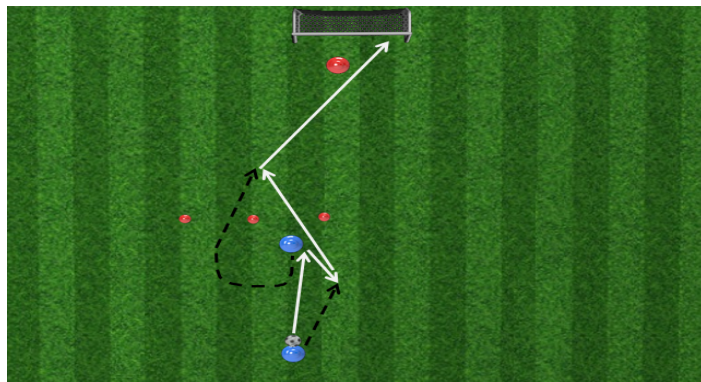


Creating a chance using a Midfielder #S33

How to: Set up a start line 35 yards from goal with three cones 25 yards from goal a few yards apart. A player stands on the coned line facing the start line. The player on the start line makes a pass into the player who lays the ball back to the advancing player. The player on the cone spins off the coned line and moves through one of the gaps to receive a through ball before shooting on goal.

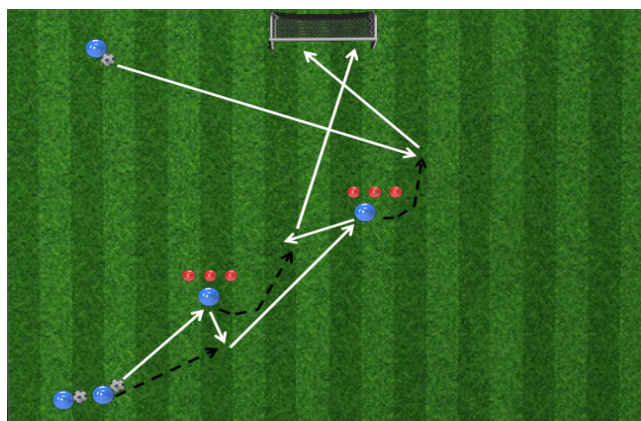
Coaching Points: Quality and weight of passes, timing of run, make sure you are running on to the pass rather than slowing down to receive it. Shooting technique and composure.



Layoffs and rebounds #S39

How to: Create two coned lines as shown approximately 18 yards and 2 yards from goal with a player occupying each line. Set up a start line 3 yards from goal. The player on the start line plays a 1-2 with the close player then plays a longer pass to the next player who lays a pass off for the first player to strike. The player closest to goal then turns to receive cross/throw/deliver from the player by the goal and takes a shot first time simulating a rebound. Each player moves to the next position.

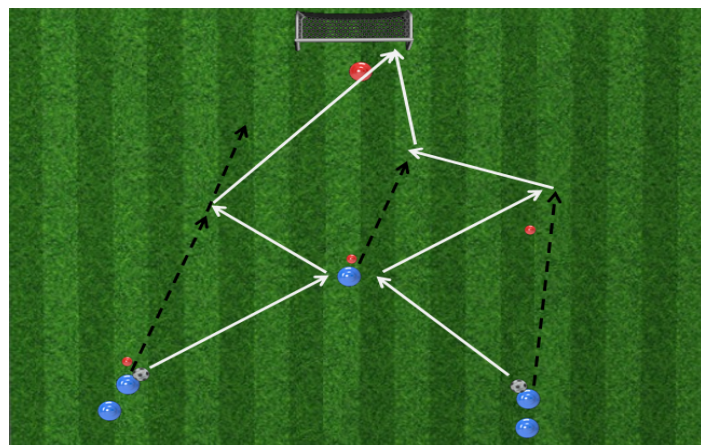
Coaching Points: accuracy and weight of pass, quick movement and communication. Accuracy and technique is a primary focus when shooting. Judge the pass/throw and adjust the line of your body to suit the shot.



Linking patterns: Playing off the striker #S53

How to: Set up two start lines 45 yards from goal with a cone in the middle of the field occupied by the striker. The player to the left makes a pass into the striker who lays the ball into the path of the advancing player to strike. The striker turns and makes a layoff with the player to the right, both the player who just shot and the striker remain forward to attack the cross that comes in from the right.

Coaching Points: Communication is key, movement off the ball and weight of pass/layoff is crucial to set up good shooting opportunities. Focus on technique and accuracy when shooting.



Attacking with width Small sided game #S74

How to: 50 x 40-yard area with a goal at either end, the field is divided into a central 20-yard area and 15 yard areas at either end with a 5-yard channel down the wings. Normal game rules apply but players are restricted to their own areas, once a ball is passed into a wide channel, player from the midfield section can join in the attack creating a 2v1 scenario. The ball must be passed wide in order to move areas.

Coaching Points: Communication, focus and teamwork, organisation and field awareness. Be creative and positive with movements, don't be afraid to try new things.

