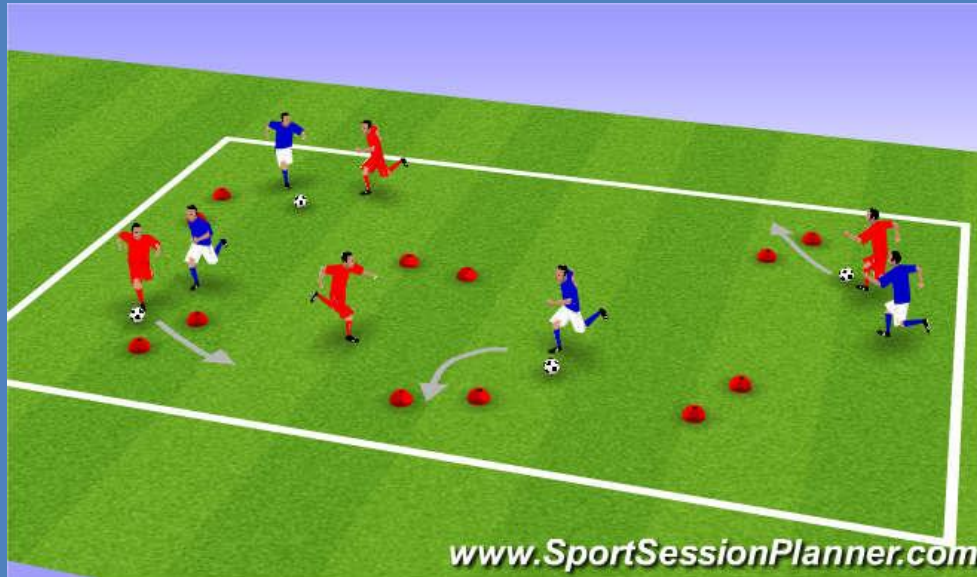


Gate 1v1



RULES

- Start with individual gates
- All players with a ball
- Then go 1v1 through gates

POINTS

- Keep head up
- Dribble into spaces
- Look to penetrate on the dribble
- Change speed and direction
- Look to improvise to get away from defender

1v1 to Goal



RULES

- 1v1 to goal
- Goalkeeper is used
- Progression- go 2v1

POINTS

- Attackers look to get shot off
- Look for penetration on dribble
- Use moves to take defender on
- When 2v1 look to drag defender out on the dribble

4v2 to goal



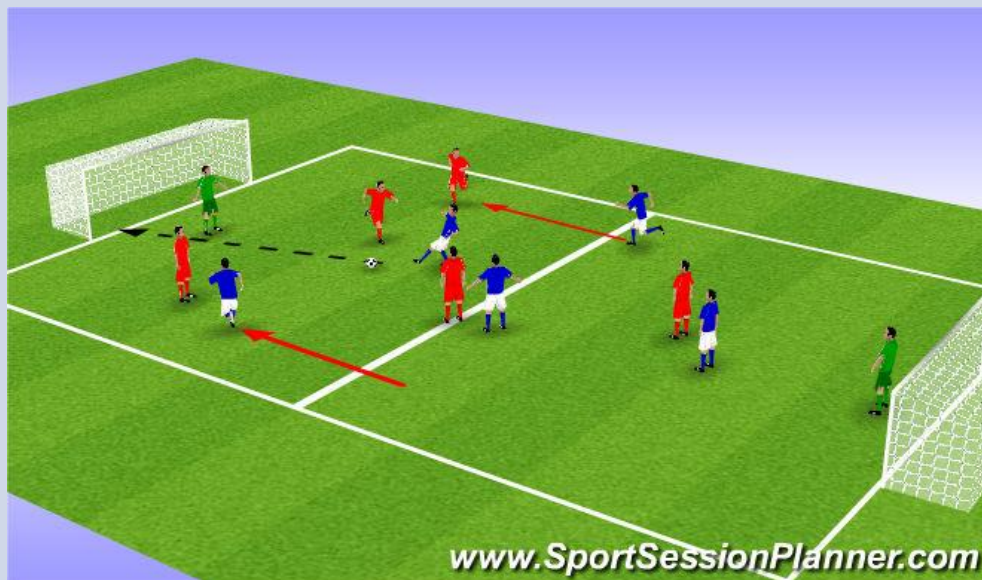
RULES

- Attacking team have 4 players
- Defenders have 2 players
- Game starts with central midfielder
- Attacking team looks to shoot at goal
- If defenders win ball players into coach

POINTS

- Create width
- Create depth by forward pushing defenders back
- Look for mobility
- Penetrate in Dribble or pass
- Improvisation to get shot off

6v6 GAME



RULES

- 6v6 with goalkeepers

POINTS

- Emphasize key principles
- Width
- Depth
- Mobility
- Penetration
- Improvisation