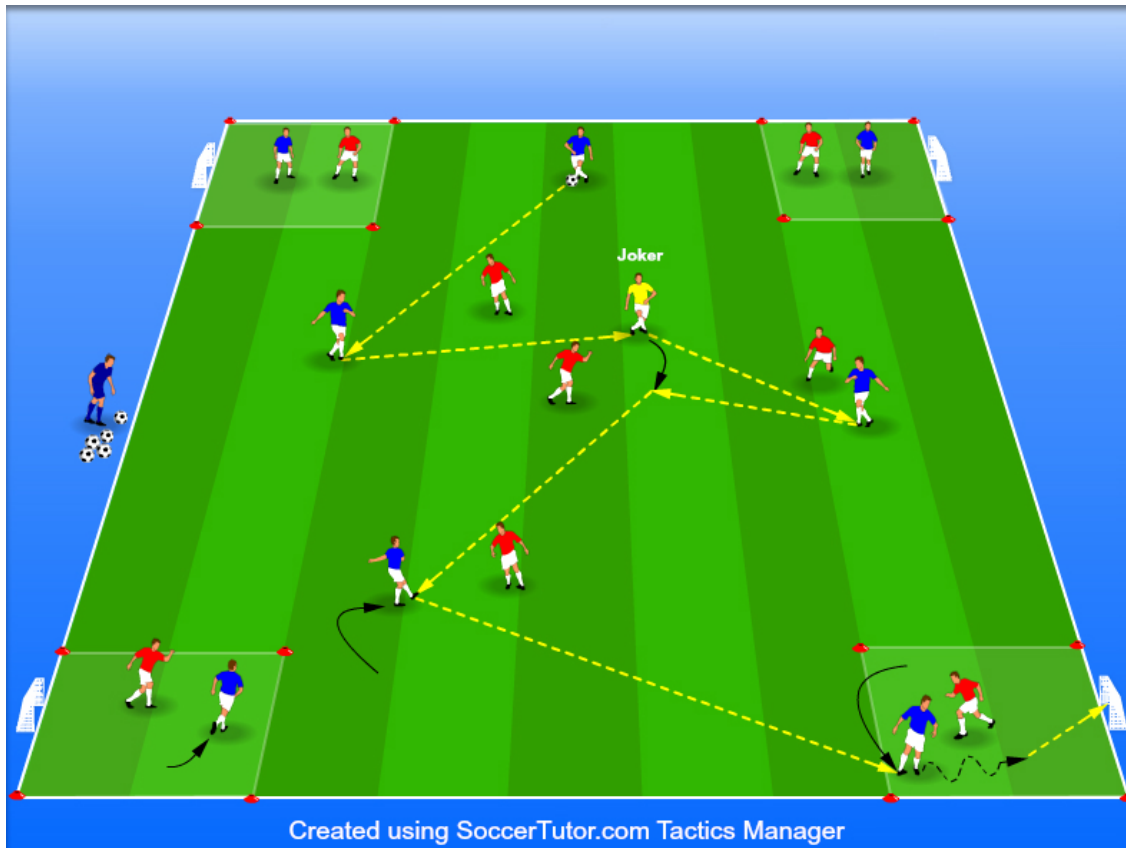




Maintain Possession in the Centre and 1 v 1 in the Corners



Date: 23/Oct/2012

Measurement: 40 x 40 Yards

Time: N/A:N/A

Players: 17

Duration: 25

Level: U11 - 18+

Objective: To improve maintaining possession, change of pace and switches of direction. To increase players ability to solve 1v1 situations.

Description: Both teams position 4 players in the playing area and 1 in each of the corners. The players in the corners cannot leave these areas. If a team can make 5 consecutive passes without being interceded by opposing team, they can pass the ball to a teammate in one the corners. This player must challenge his opponent in the corner in a 1 v 1 to score a goal. If a goal is scored, 1 point is given. While trying to make 5 consecutive passes, the players in the corners can assist their teammates in the centre area. Change player roles after 6 minutes.

Coaching Points:

1. The players in the corners should always be on the move and must pay attention to the game in the central area as they may be involved at any moment.
2. It is important to instruct the attacking player in the corner to break lose from the defender to get into a position to receive and control the ball.
The defending player in the corner must prevent the attacker from turning to face goal.

Progression: All 4 players in the centre must touch the ball before it is passes to one of the corners.