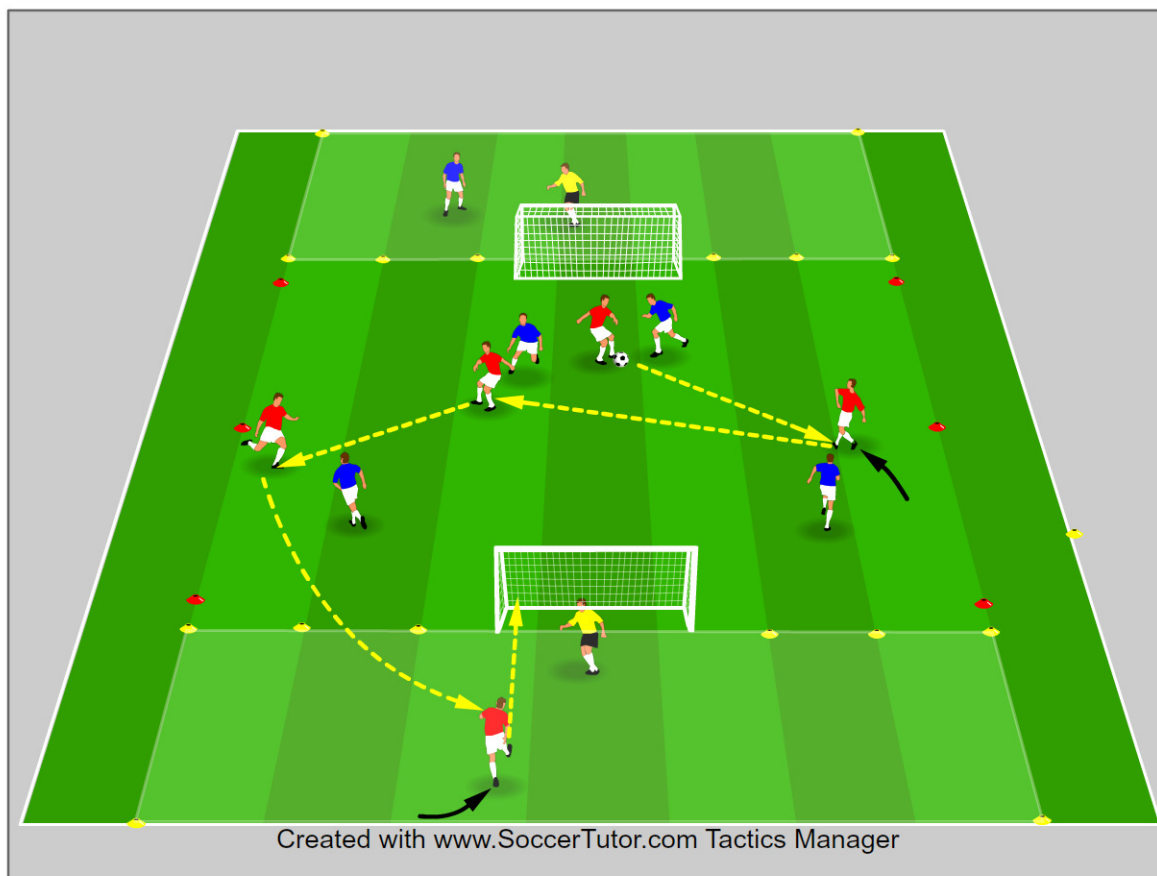


## Quick Possession and Transition Play to the Striker



<b>Date:</b>	19/Oct/2011	<b>Measurement:</b>	60 x 40 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	1
<b>Duration:</b>	20	<b>Level/Age Group:</b>	U11 - 18+

**Description:** In a 50 x 30 yard area we play 4 v 4 with each side having 1 player in a neutral end-zone with a goal and goalkeeper. The teams must complete 5 successful passes before playing a lofted pass to their team-mate (forward / striker) in the neutral zone. The forward has a maximum of 2 touches to take a shot on goal. If a goal is scored from 1 touch it will count as 2 goals.

**Objective:** To develop quick possession play and quick transitioning to the lone striker.

**Coaching Points:**

- 1.] Body shape should be open on half-turn to see all players. If marked, create space to get away from marker.
- 2.] Must play quickly with one or two touches
- 3.] The players should have their heads up and be aware of the position of their forward player.
- 4.] If volleying, head should be over the ball to keep the shot down.

**Progression:** See: "Italian Academy Training Sessions Book Set for U11 - U19"

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