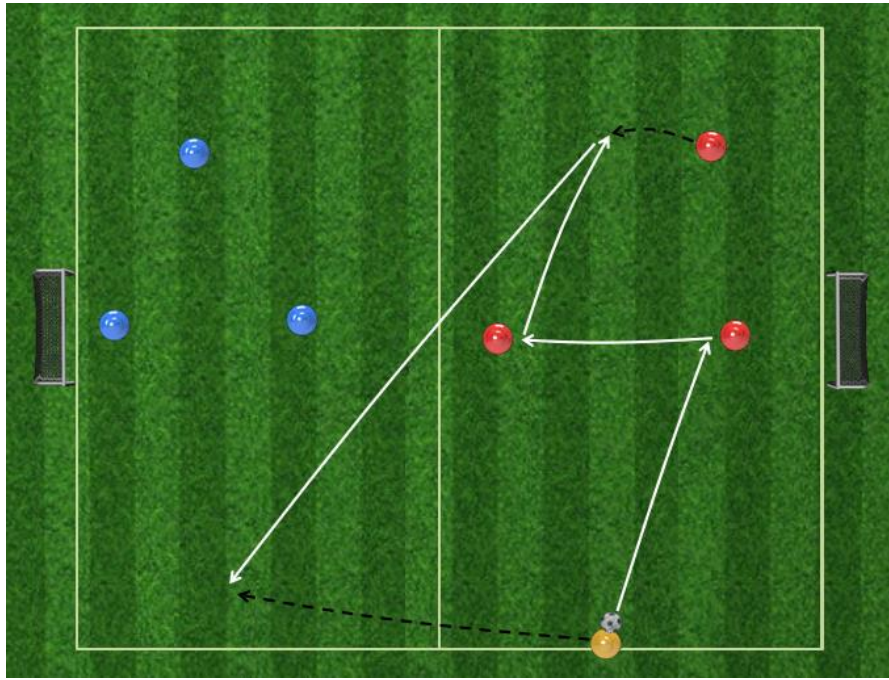


PD1 Short Pass and Crossfield ball



Area: Set up a practice game field large enough to practice the build up play you're looking for. Example shown is 30 x 50 yards. 3 players on each side with a key man playing for both sides.

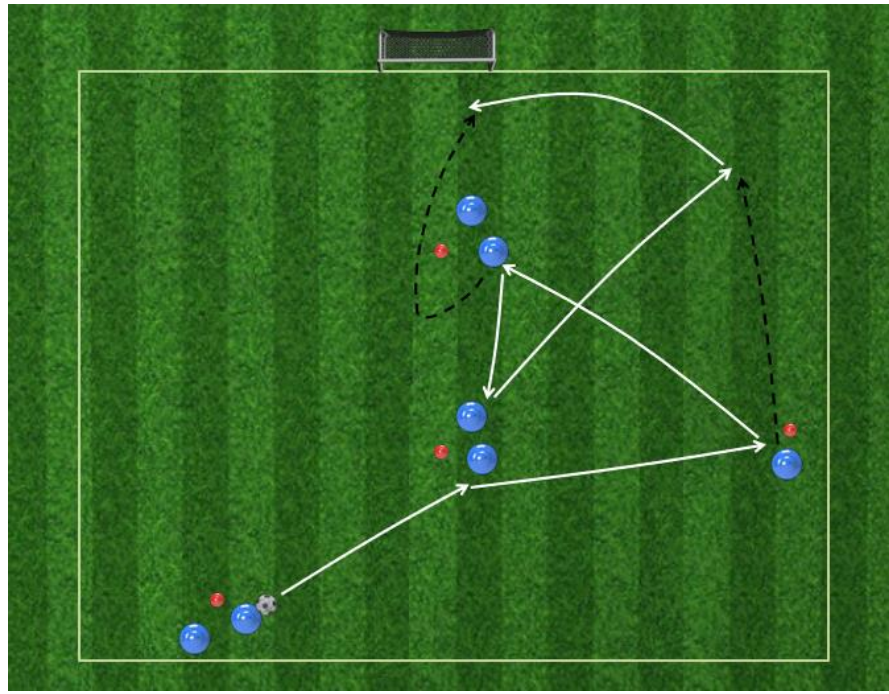
How to: Ball in from the key man back to the GK/Defender, the ball is then passed into the midfield player who passes the ball out to the full back who then makes a switch over to the key man available for the diagonal ball. This is a real game pattern of play to relieve midfield pressure and look for a long cross field ball to switch the point of attack and build in the space created by playing short.

