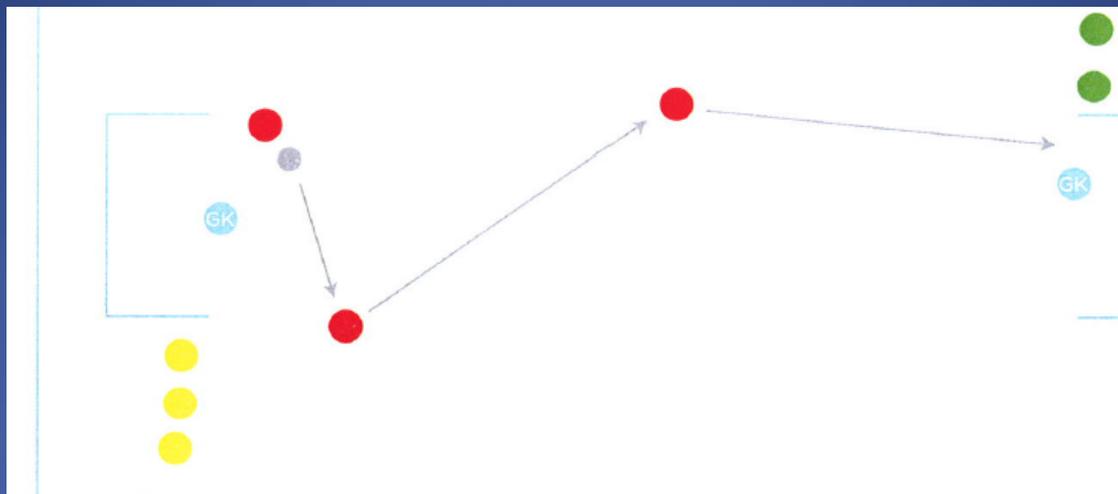
Purpose: To run with the ball while changing direction quickly

Practice set-up: The group is broken into files of players who compete against each other via a slalom course marked with flag poles placed on the ground 1-3 yds apart. Each player in turn runs with the ball through the cones in a designated fashion decided by the coach (e.g. left foot only, alternate feet, a set technique or 'trick', etc.) before their team-mate takes over from the other side. Each player has to carry out a set number of runs and the first team to finish the course wins.

Equipment: Six to eight flag poles, two cones, *x 2 teams*

Progressions: The tempo can be increased or the slalom can be made by placing the poles closer together to increase the difficulty of the drill.

Click on Sign to a
and place signatu
PDF File.



Focus:

Main focus
Pass / support / finishing.

Top tips

- Observation.
- Quick support.
- Pass positively.
- Finishing skills.

Organisation:

Initial set-up

- Goal at either end.
- Work in groups of three to score; go alternately from different ends.

Progression

- Both ends go at once.
- Add a time pressure.

Outcomes:

Technical

- Running with the ball.
- Dribbling.
- Finishing – rebounds.

Physical

- Movement – running.
- Balance.
- Co-ordination.

Improves: Control, balance, dribbling, shooting

Duration: 15 minutes

Players: 8-12

Kit: 2 goals, 1 ball per player or more

Start without goalkeepers.

Progression 1: Add goalkeeper

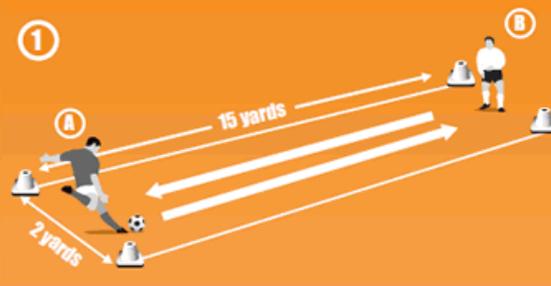
Progression 2: Add defender

Shooting Drills

SKILLS

Improving shooting accuracy

①

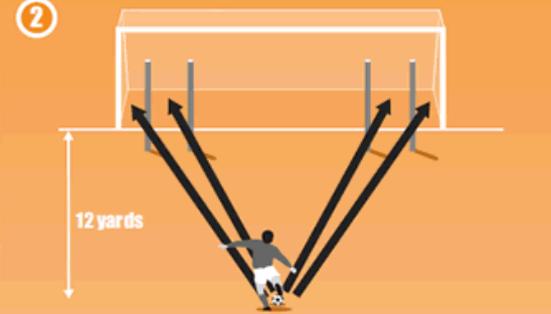


15 yards

2 yards

Players try to get the ball past each other in the channel.

