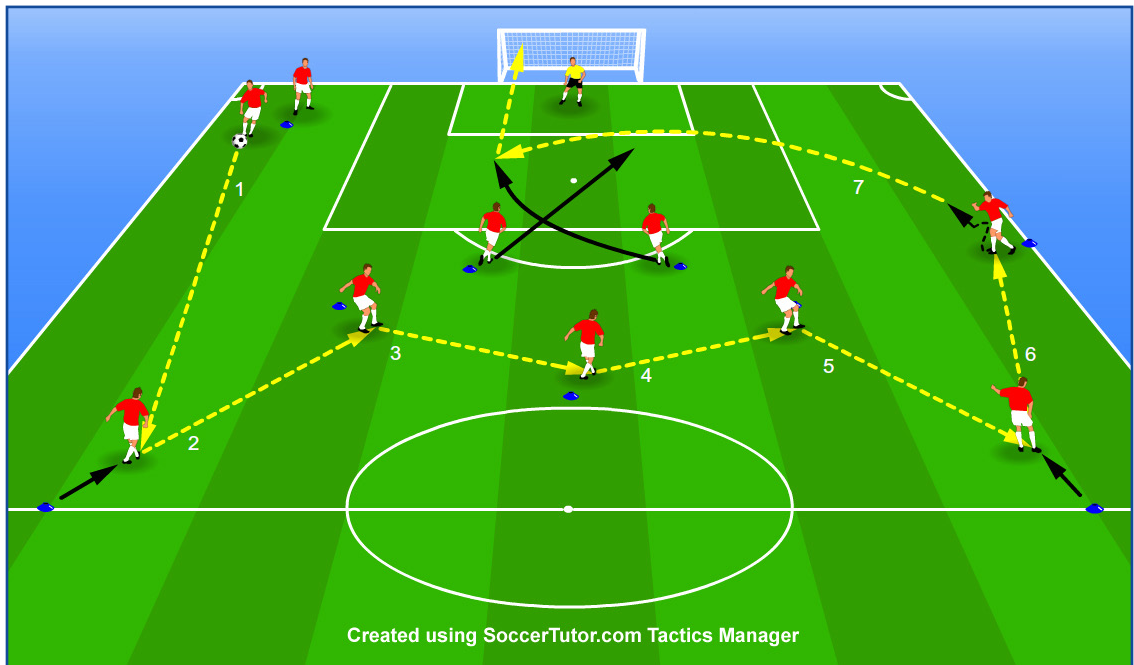


## Medium Extensive Technical Practices

The next step is formed by extensive technical practices, which are frequently employed during training. The execution demands higher requirements on the footballers than the warm ups with the ball. To achieve an adequate pace, the players need to be fully concentrated throughout. The technical work is more detailed and specific; small groups, passing routines, shooting with goals, crossing and finishing, etc.

### Passing Combination Play with Crossing & Finishing

**24 min**



#### Description

A minimum 10 players (+GK) take part in this circuit and the players have to move through all positions to complete a lap. The passes are in the order shown in the diagram.

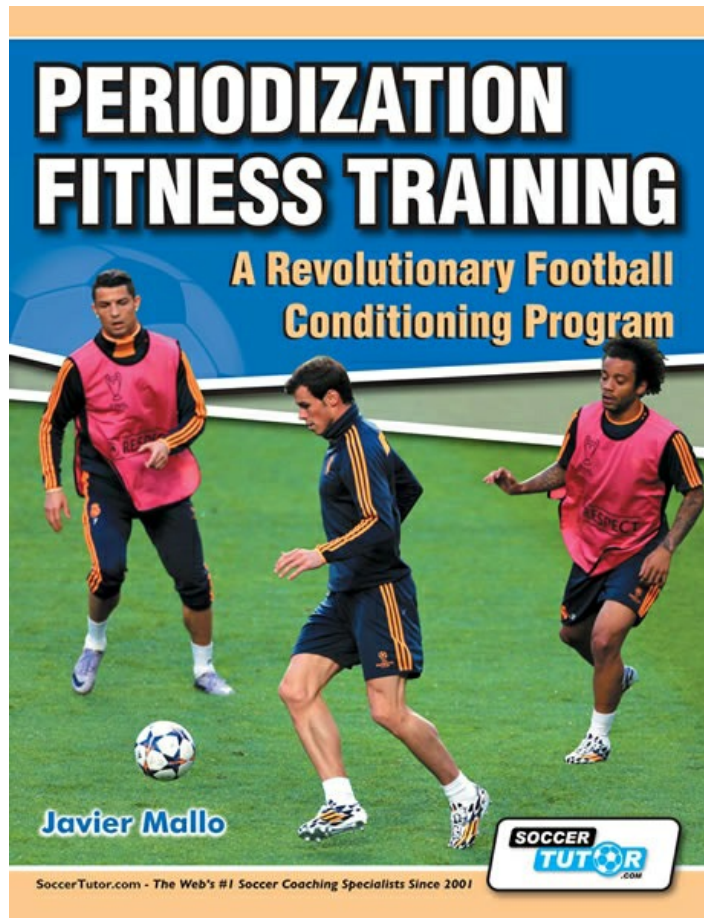
At the first 6 positions, after playing the ball, the player then runs to the next position. The 7th player takes a touch towards the byline and crosses for the 2 players in the middle. One player moves to the start position and 7 moves into the middle to try and score next time.

**Volume:** 4 sets (5 minutes each) with 1 minute recovery in between each set. In each set the direction and the kind of passing sequence should be modified.



## Learn How to Condition your Team the Modern Way, All Season Round

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