Notes:

Coaching Points:

- Short, sharp passes, encourage game realism with speed of play and range of passes.
- Concentrate on technique and movement.

PD2 Final third build up pattern



Area: 40 x 30 yard area with cones as shown and a goalkeeper in goal if required.

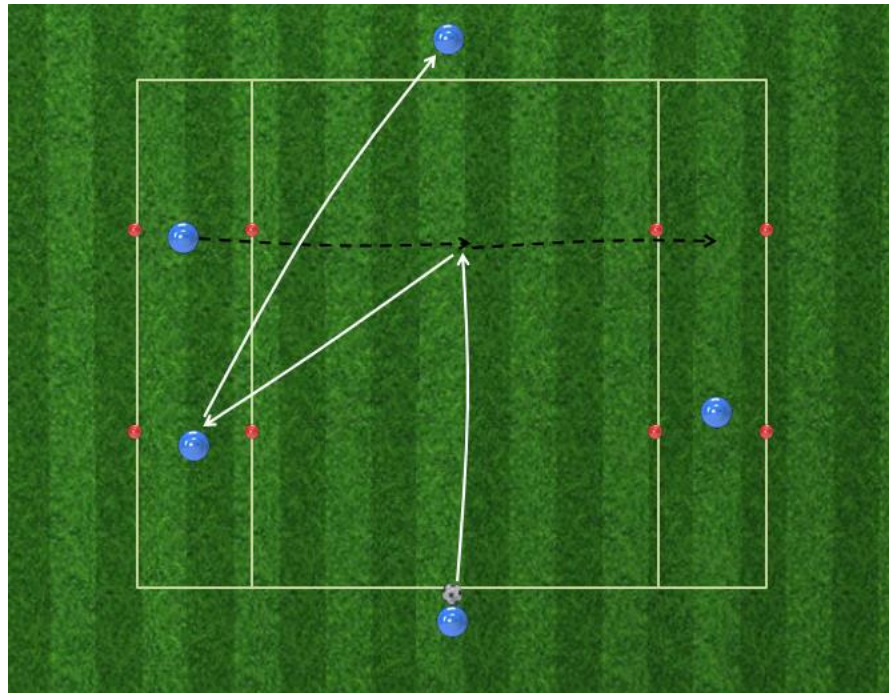
How to: Objective is to pass the ball in field and out wide. The ball is played back in field and the attacker drops the ball back into the middle player to pass the ball out wide for a cross finished by the attacker. All players pass and follow their pass.

Coaching Points:

- Game realistic scenario, work the ball quickly with an emphasis on correct passing technique.
- Play the way you are facing, cushion the ball into the path of a teammate on shorter passes.
- Consider range/weight of passes. The field set up can be switched to work the left side.

Notes:

PD3 Cutting inside and playing in the space



Area: 20 x 25 yard area with two 5 yard channels either side of the main area. Players set up as shown.

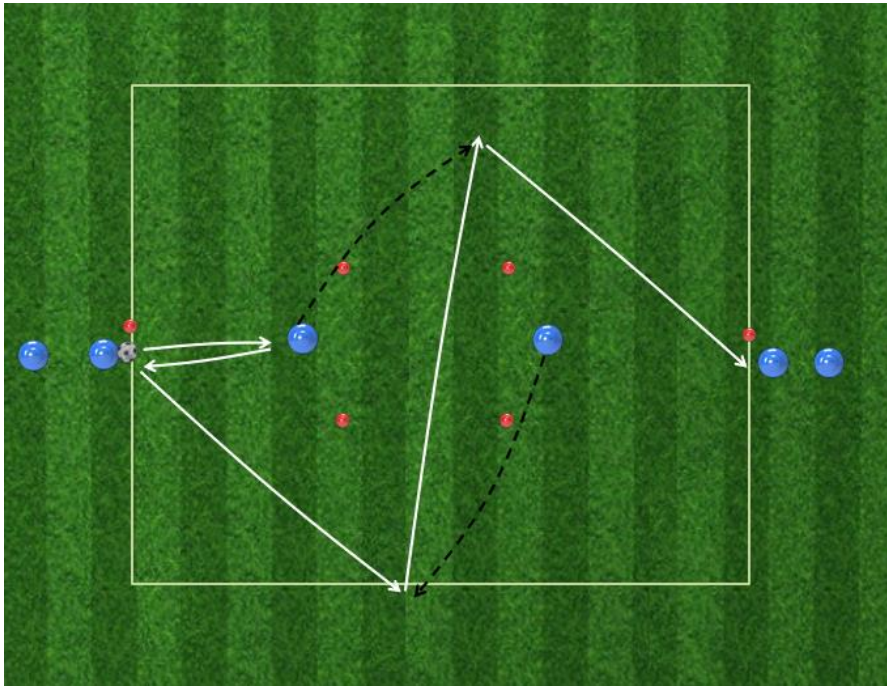
How to: End player starts with a ball and looks to the furthest forward wide player, the pass is infield for the wide player to cut inside and collect. The ball is passed back outfield to a deeper lying wide player who advances and passes the ball off to the other end.

Notes:

Coaching Points:

- Understand that movement moves defenders which creates space.
- Accuracy, timing and weight of passes and sharp movements to meet the pass.
- Communication and technique are important, understand your body position in relation to the field when you receive the ball.

PD4 Combinations and passing angles



Area: 25 x 30 yard area with a 7 yard square in the middle. 2 players on the edge of the smaller square facing the ball and players at either end.

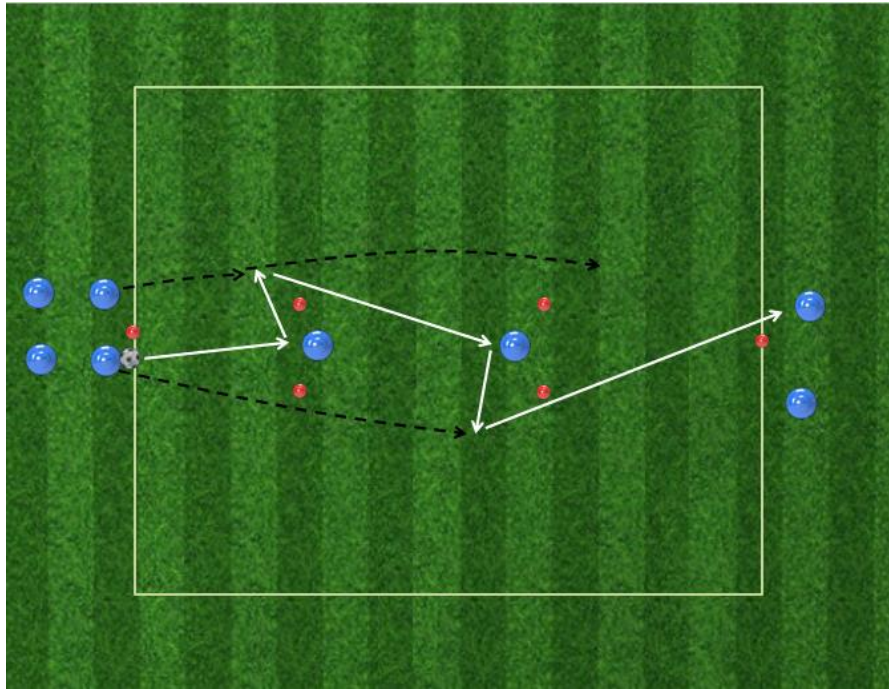
How to: Short pass to the middle player and return ball to the outside bringing the player into play. Both middle players drift wide and the outside player finds the other wide player who then passes a cross field ball to their central midfielder who passes to the other end. See video for rotation.