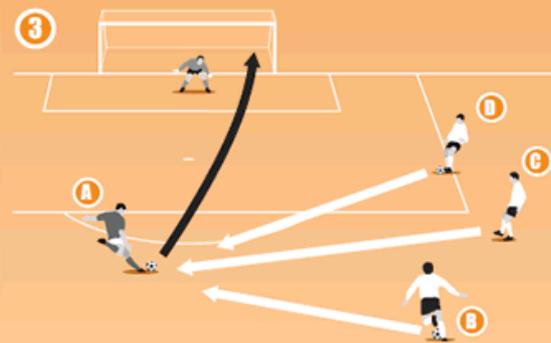
②



12 yards

Players must hit one of the four target areas or lose the game.

③



Put players' accuracy to the test with different angled passes.

pass → shot →

Improves: Control, balance and shooting accuracy

Duration: Varies

Players: 1, 2, 4/5

Kit: 4 cones, 1 ball / 1 goal, 4 poles, 1 ball each

The coach should concentrate on:

Technique

Accuracy

Thinking about what they are trying to achieve

Communication (bottom drill)

1 v 1 Attack and Defend Drills

SKILLS

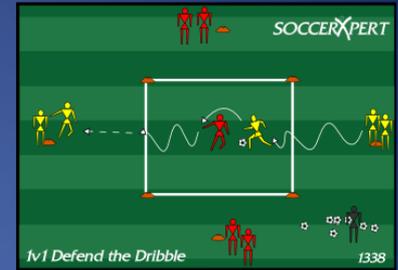
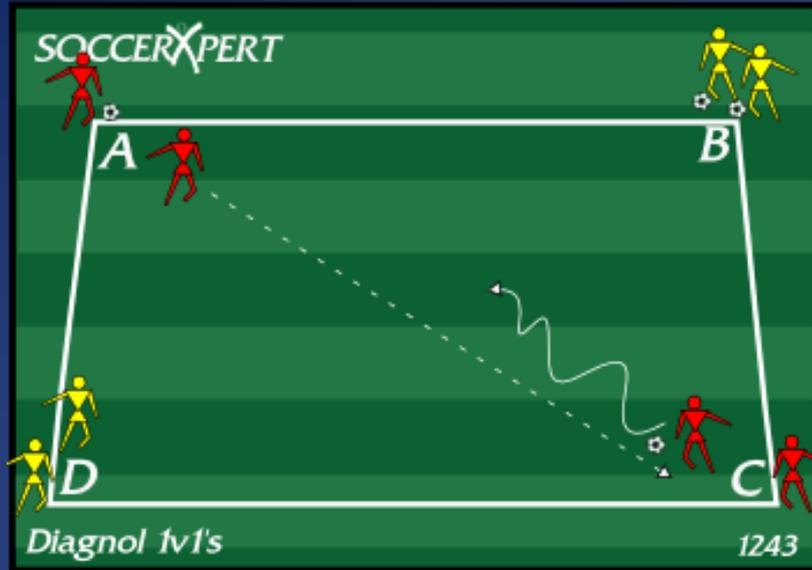
Improves: Control, beating defenders, closing down

Duration: varies

Players: 4, 8 or 12

Kit: 4 cones, 1 ball per player

Player A passes to player C. Player C becomes striker who attacks player A's one. Player A defends. Play is considered dead when the ball is out of the grid, or the defending player wins possession. Group B will then play to Group D and repeat.



