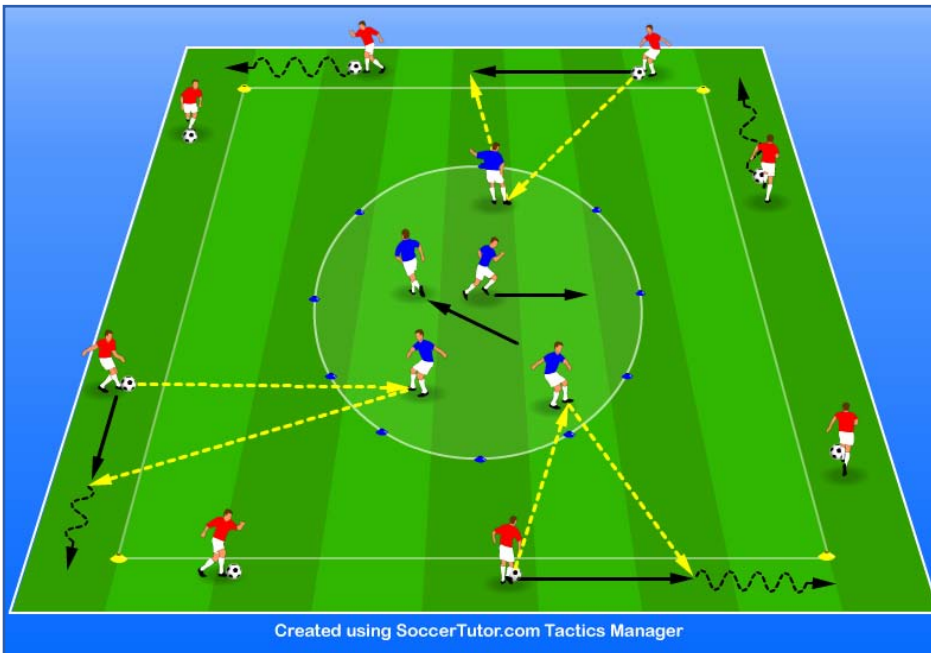
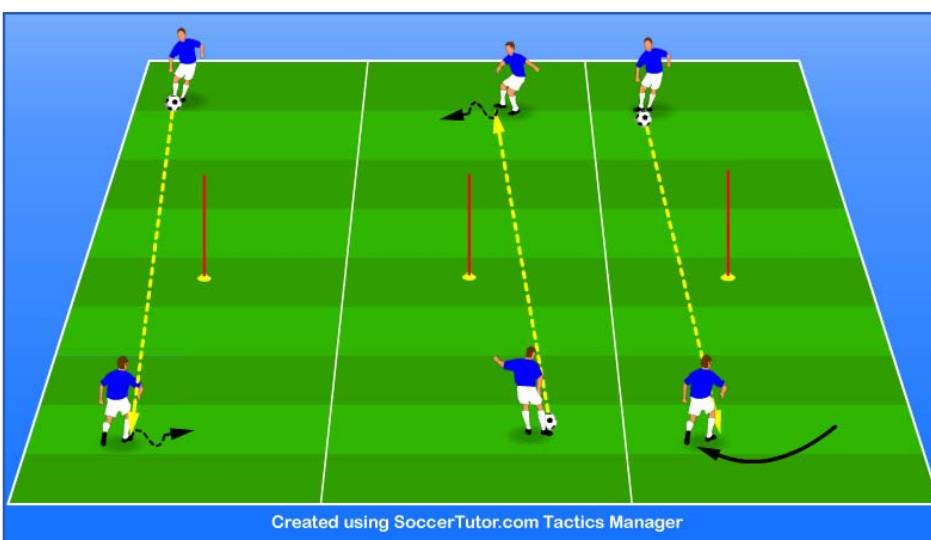


2. Conditioning **RWTB & 1-2 Combinations Passing Circle** **15 mins**



Description
 The centre midfielders are inside the circle and are always moving and must play 1-2 combinations with the other players who run with the ball around the outside square.
 Each outside player runs in a 30 yard circuit outside the circle with the ball at maximum speed.

3. Technical **Passing and Receiving with an Obstacle** **20 mins**



Description
 As shown in the diagram, the players are facing each other with a pole in between to act as an obstacle.
 Player A passes to B with the inside of the foot.
 Player B receives with his left foot and directs the ball to his right foot to pass back to A.

Variations

1. Pass with the right foot and receive with the left foot.
2. Pass with the left foot and receive with the right.
3. Pass with the right foot and receive with the outside of the left foot (and vice-versa).



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