Notes:

Coaching Points:

- Pass accuracy and timing
- Timing of run and positioning are key to success
- Encourage game speed and realism by creating time limits or limits on touches when necessary.

PD5 Short pass and layoff in 2's



Area: 25 x 40 yard area with a 15 x 5 channel in the middle. Players set up as shown with a ball at one end.

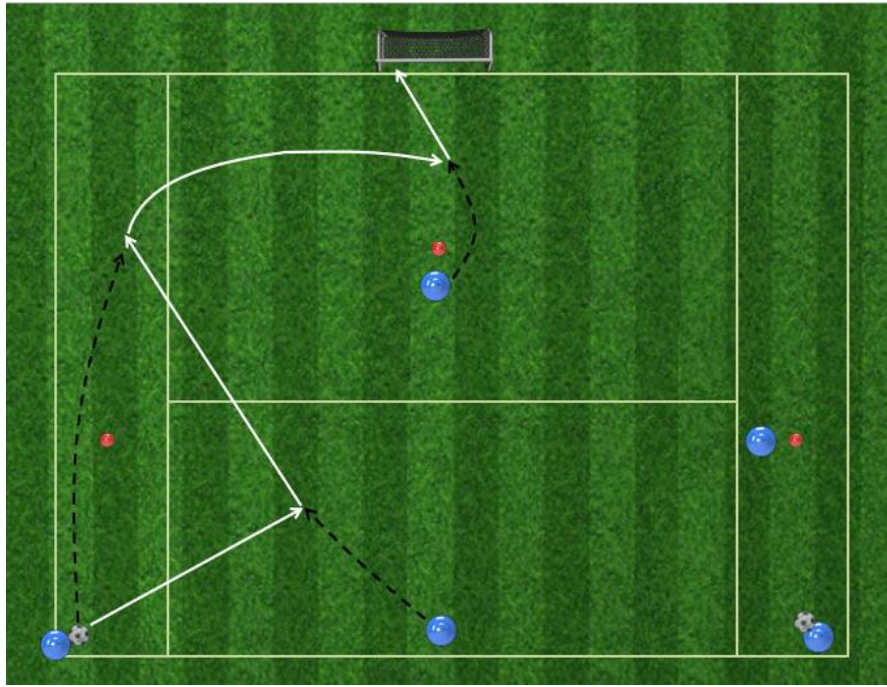
How to: Two players move infield passing to the first middle player who lays the ball off to the second outside player. The player receiving passes the ball to the more advanced middle player who then lays the ball off to the advancing players. Ball is passed off to the other side and the pattern repeats.

Notes:

Coaching Points:

- Pass accuracy and technique.
- Move onto the layoff to maintain speed and forward movement.
- Communication
- Receive the ball in your stride, try to keep the number of touches to a minimum before moving the ball on.

PD6 Wide Combinations to finish



Area: 45 x 40 yard area or can be played on one half of a field if space allows.

How to: Two deliveries one after another, left player passes in field and advances down the wing receiving a return diagonal ball before crossing into the striker to finish. After the finish the deeper midfielder moves into the attacking zone and waits for a delivery from the right, the right sided players link up to deliver the cross.

Notes:

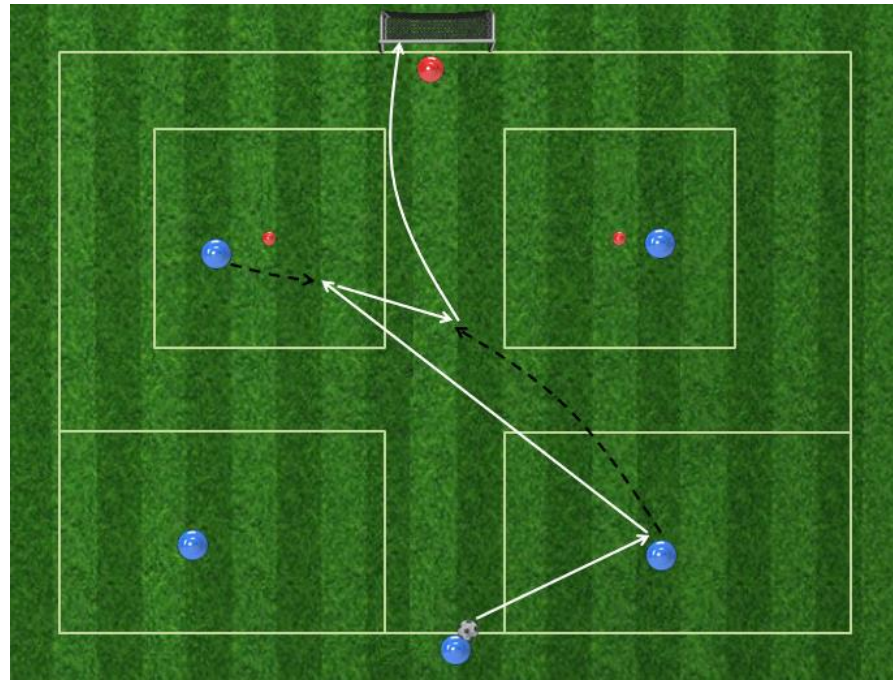
Coaching Points:

- Various types of pass are required here. Make sure the pass suits the situation.
- Good technique required.
- Creative freedom to cross early, deep, short, driven to suit the situation.
- Movement and communication.

PD7 Combination play to goal

Area: 40 x 50 yard area with 4 players in pre sized creative areas. One player starts with a ball on the edge of the area. One goal and goalkeeper.

How to: Player starts by passing into one of the deeper creative areas. Movement and passes can be pre set to begin with, i.e. pass diagonally into an advanced creative zone and follow return ball into free space to shoot from deep etc or 2 passes between advanced creative zones before shot. Encourage creative free play to build understanding in time.

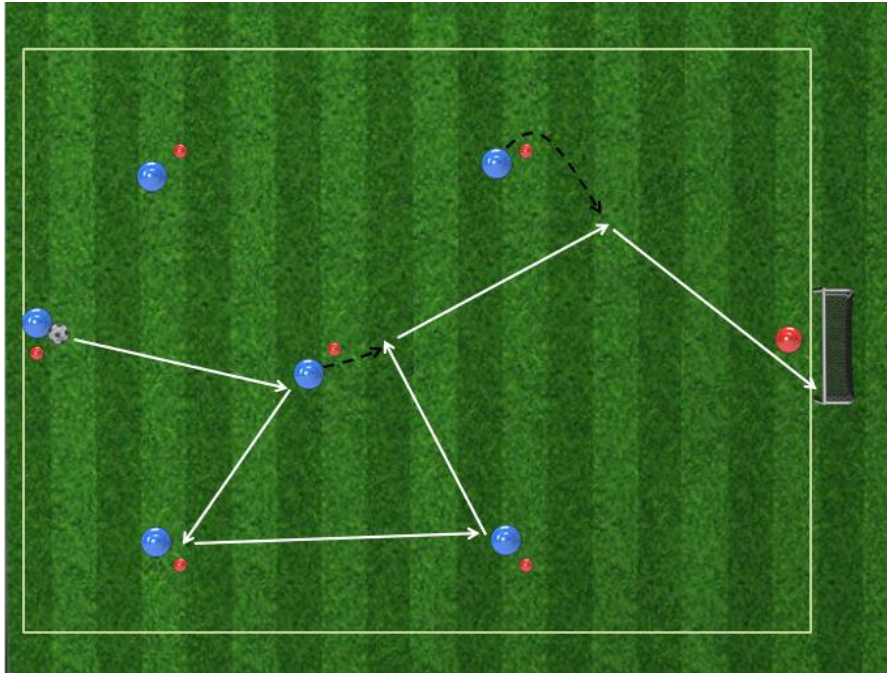


Notes:

Coaching Points:

- Creativity and confidence to try new patterns and link ups.
- Strong grasp of passing technique and timing
- Communication through typical methods along with body language and positioning to develop understanding and trust.

PD8 Breaking the lines



Area: 45 x 50 yards or half a field including markings if available. 6 players working as shown with one goal and goalkeeper.