Improves: Control, Thought, Closing down, Beating defender, Shooting

Duration: varies

Players: 4+6 players and coach

Kit: 1 goal, 1 ball per attacker

The coach should focus on:

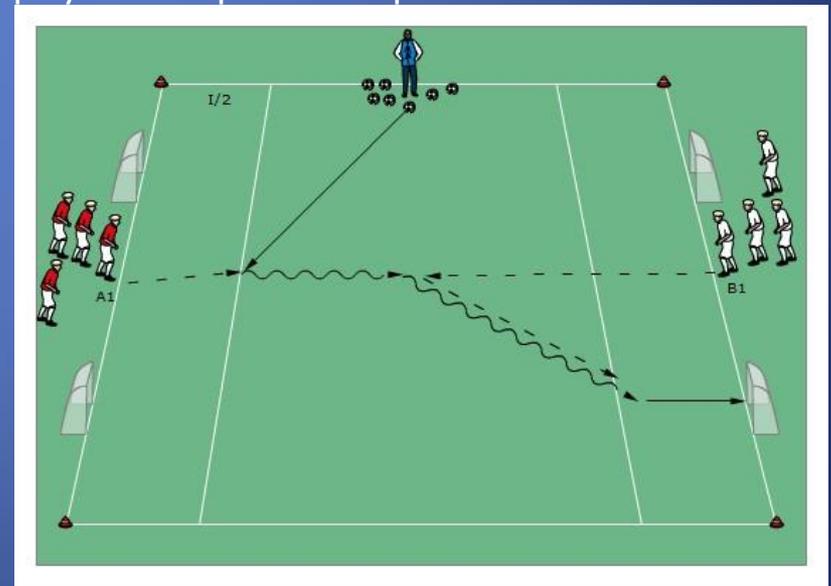
Good work ethic

Think about what they are doing

Quick movement

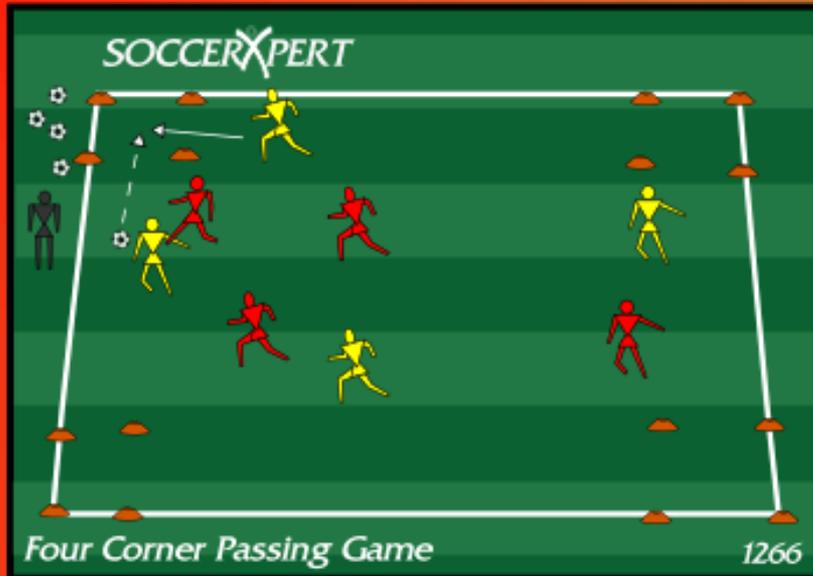
Good balance

Closing down quickly / shepherding striker



Pass and Move Team Drills

Improves: Passing, movement, teamwork TEAMWORK



Duration: varies

Players: 6 – 8 players and coach

Kit: 20 cones, 4 balls

The coach should focus on:
Good work ethic
Communication
Clean passes with good pace
Quick movement
Closing down
Positioning

