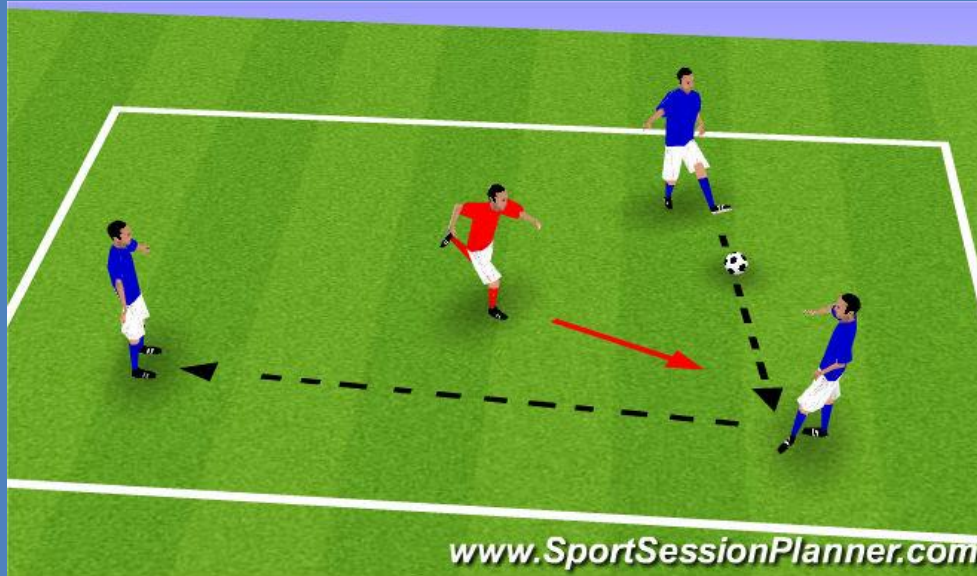


3v1



RULES

- 3 players try and keep ball away from 1 defender
- If defender wins ball the player who gave the ball away becomes the defender
- If ball is kicked out of are, player who kicked ball is the defender

POINTS

- Keep on your toes
- Don't stand a watch
- Open body up to receive ball
- Call for ball
- Find spaces
- Quality passes

Quick footwork passing



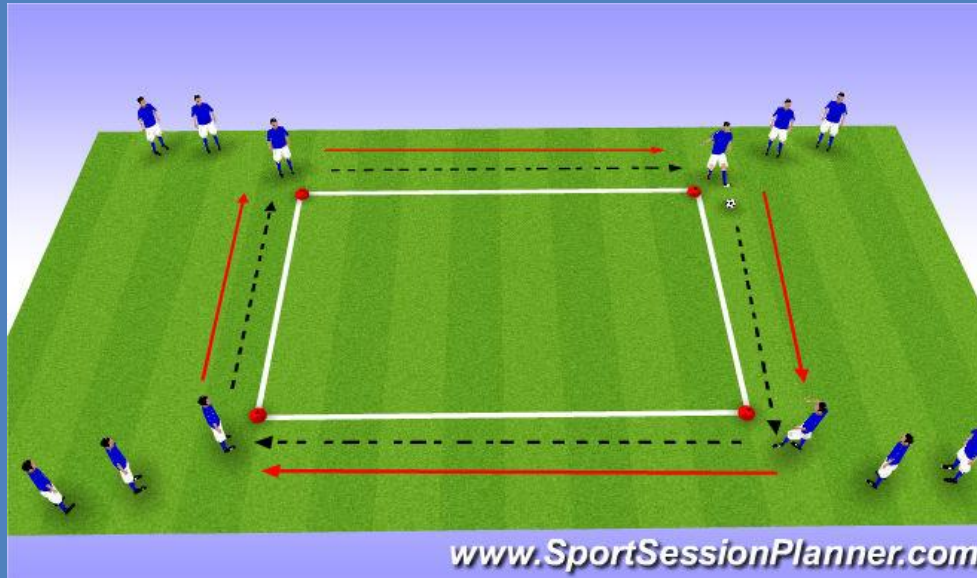
RULES

- 2 players with ball each
- Players pass ball to their partners at the same time
- Passes are made left foot to partners right foot and vice-versa
- PROGRESSION
- Players control with right foot and pass with left (they have to touch the ball onto their left foot)
- Swap the direction- control with left and pass with right

POINTS

- Keep on your toes
- Little steps to adjust the body
- Focus on the ball
- Accurate passes to the correct foot
- Try and get a rhythm

Dutch Box



RULES

- Players spread out on corners of a box
- Start with one ball
- Pass and follow pass
- PROGRESSION
- Add a second ball
- Have 4 balls at the same time

POINTS

- Get your body in a position to control the ball
- Face target when looking to pass
- Use inside of the foot when passing
- Get players to check out and check back in to the ball

3v2 to goal



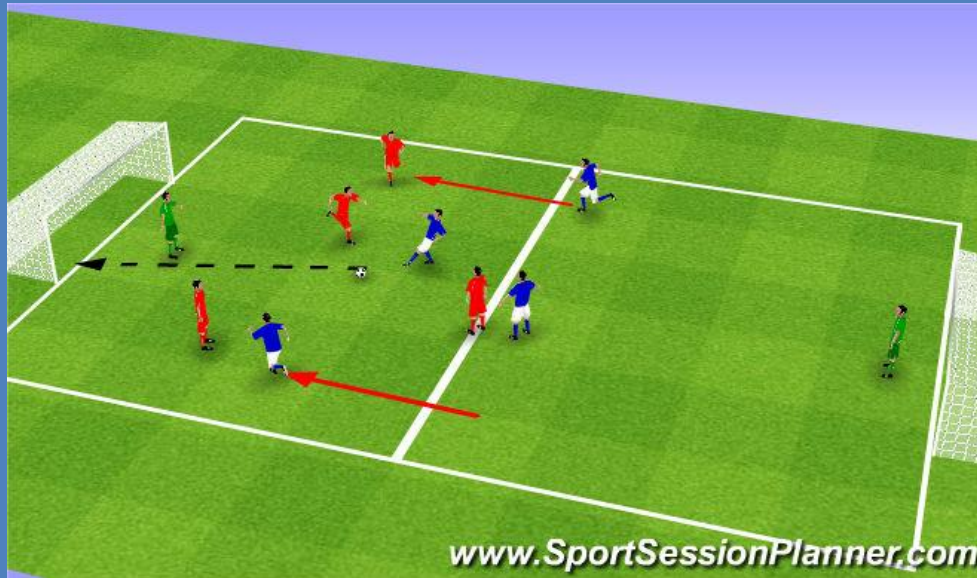
RULES

- 3 attackers vs 2 defenders
- Include a goalkeeper
- Defenders can play to coach if they win ball
- Rotate when goal is scored or when defenders get ball to coach

POINTS

- Quality passes
- Find space to get the pass
- Don't stand and watch
- Try and get ball behind the defenders
- Take shots when goal is open / no defenders blocking

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Find space to receive passes
- Quality passes
- Communicate with team mates
- Take shots when defenders are not blocking the goal