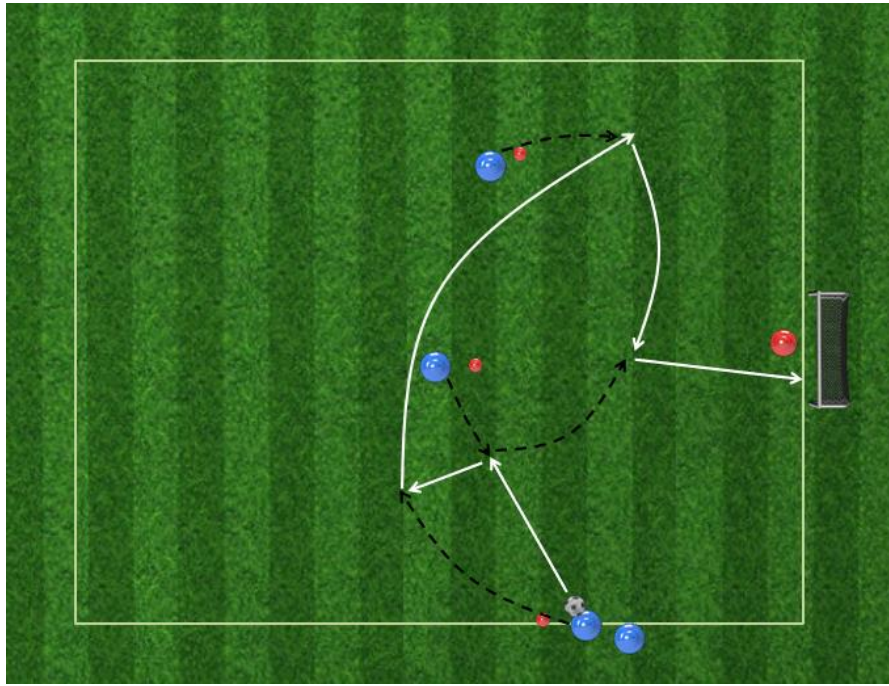
How to: Pass and follow your pass. Allow for creative free play amongst players to work an opportunity on goal. Set conditions along the way, like building through the middle then getting the ball wide or vice versa, equally you can encourage verticality, or getting the ball to an advanced player quickly and playing off that longer ball.

Notes:

Coaching Points:

- Creativity, freedom and confidence
- Good range of passing
- Communication is vital to building understanding.

PD9 Cutting in field



Area: 35 x 25 yard area however the field can be widened or shortened as you see fit.

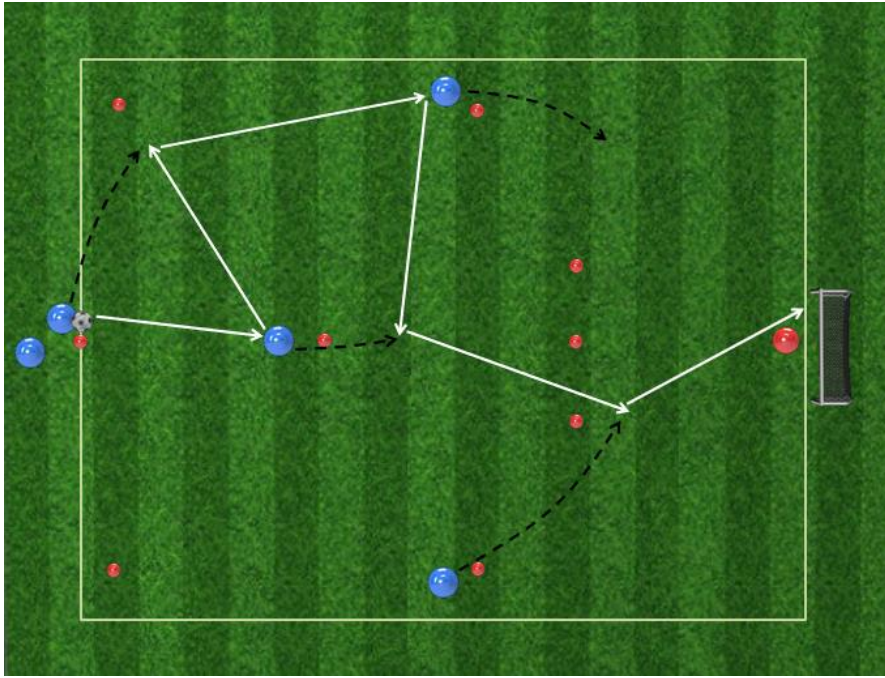
How to: Starting out on the touchline with either a throw in or a pass in, the ball must move in field with the two players initially linking up before moving the ball out wide and attacking the ball into the middle. Throw ins or passes around the side-lines are played in tight areas with defensive pressure so work on recreating game realism here.