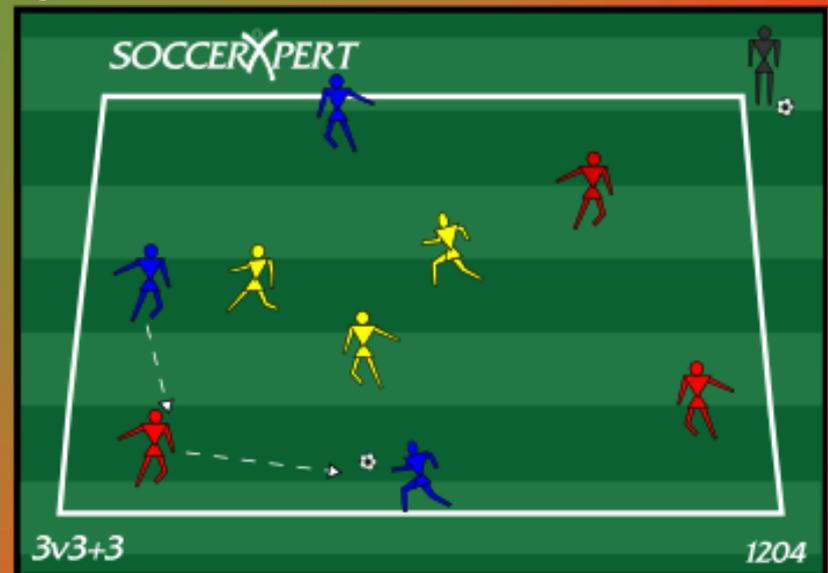
Improves: Passing, movement, teamwork, positioning

Duration: varies

Players: 6 – 9 players and coach

Kit: 12 cones, 2 balls

The coach should focus on:
Clean passes with good pace
Good balance
Communication
Closing down and positioning



Pass and Move Team Advanced

TEAMWORK

Improves: Passing, movement, teamwork

Duration: say 15 mins

Players: 4, 8 or 12 players

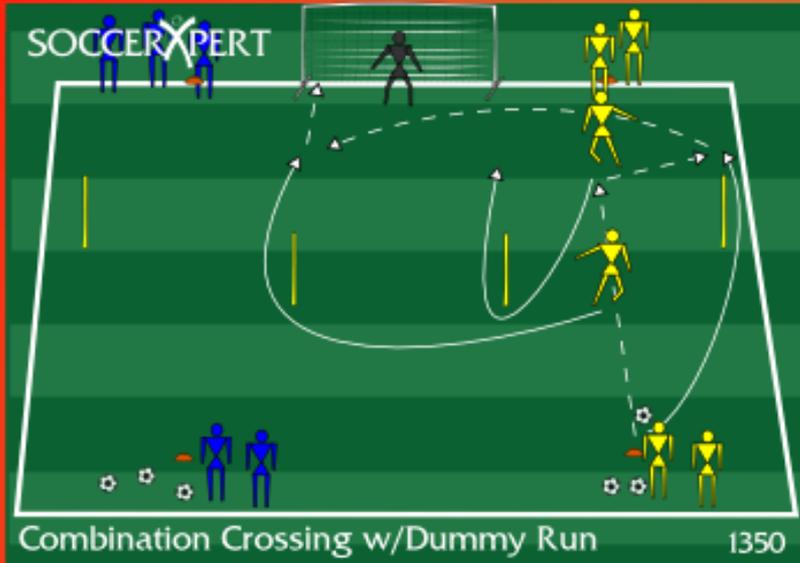
Kit: 4 cones, 1 ball

Website: <https://www.youtube.com/watch?v=TMRd0IxxjNE>



Crossing Team Drills

Improves: Crossing, movement, teamwork TEAMWORK



Duration: varies

Players: 6 – 8 players and coach

Kit: 4 poles, 1 goal, 4 balls

The coach should focus on:
Good work ethic
Communication
Clean passes with good pace
Quick movement
Crossing technique
Positioning

Drill Instructions:

Two players from the line on the end line check in to the player with the ball.

The two checking players should be about 5-7 yards apart from each other when checking.

The top player plays the ball in towards the front checking player and sprints around the stick on the sidelines closest to him.

The first checking player dummies the run by stepping over the ball and letting it run between their legs.

The front player then sprints around the back stick and makes a run to the back post.

The back checking player plays a 1st time ball into the space of the outside stick for the top player to cross on one touch and sprints around the closest stick and makes the front post run.

The outside player serves a first time ball into the box for the runners to finish on goal.

The player that makes the backpost run moves to the top line the back player goes back to the line and becomes the front player, the player from the top goes to the back of the line on the end line.

Perform the same movement with the players on the other side of the goal rotating each combination.

Drill Coaching Points:

This drill is all about crossing and finishing on goal.

Make sure the proper crosses are played in. If they are too far inside, a good solid cross on the ground into the advancing player. If they are outside, drive a good cross into the advancing players.

