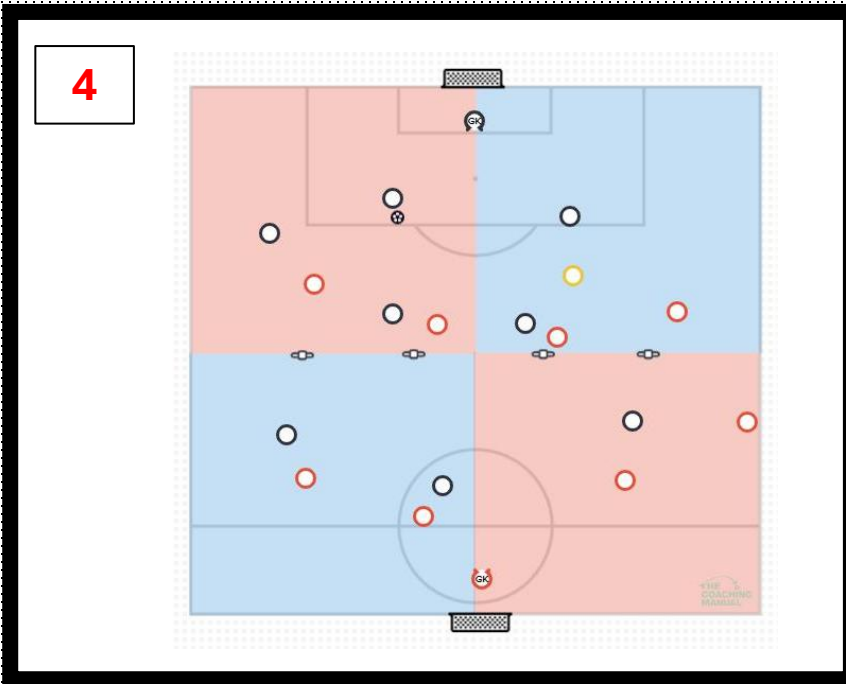
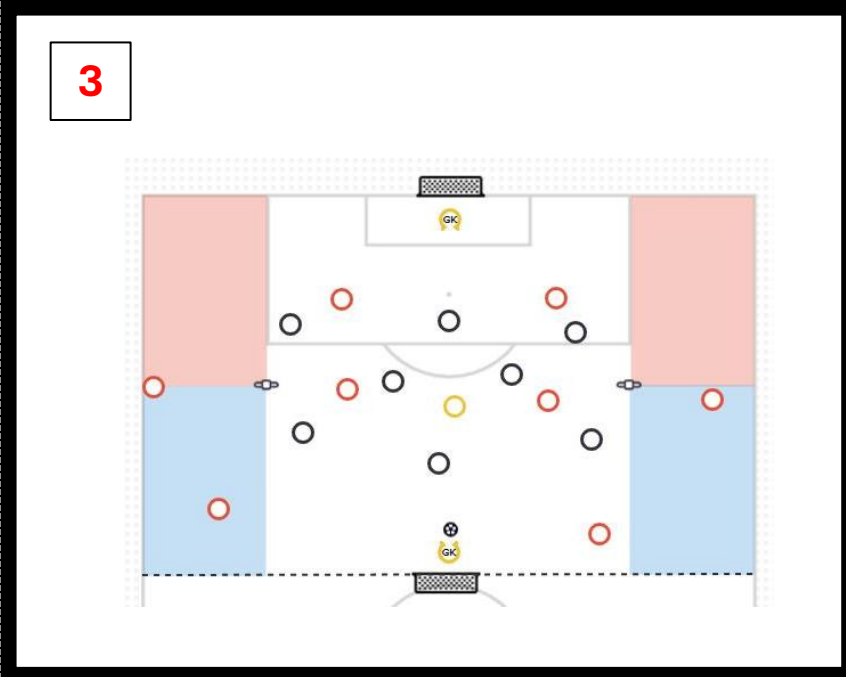
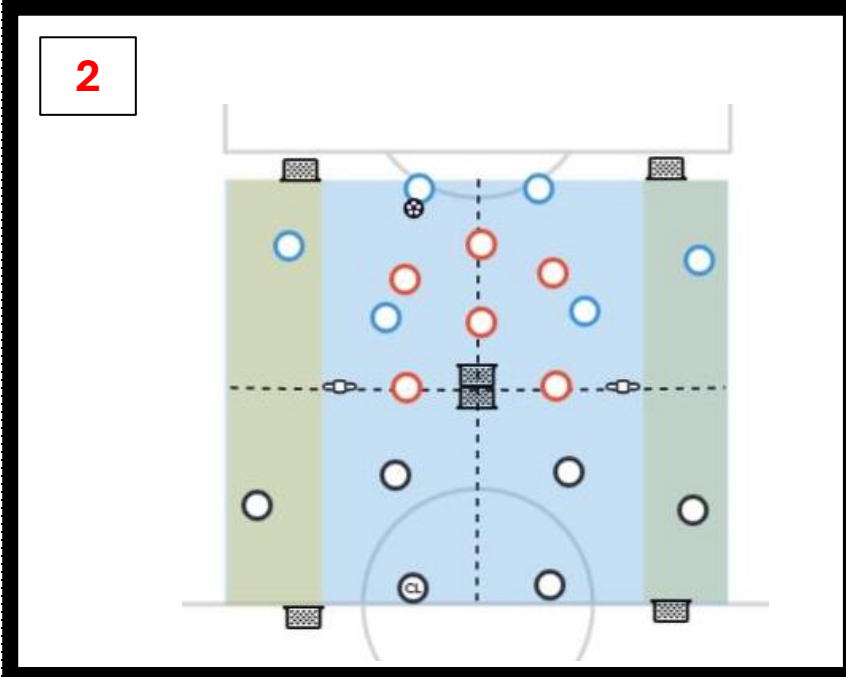




