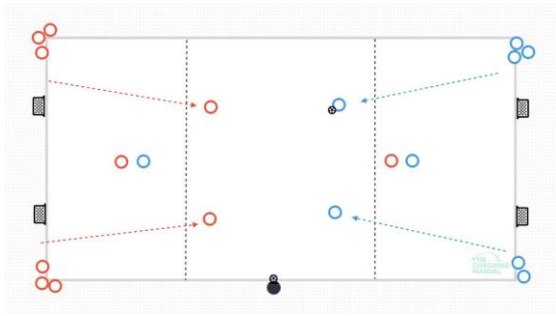
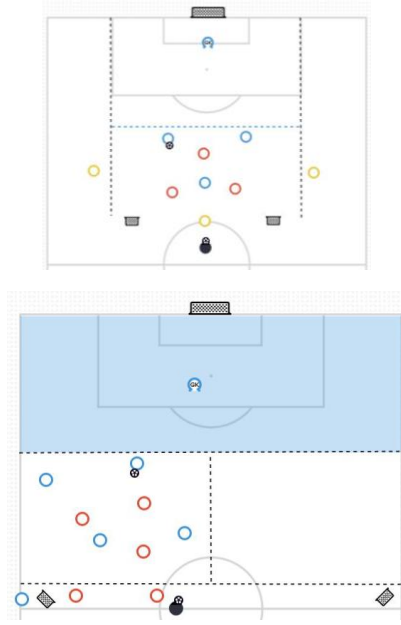


2



3



4



TIMINGS

18:00	WARM UP/ACTIVATION
18:20	ACTIVITY 1
18:30	ACTIVITY 2
18:45	ACTIVITY 3
19:05	ACTIVITY 4

MOMENT	In Possession
Sub Moment	Transition to Defend
AIM	Finish
Sub Aim	Immediate Press

ACTIVITY	INSTRUCTIONS
1	Activation Activity – Passing Practice
2	2v2+4 Waves – Transition to Attack- Attack, Defend then off. Both teams have one attacking and defensive player in each end zone. They are slightly restricted to try give depth and stretch practice, but the highest player can drop into middle area to receive when possible. DB/IR will feed from side to any player in attacking team coming on, or straight to 9 if on.
3	GRP 3v3+3 – Transition Centrally – Defenders keep and use yellows to score into mini goals. Coach will then pass into reds to create transition to attack with yellows then acting as forwards. Rotate players every 2/3 minutes. GRP 4v3 > 5v5 – Transition wide. Defenders keep 4v3 and score into mini goal or find coach. Coach then creates attacking transition, with end players joining. Rotate players every phase. Swap sides after 5 mins
4	10v10+1 Game – ¾ Pitch

PLAYERS AVAILABLE

GK – RC, ET
 DEF – TB, CW, GI, JA, SL, JP, LP
 MID – AB, LR, MC, AD, MM, MG
 ATT – CB, HC, KH, BC, SP, ST
 NOT AVAILABLE – KR
 19+2 GK

Leadership Group
GI
CW