Checking players should pay attention and focus on their runs.

Passes and shot should be 1 touch when possible.

Focus on good finishing and shooting technique and putting the ball on target.

Make sure runs are properly timed and the runners are not in the box too soon or too late.

Make sure the backpost runner does not let the ball through. **Bucklebury Wolves Drills**

Make sure the frontpost runner is cutting to the front post.

Attacking Team Drill

Improves: Teamwork, positioning, passing

TEAMWORK



Duration: varies

Players: 10 players and coach

Kit: cones, 2 goals, 4 balls

The coach should focus on:

Good work ethic

Communication

Clean passes with good pace

Quick movement

Positioning

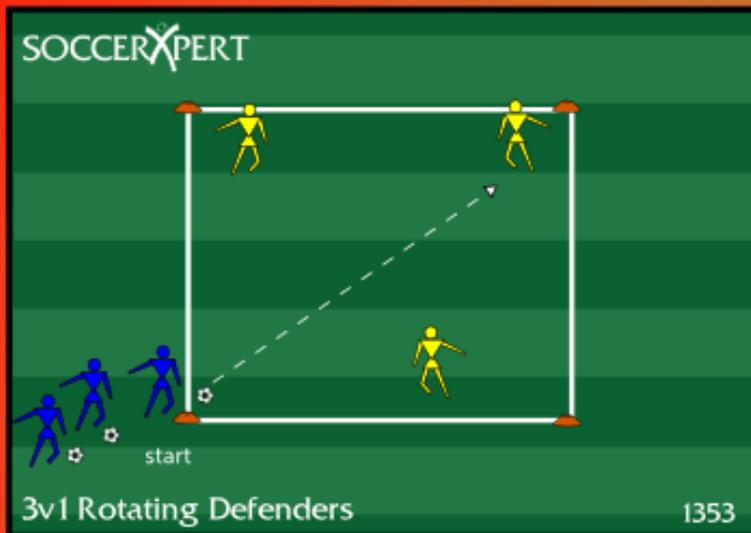
Get shots on target

The rules

- Each team selects one player to be the 'target man'.
- This player stands in the attacking end zone.
- The aim of the game is to make a pass into the target man.
- A supporting player will then receive his layoff before shooting at goal.
- Defenders can track back only when the second supporting man makes his run.
- After a shot is made, the shooting player swaps position with the target man.
- If the ball leaves play, the coach passes a new ball onto the pitch

player movement pass shot

Posession Team Drills



Instructions

- The first defender passes a ball into the 3 attackers.
- The defender immediately step into the grid and become the defender creating a 3v1 inside the grid.
- The 3 attackers attempt to put together as many passes as possible.
- The attackers continue passing until the defender wins the ball, or the ball is knocked out of play.
- Once the play is dead, the next defender plays into the same 3 attackers, and play resumes.

Variations

Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)

Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the game easier.
- Players must concentrate on making runs off the ball.
- Encourage players to play in 1 or 2 touches.
- Good passes to feet
- Good first touch towards space
- Good decision making (make play easy)
- Speed of play/decisions

Improves: Passing, movement, teamwork
closing down, tackling TEAMWORK

Duration: varies

Players: 6 players and coach

Kit: 4 cones, 3 balls

The coach should focus on:
Good work ethic
Communication
Clean passes with good pace
Quick movement
Closing down
Positioning



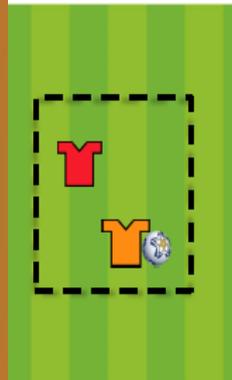
Part 1 - Game

Organisation

Players play a small sided game, with the emphasis on dribbling. Where possible, no goalkeepers, and a scoring line to cross before finishing.

Learning

- Dribble when you can, pass if you have to
- When you have space, can you try to move in to it quickly



Part 2 - Practice

Organisation

Players mark out their own square and play a 1v1 game. When in possession of the ball try and run quickly in to spaces. If the ball is knocked out of play, opposite player begins.

