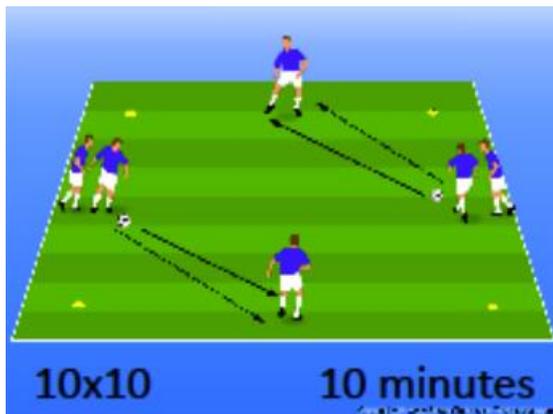
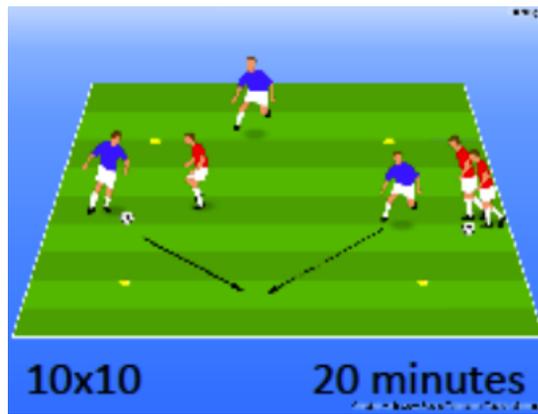


1. Squares



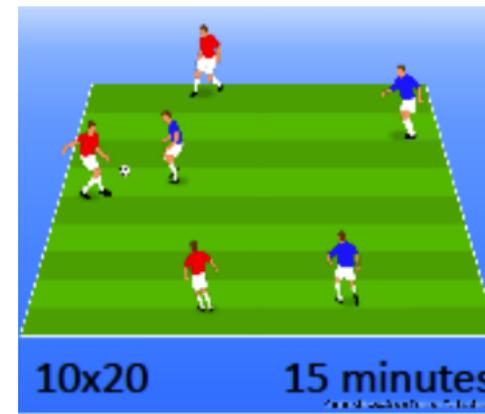
- Groups of 3, balls starting at opposite sides.
- Pass and receive the ball with inside of right foot, circulating both balls counterclockwise. Each player follows his/her pass.
- Add competitions between groups by having each player count how many passes he makes in one minute.
- When time is up, ask one player from each group how many passes he/she made.
- Repeat clockwise with left foot.

2. Triangles



- One red passes ball to the blue on the opposite side of the square. He/She then enters the square to intercept passes between the blues.
- When the defender wins the ball, he/she has to dribble under control out of the square, in any direction
- During possession the three blues move to maintain triangular shape.
- The blues must receive the ball outside the square and the red defender must remain inside the square.
- When the ball is intercepted, reds rotate defending.
- The blues count the passes they complete as a group.
- Repeat with blues defending.

3. Transition (3 v 1)



- Reds try to maintain possession in one half. 4 completed passes score a point.
- One blue defender attempts to win the ball and when they do, play an early pass to either teammate in the opposite half.
- One red defender runs to the other half to try to steal ball back.
- **Coaching Point:** How fast can the blues (or transitioning team) make a big triangle to maintain possession?

Progression: 3v2 + 1 target player

4. Small-sided games