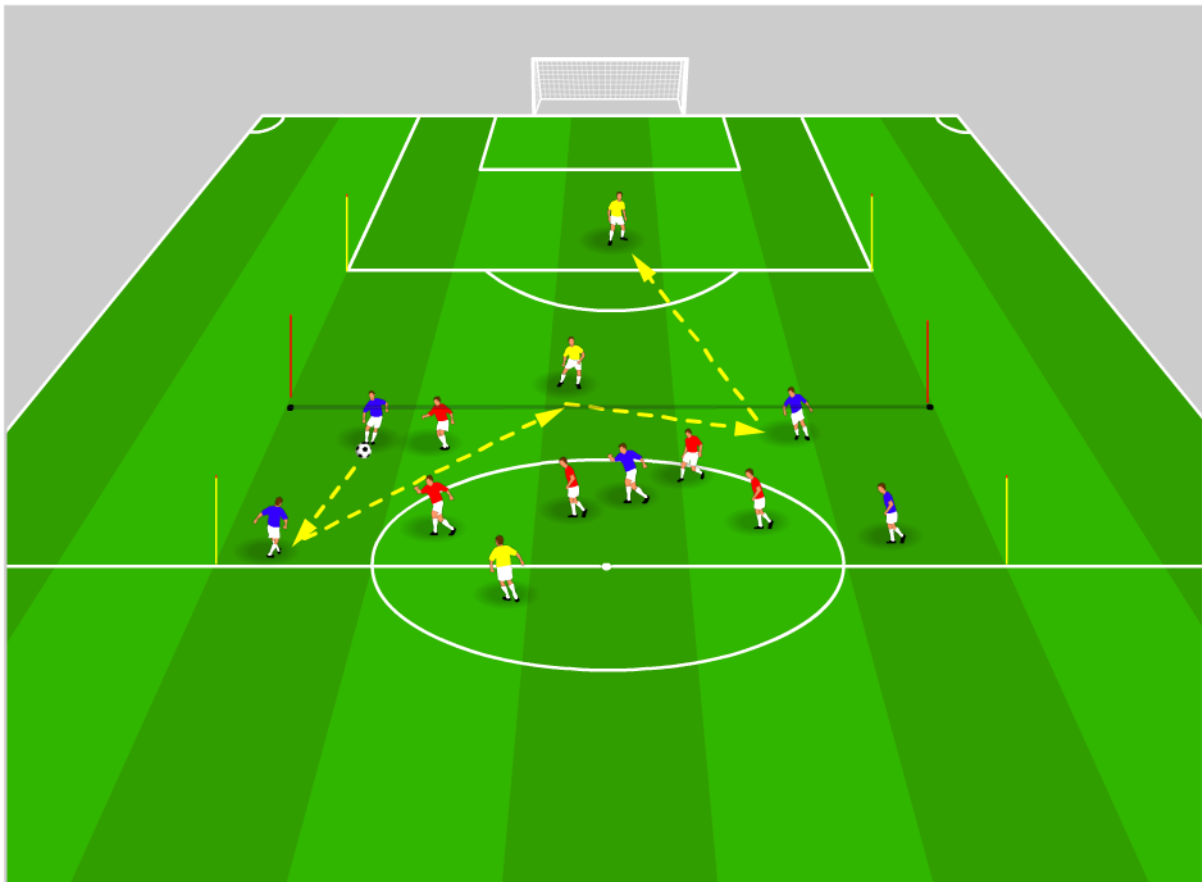


Ajax FC - First Team Training - SSG (1 of 2)



Date: 4 Sep 09 **Measurement:** 50 x 30 Yds
Time: . **Players:** 13
Duration: . **Level/Age Group:** 12+

Description: 2 teams of 5 players with 3 target players compete for possession in a 50x30 yrd. area. The field is divided into 2 equal halves. The team in possession pass the ball in one half of the field until they can pass to the target on the centre line. Description continues on page 2...

Objective: To develop transition, speed of play, possession and pressing.

Coaching Points: 1. Fast ball circulation with an eye for the centreline target player
2. Play to the target player as soon as possible.

Progression:

Notes:

Ajax FC - First Team Training - SSG (2 of 2)



Date:	4 Sep 09	Measurement:	50 x 30 Yds
Time:	.	Players:	13
Duration:	.	Level/Age Group:	12+

Description: The center line target then passes to a player in possession who then passes to the target player on the opposite end line. Once the target on the end line has received the ball both teams move into the the other half of the field. The target player passes to the team originally in possession and game continues.

Objective: To develop transition, speed of play, possession and pressing.

Coaching Points: 3. Defensive pressure and rapid closing down must be stressed.
4. Coaching moments will be available on both sides of the ball.

Progression: 5 consecutive passes before switching play.

Notes: