

	<ul style="list-style-type: none"> • Groups of 4 • 10 x 20 yard fields • #1: Ball served to opposite side of the field. Receiver takes the ball on the back foot and shields it. • #2: Both players with a ball move towards each other and turn in the center of the field • #3: Player checks back to the ball, receives a pass then turns and passes it to the waiting man at the opposite side of the field 	<p>(Technique)</p> <ul style="list-style-type: none"> • Move into Line • Observe • Body shape • Present controlling surface • Ball out of feet
	<ul style="list-style-type: none"> • Groups of 4 • 10 x 20 yard field • Players play 1 v 1 Progression: 2 v 2 • A goal is scored when a player dribbles the ball in to the opponents end zone. • Receiving player may pass back to the man in the end zone who is allowed to carry the ball out if support is needed. • There must be a man in each end zone at all times • When a goal is scored the ball is given to the team who conceded the goal • All restarts are from the end zone player 	<ul style="list-style-type: none"> • Create Space • Decision – Which Foot/Surface? • Technique – Turn away from defenders/Shield the ball • High Quality execution • 2 v 2 • Isolate opponents • When and where to support • Communication
	<ul style="list-style-type: none"> • 2 v 2 + GK in each half • 20 x 30 • Players have a maximum of three touches • One player from the defensive half may assist the attack to create 3 v 2 • Extra man must return to his/her own half when the ball is turned over 	<ul style="list-style-type: none"> • Create space as a team • Penetrate when possible • Support in front of the ball • Cover behind the ball (compactness) • Understand safety and risks involved
	<ul style="list-style-type: none"> • 5 v 5 + GK • Free Play. 	<ul style="list-style-type: none"> • Putting it all to gether