Notes:

Coaching Points:

- Short, sharp passes and control in a tight area from the ball in, dropping slightly deeper to find the space to play the cross field ball to switch the point of attack
- Understand why we are doing this and how it relates to the game.

PD10 Functional build up from back to attack



Area: 45 x 50 yards or half a field with markings if available. Cones set up as shown with 1 goal and goalkeeper.

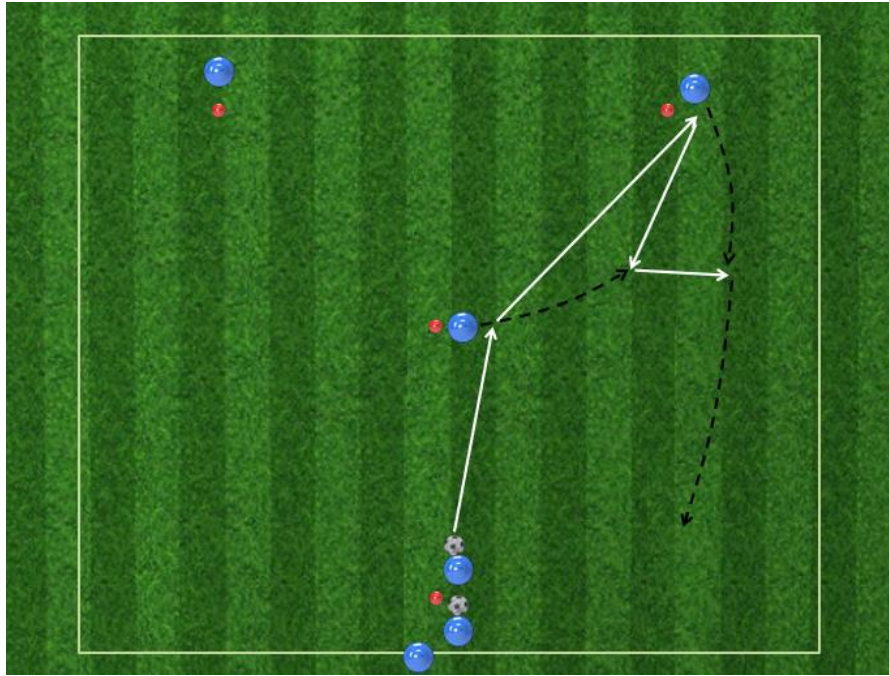
How to: Working on interplay from midfield into a front 3 with 4 players. Cones are used to encourage certain movement and can be moved accordingly to what you want to achieve. Add structure and ideas at first then ask your players to add their own creative flair to demonstrate their understanding as a team.

Notes:

Coaching Points:

- Passing accuracy and timing.
- Timing of runs and communication
- Straight ball for diagonal run, diagonal ball for straight run.
- Overlap and underlapping runs, encourage creativity and trying new things.

PD11 Y Passing and Moving



Area: 30 x 30 yard area with 4 cones in a Y shape as shown. One player starts on each cone with a few players each with a ball by the starting cone.

How to: Pass and follow your pass, pass the ball into the midfielder receiving on the half turn and passing either right or left to a corner player. Corner player then passes back playing a give and go with the middle player, the next pass through the middle alternates to the other side. The next player can go once the middle pass has moved on to the end to keep the game flowing.

Notes:

Coaching Points:

- Receive on the half turn with an open body on the back foot.
- Pass accuracy and speed
- Quality repetition as there is no