

Part 1 - Give and Go

Organization:

6 cones, 3 lines, 1 ball per group

Instructions:

Attacker in 2nd line checks straight to the ball with pressure and receives a pass and then proceeds to spin the pressure. After this the attacker passes to the player on the 3rd line and transitions to the defender, the defender transitions to be the support player. The player on the 3rd line then proceeds to play a give and go with the transitioning player on the 2nd line.

Phase 2 on next slide

Rotation

1st line moves to 2nd line

2nd line line defender becomes 2nd line attacker

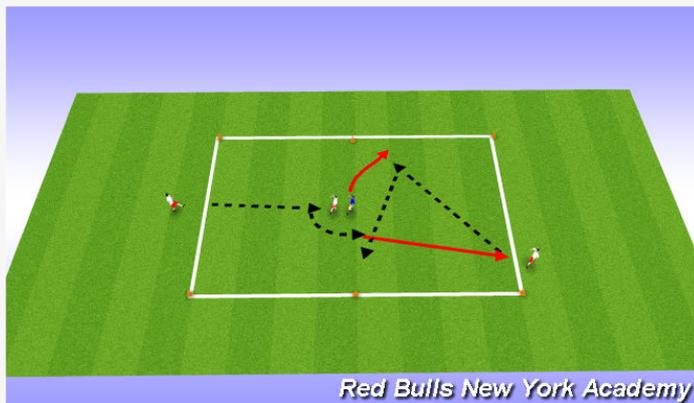
2nd line attacker moves to 3rd line

3rd line moves to 1st line

Coaching Points:

Progressions:

Defender is live on 1st touch of the attacker and they play 1 vs 1



Part 2 - Moves to beat players

Organization:

Same as previous

Instructions:

After receiving the ball from the give and go, the 2 players then attack the original passing player.

Coaching Points:

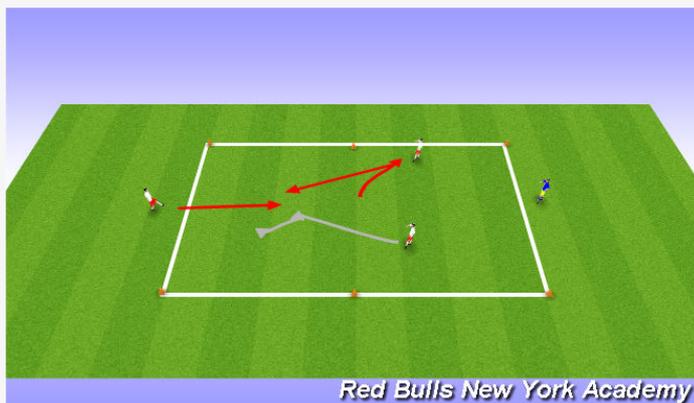
1. Driving at the defender to commit them

2. Timing of move

3. Angle and Distance of exit touch

Progressions:

See next slide



Part 3 - Straight pass / Diagonal run

Organization:

6 cones, 3 lines, 1 ball per group

Instructions:

Phase 2

As ball travels to players on 3rd line, the defener on the 2nd line follows support player leaving the gap down the line for a straight pass and a diagonal run for the support player. The player in the 3rd line then makes a run inside due to the space opening up here on the field and gets the ball back from the support player. They then drive into the space and beat the defender on the end line with a Ribery 360 move (as the defender is coming across but won't cut off the space down the line).

Coaching Points:

1. Recognition of defenders position

2. Timing of run

3. Weight of pass

Progressions:

Defender goes live after the pass to 3rd line

