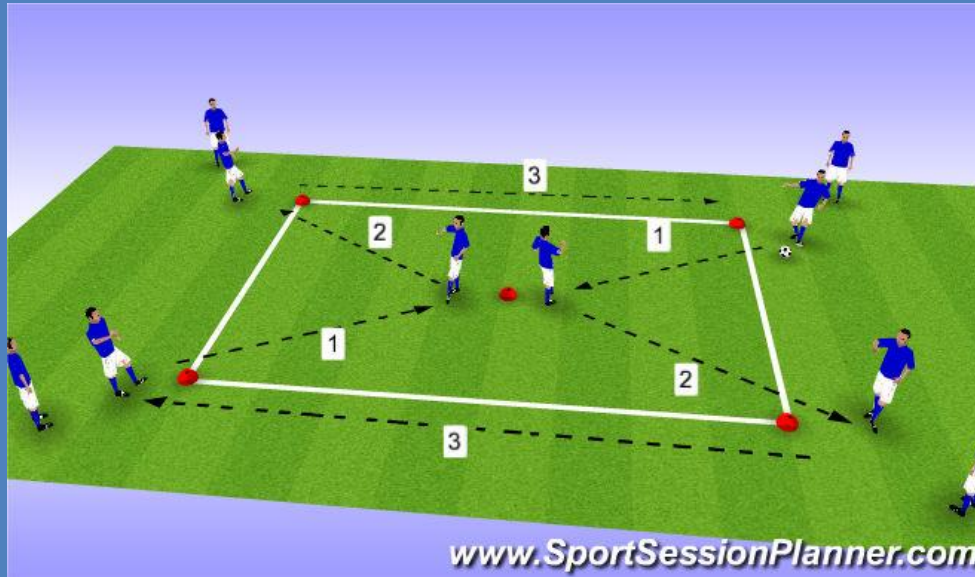


Dutch box with central players



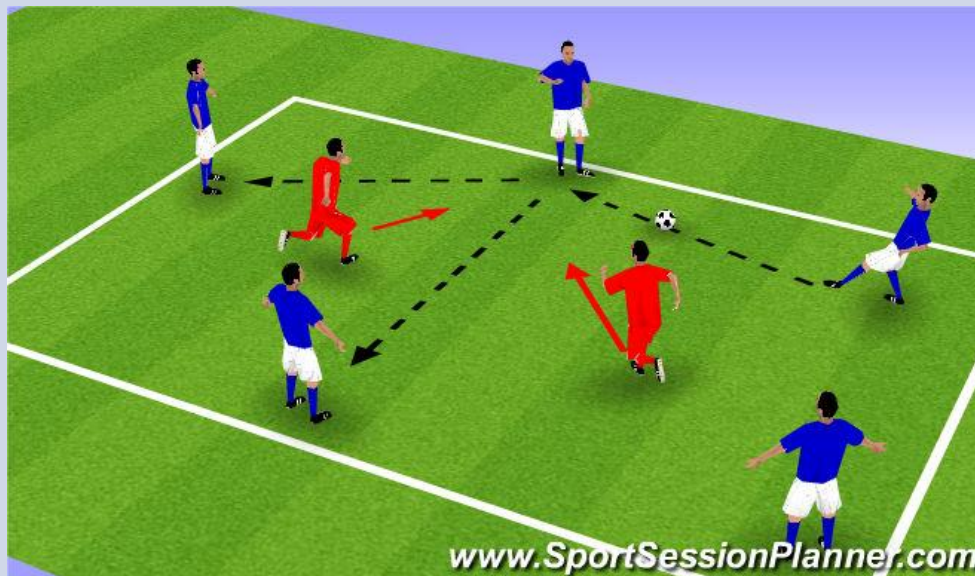
RULES

- Players pass into center then out to next corner
- Ball passed down edge to next corner
- All players follow pass

POINTS

- Get players to check out then check in to ball
- Quality passes
- Body angles to the ball
- Try and make passes in 1 touch
- Alternate directions

5v2



RULES

- 5 players keep ball away from 2 defenders
- Work for set time and rotate

POINTS

- Quality passes
- Move into space
- Body angle to face central part of box
- Communication
- Create angles

4v3 + GK

Playing out of back



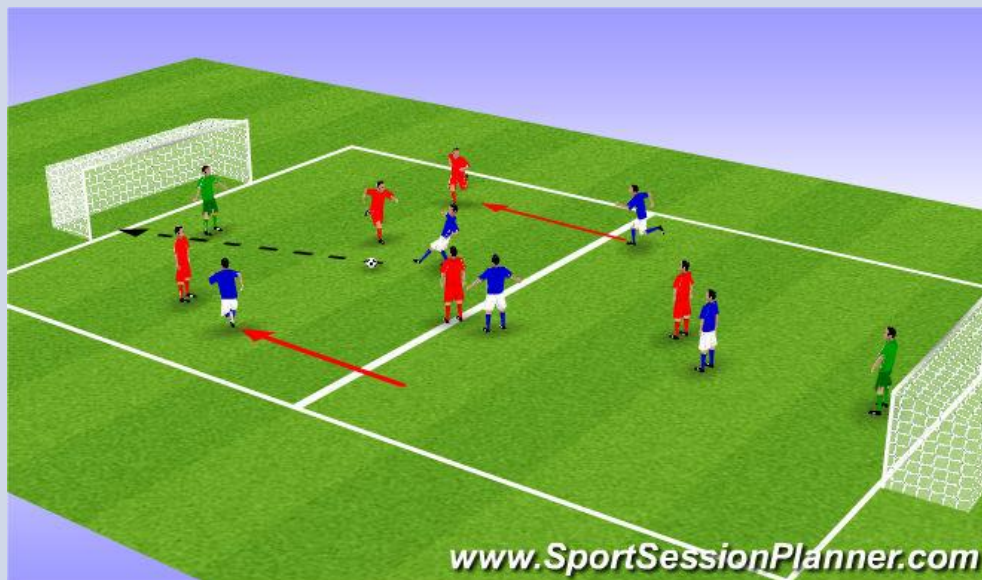
RULES

- Start from Keeper
- 4 defenders look to play out of the back
- Defenders score by playing ball into cones away from the goal
- 3 opponents try and win ball back and score on goal

POINTS

- Create angles
- Communicate
- Quality passes
- Move ball into spaces
- Keep organized

6v6 GAME



RULES

- 6v6 with goalkeepers

POINTS

- Get keeper to roll ball in or kick in
- Create spaces
- Create angles
- Give options to receive ball
- Communicate