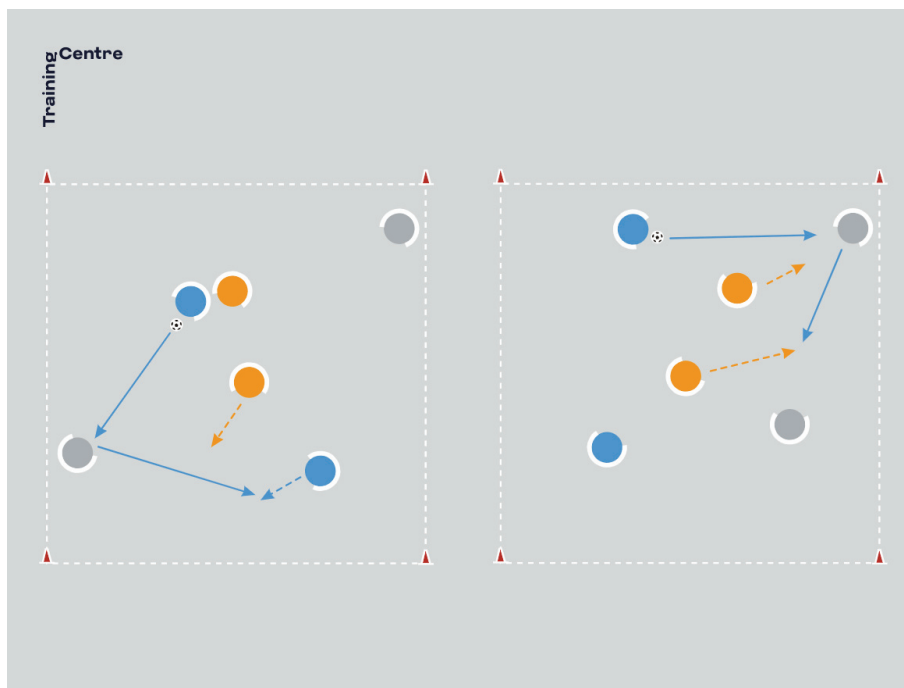


Combining, creating, and finishing goalscoring opportunities

WARM-UP: 2V2 + 2 FLOATERS, NO GOALS, PASSING INSIDE SQUARE



Organisation

- Each pitch has three pairs of players. One pair are floaters.
- This means that the pair without the ball are always outnumbered 4v2.
- The pairs try to complete a certain number of passes to score a point.
- Challenge them to make passes in different ways (e.g. throwing, volleys, headers, along the ground).

Ways to make the exercise easier

- Restrict the "defending" pair to walking.

Ways to make the exercise harder

- Require a higher number of passes to score a point.

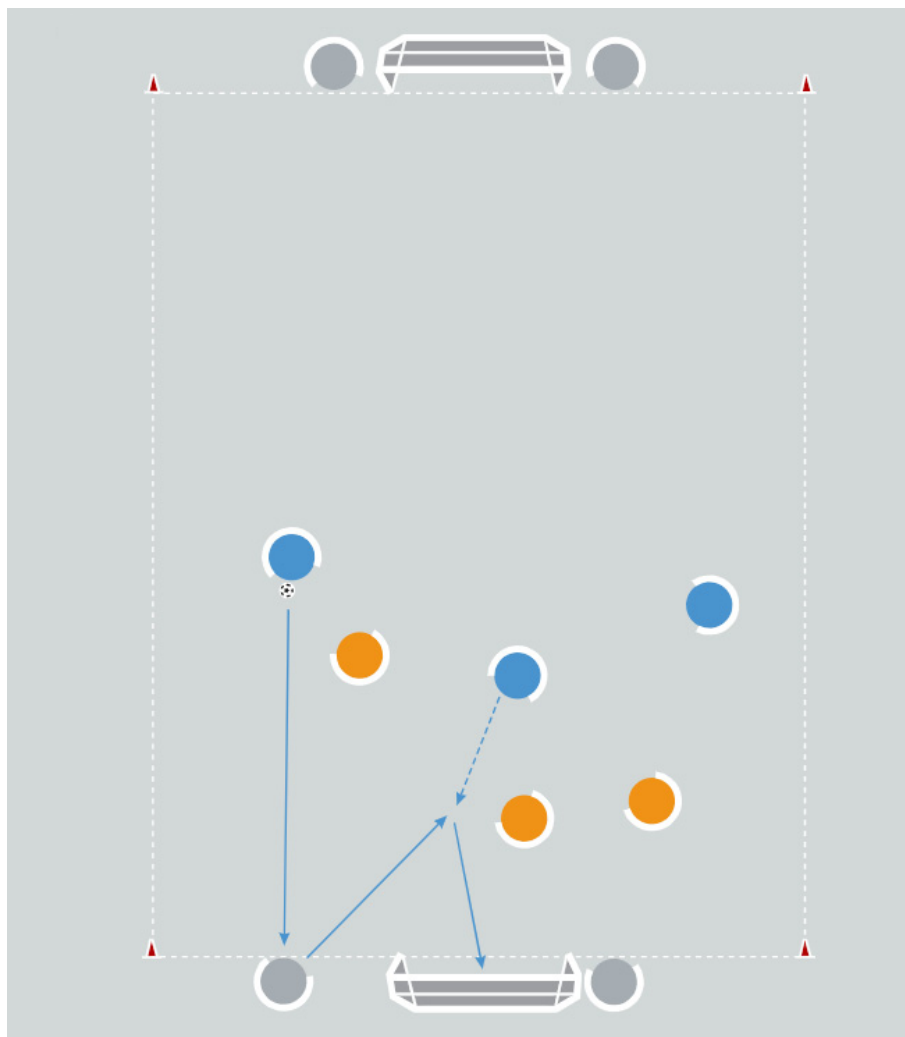
Great questions to ask the players

- Can you try to use all the space available?
- How can you communicate effectively when you want to receive the ball?
- Can you try to intercept the pass by predicting where it will go?

