



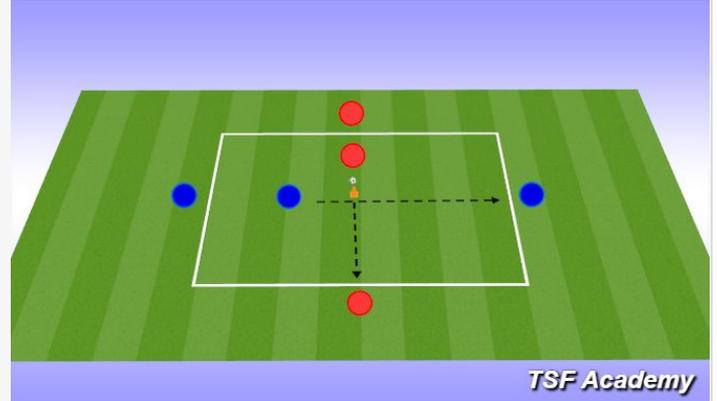
Description

Teach your players understand how to find the free players and make good decisions in numbers up scenarios.
Train the players on how to react the moment they loose or win the ball.

Screen 1

Activation Warm Up Exercise 1.

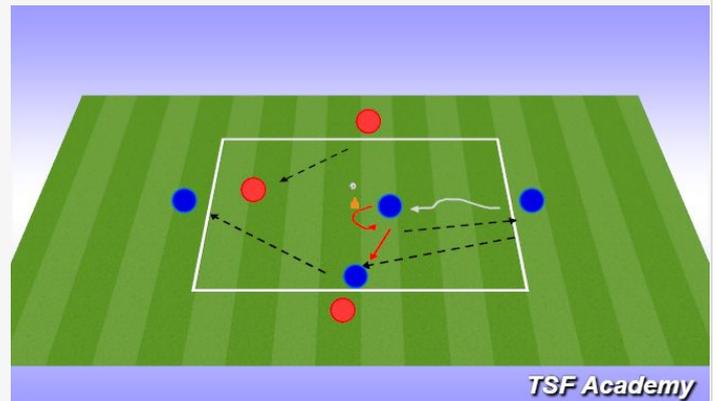
Players dribble and pass to their team mate across the square
Good first touch, head up, eye contact and communication with receiving player, firm and accurate pass with inside of the foot.
Follow your pass



Screen 2

Activation Warm Up Exercise 2.

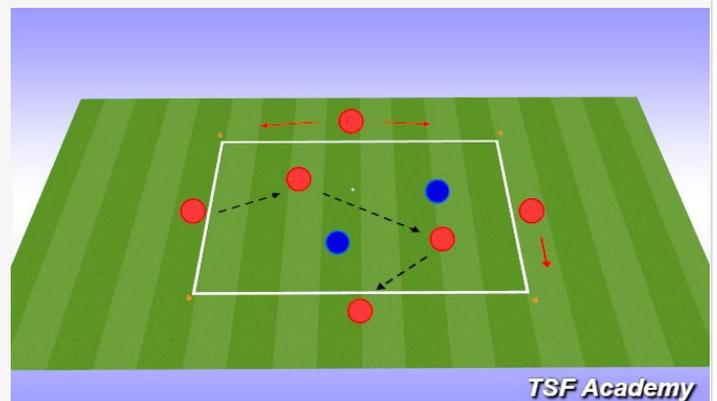
Players now dribble to the middle cone at the same time.
Turn using a skills and pass back to teammate, open up on any side they want, receive and your back foot and switch to team mate and follow your pass.
Eye contact, communication verbal/non verbal. Weight and accuracy of pass, good first touch.



Screen 3

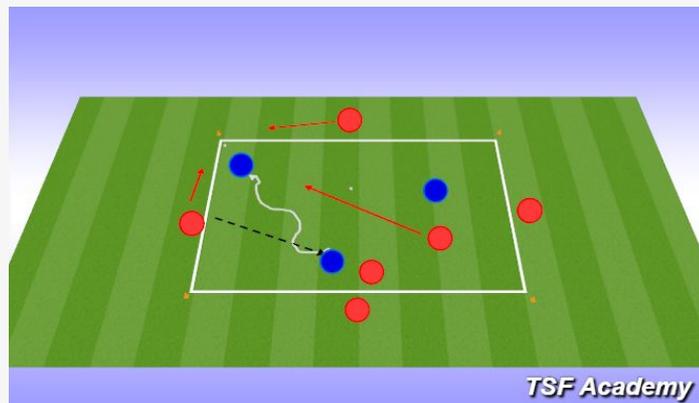
Possession Multidirectional.

5v2 4 pass goal game.
Red team must Keep possession making 4 passes to score.
Outside players have 2 touches and can not play to each other.
Add different rules to challenge the players problem solving. i.e central red players must combine before the ball goes to an outside player.



Screen 4

If blue wins the ball they must dribble to a corner cone before reds can stop them to score

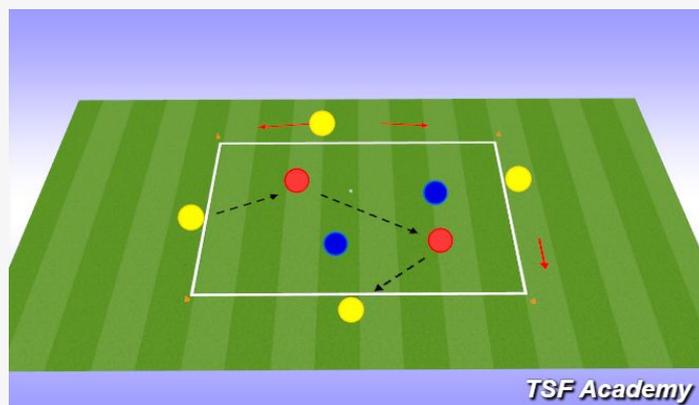


Screen 5

Possession Multidirectional with transition.

2v2+4

Outside team now plays for the team in possession to create numbers up.



Screen 6

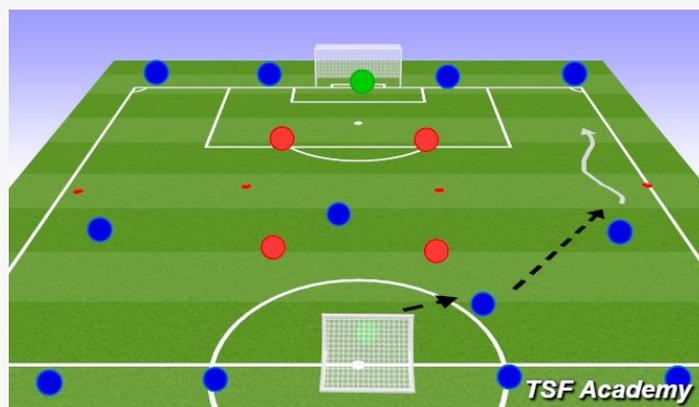
4v2 v2 attacking numbers up game.

4 blue vs 2 red players in build out zone and 2 reds in attacking zone.

Objective is the find the free players and advance forward to score.

Reds must defend together and stay in their zone.

If reds win the ball they attack the opposite goal in a 4v4 with no restrictions.



Screen 7

4v4, 7v7 or 9v9 Small Sided Game.

4 7 minutes games.

Objective to focus on creating numbers up situations when we attack and how we behave when we loose the ball.