Learning

- Change speed and direction to move past an opponent
- Try to be creative (Define creative) to move past an opponent
- Check for spaces and use different parts of the feet



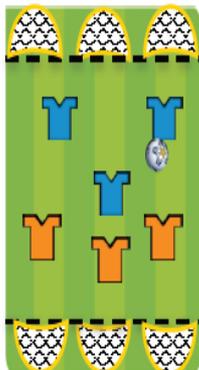
Part 3 - Development

Organisation

A support player is added on the outside of the square. As players are dribbling when they can, and pass if they have to, they can experiment by playing a 1/2 pass to keep possession

Learning

- Try to return the pass with 1 touch
- When supporting, try to be in a position where your feet can see the ball



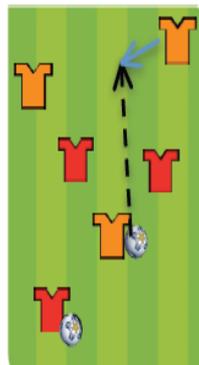
Part 1 - Game

Organisation

Players are split in to teams ranging from 3v3 to 7v7 depending on the age, experience and number in the group. Play no ball football. When in possession place hand on top of head. To pass, point at teammate and call name. To win back possession, tag opponent. To score, run through goal (One of 3 at each end) with possession.

Learning

- Try to find spaces on the opposite side of the pitch to where the ball is
- When in possession make the pitch big
- When not in possession try to make the pitch small for the other team



Part 2 - Practice

Organisation

Players work in groups of three. 1 ball per group. The ball is passed between other groups and played back in-front of the receiving player to run on to. If a player can time their run from being level with an opponent before the ball is played, to be in between opponents when

Learning

- Try to change speed and direction when teammate looks to play pass
- Send the ball in to spaces in-front of teammates
- Try to get level with an opponent before the pass is played



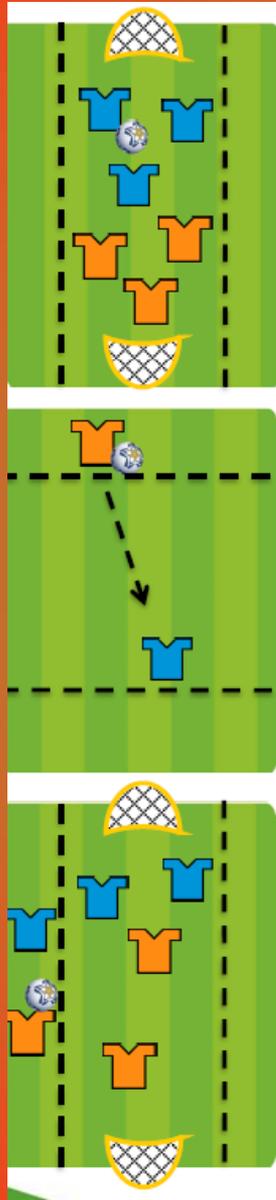
Part 3 - Development

Organisation

Return to game. Ball is in hands. To win possession, intercept or tag person in possession. Move to feet. Same rules apply.

Learning

- How do we play differently with the ball at feet?



Part 1 - Game

Organisation

Pitch is split into three channels. Players are divided into two teams. After a short period, introduction of coned goals in wide channels which players can travel through to score a point.

Learning

- When in possession of the ball can we look to fill all 3 channels
- Look to retain possession and shift the ball across to create 1v1 opportunities
- Attacking quickly with purpose and positivity
- Defending team look to fill two channels closest to the ball

Part 2 - Practice

Organisation

Players play in a 1v1 situation on a narrow pitch. Defender plays the ball to the attacker, game goes live off their first touch. Attacker tries to dribble past defender and cross the game line. Game can progress to 2v2 to encourage isolation of the defender.

Learning

- When dribbling attack with a purpose & look to exploit space
- Can second player look to move 2nd defender away to isolate defender
- Combination play to create game winning situations

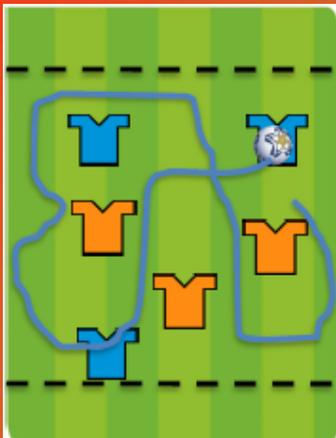
Part 3 - Development

Organisation

Return to game. Check for learning

Learning

- Continue to check players attack with width and depth at correct times



Part 1 - Game

Organisation

Players will have a ball each in their hands and be asked to move in between all other players to score a point, they must see if they can use a range of movements.