Safety tips

- Create safe zones between each pitch.

SKILL DEVELOPMENT: 3V3 + 2 TARGET PLAYERS ON THE GOAL LINES



Organisation

- Equal teams of 3v3 on the pitch; each team also has two target players positioned either side of the opponents' goal.
- Each team plays a normal game, but should pass to a target player whenever possible.
- The target player should then set up a shooting opportunity for his/her team.
- Give all the players the chance to be target players.

Ways to make the exercise easier

- The target players can roll or throw the ball.

Ways to make the exercise harder

- Add goalkeepers (who should also be rotated).
- Require goals to be scored in the air (i.e. from volleys or headers).
- Require goals to be scored with first-time finishes.

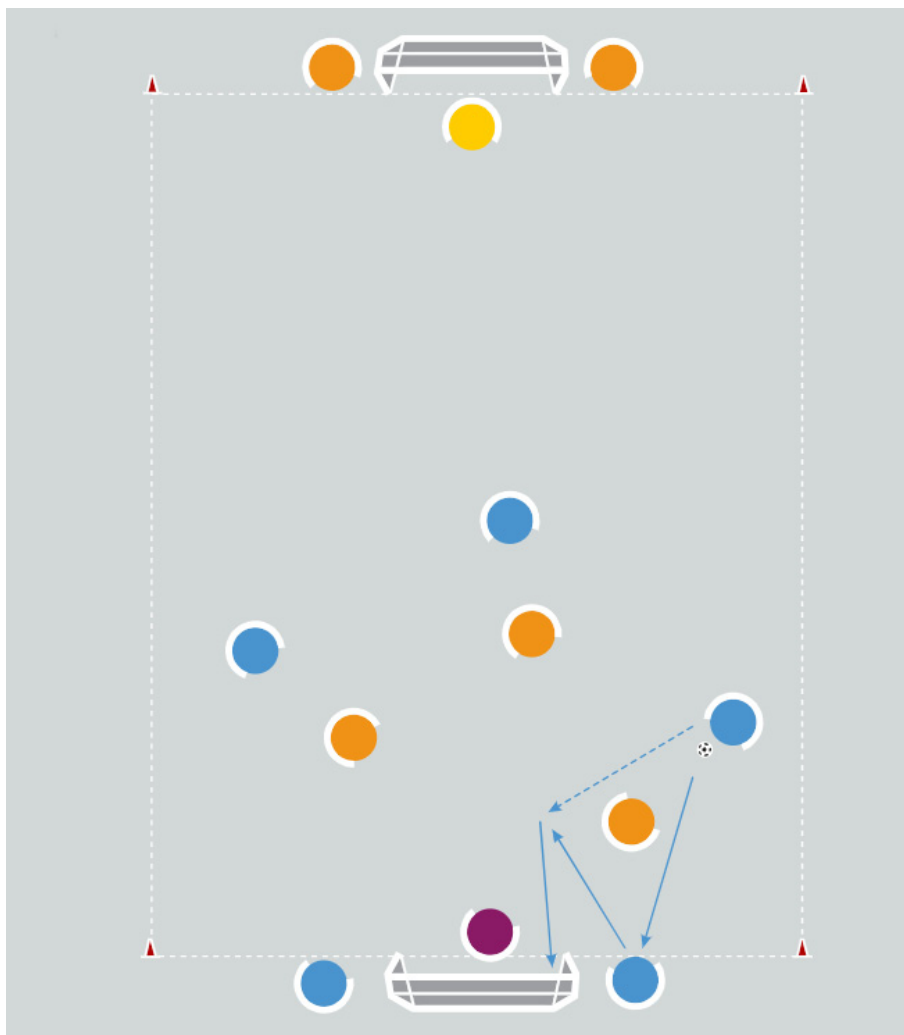
Great questions to ask the players

- When one of your target players has the ball, how can you create space to receive it back?
- Can you think about the timing of your run to receive the ball?
- When you defend near your goal, what do you need to do?

Safety tips

- Create safe zones between each pitch.

GAME APPLICATION: 5V5 + 2 TARGET PLAYERS ON THE GOAL LINES, 2 GOALS



Organisation

- Equal teams of 5v5 on the pitch, including goalkeepers; each team also has two target players positioned either side of the opponents' goal.
- Each team plays a normal game, but should pass to a target player whenever possible.
- The target player should then set up a shooting opportunity for his/her team.
- Give all the players the chance to be target players.
- Also rotate the goalkeepers.

Ways to make the exercise easier

- Play the game with no goalkeepers.
- The target players can roll or throw the ball.

Ways to make the exercise harder

- Require goals to be scored in the air (i.e. from volleys or headers).
- Require goals to be scored with first-time finishes.

Great questions to ask the players

- When one of your target players has the ball, how can you create space to receive it back?
- Can you think about the timing of your run to receive the ball?
- When you defend near your goal, what do you need to do?

Safety tips

- Create safe zones between each pitch.