<b>MOMENT</b>	Out of Possession
<b>Sub Mom-</b>	Transition to Attack
<b>AIM</b>	Setting Traps
<b>Sub Aim</b>	Keep or Kill
<b>THEME</b>	Forcing Play

<b>PLAYERS AVAILABLE</b>	
<b>GK</b>	JMcP, NA
<b>DEF</b>	EM, RO, MH, CB, AC, DM
<b>MID</b>	EC, MC, CA, SC
<b>ATT</b>	ST, SR, JM, EK, AC, CMcF, DO
<b>OUT</b>	RW, RM 17 + 2 GK

<b>TIMINGS</b>	
20:00	WARM UP/ ACTIVATION
20:20	ACTIVITY 1
20:30	ACTIVITY 2
20:50	ACTIVITY 3
21:10	ACTIVITY 4



Activity	Instructions / Objectives
1	<b>Passing activation</b> - Short up back and through combining with higher players to finish into a mini. Decision making on the final pass for reactions and adjusting body accordingly
2	<b>3 Team Possession</b> – 6v6+6 – 6v4 in one half with two pressers screening middle between goals and mannequins. Team in possession must play between both zones before scoring into central mini goal or transferring by dribbling/controlling by mannequin in wide zone. Once transferred, deepest player has to receive the ball and play once pass in one zone before aiming to play between both zones. <b>Point Scoring:</b> 2 point for goal centrally. 1 point for transfer in wide area, Pressing team 2 goals for regain and finish into end goals. 1 Point for interception.
3	<b>8v8+3</b> - reds keep using goalkeeper and yellow neutral. Can progress ball through middle channel anytime however for wide channel must break halfway line with a dribble. On regain attack nearest goal
4	<b>9v9 +1 conditioned game</b> - condition on regain, can finish on goal if regain is in opposition half. If regained in own half must switch into opposite side before progressing past mannequins. Progression - allow pass straight through if under 2 passes