Now they must see if they can move between two players with the same coloured bib in order to score double points

Same game with ball on the floor

Learning

- Recognising and exploiting space
- Changing body shape and movements dependant on others
- master the ball maintaining a good distance between ball and foot
- Recognise when to stop or slow down to retain possession

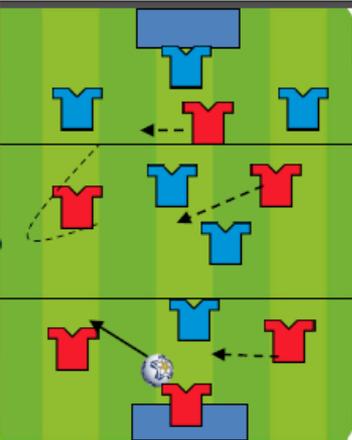
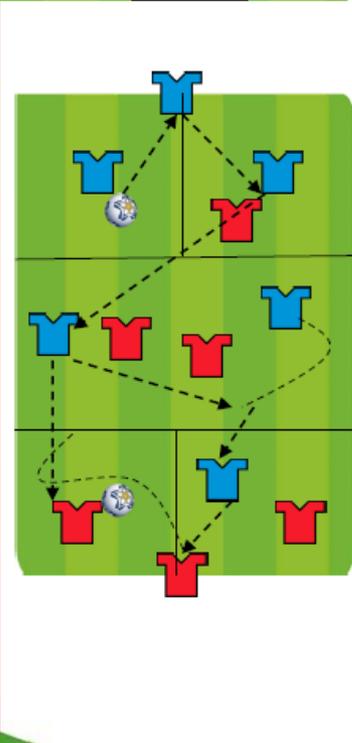
Part 2

Organisation

Players with a ball each (in the same area) demonstrate some skills used to beat an opponent, the coach to hone these skills and allow opportunities for repetition. Examples to be used "messi flick" "step over" "double step over" and "step over flick" this should be done in short sharp bursts with plenty of opportunities for repetition. For players in the group who may be struggling this is a great opportunity to learn from peers.

Learning

- Fundamental break down of each skill
- Accelerate after
- when and where to perform this skill (e.g. 1v1 situations in attacking third)
- Understanding the importance of personal possession.

	<h3>Part 1 - Game</h3>
<h4>Organisation</h4>	<p>Red V Blues in a small sided game trying to play though the 3rds of the pitch working on passing and receiving combinations.</p>
<h4>Learning and challenges.</h4>	<ul style="list-style-type: none"> •TRT TO play out from the back to play though the 3rds of the pitch. • TRY TO see both goals and as much of the play as you can. • CAN YOU THINK ABOUT how you can support the player with the ball, movement of the ball to receive combination play between players though the 3rds • THINK ABOUT different passing and receiving options (When to play long or short passes, when to play into feet or space.)
	<h3>Part 2 - Practice</h3>
<h4>Organisation</h4>	<p>Part Practice working on passing and receiving combinations. The players from both teams play though the 3rds of the pitch working there way up and down the pitch. The GKs are now target players who now receive the ball from the players then play the ball back to the using there feet..</p>
<h4>Learning and challenges.</h4>	<ul style="list-style-type: none"> • TRY TO play though the 3rds of the pitch. •TRY TO see as much of the play as you can when receiving the ball. • Decide when to pass to feet or pass to space • TRY NOT to pass the ball back to the player who gave it to you. •CAN YOU TRY and play a 1st time pass. •TRY TO play the ball though the opposing team mates to receive the pass
<h3>Part 3 - Development</h3>	<h4>Organisation</h4>
<p>Small sided game</p>	<h4>Learning & Challenges</h4> <ul style="list-style-type: none"> •Reinforce challenges around passing and receiving combinations.