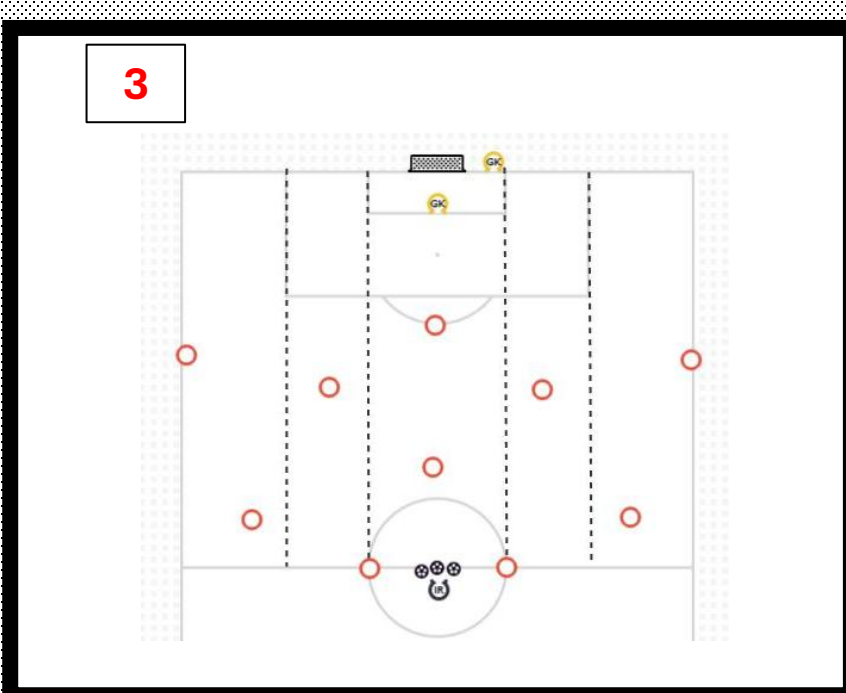
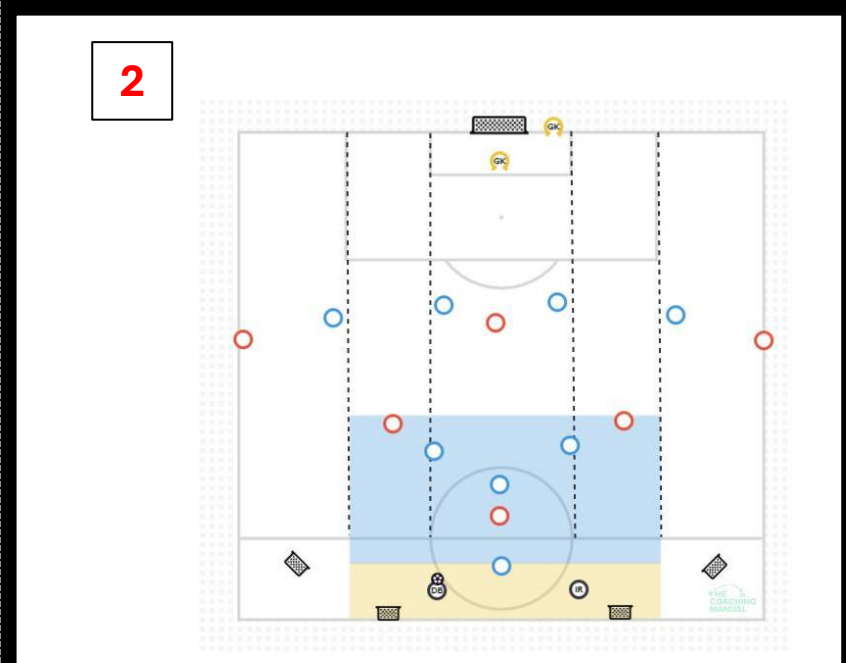
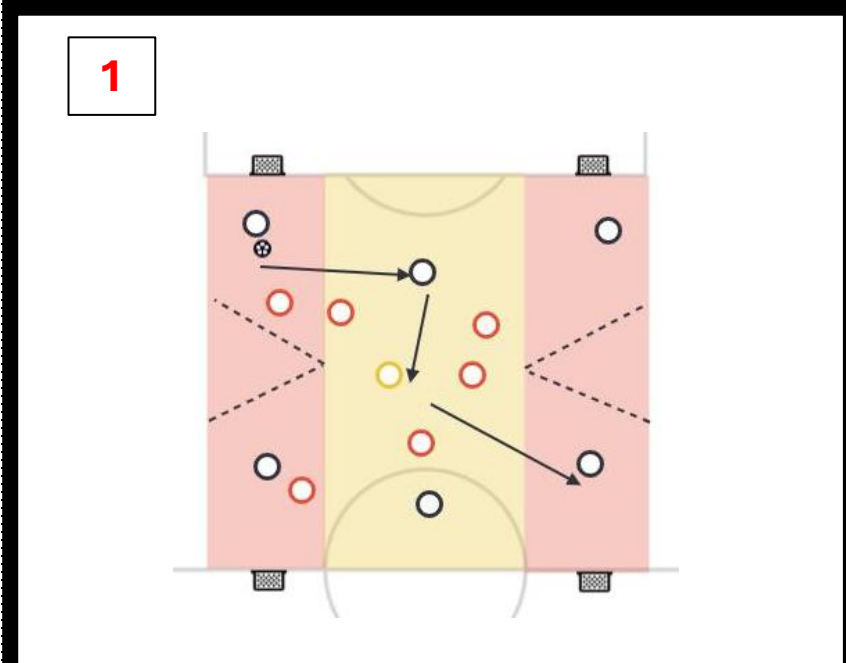




MOMENT	In Possession
Sub Mom-	Transition to Defend
AIM	Finish
Sub Aim	Immediate Press
THEME	Penetrating the backline

PLAYERS AVAILABLE
GK – JMcp, LMcG
DEF – EMac, HC, MP, DM, LB
MID – LD, RMcQ, SC, JM, RW
ATT – AR, SR, AC, DB
OUT – CMcF, JG,CB, AC, MH, MQ
14 +2 GK

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



Activity	Instructions / Objectives
1	6v6+1 possession - blacks keep +1 v reds for 3 minutes. Reds regain and score in any goal, roles reverse. Count goals, forfeit losing team. Progression - directional possession attacking two goals in wide half spaces. Progress to allow joker to move into cut corners of possession.
2	6v8 +2 GRP . Red build and combine within small area and break out into full width pitch connecting with front 3. Once they break, looking for patterns to attack backline and blues can recover. Blues regain and try to score into mini goals Progression : 2 nd ball into CMs to attack opposite side or where space is free.
3	Attacking patterns of play . Patterns using the five channels and clarity on positional role. Go through different options to go from one side to another and how midfield three can rotate and work with front line to attack the final 3rd