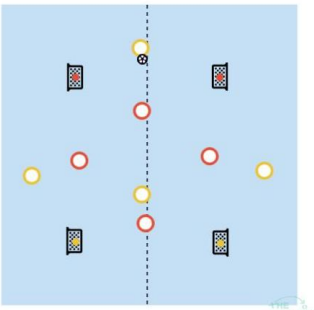
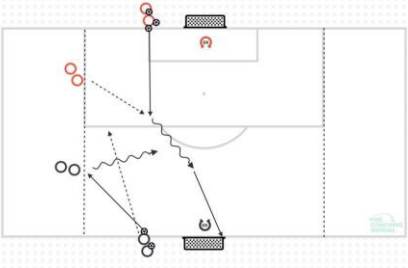


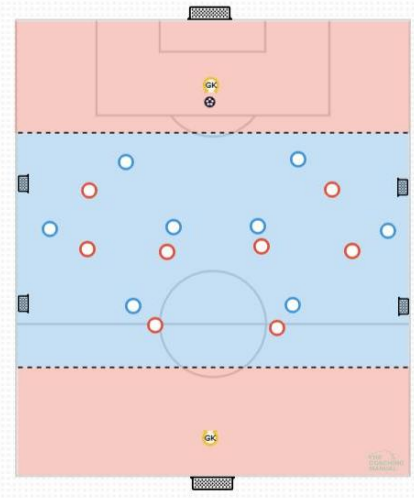
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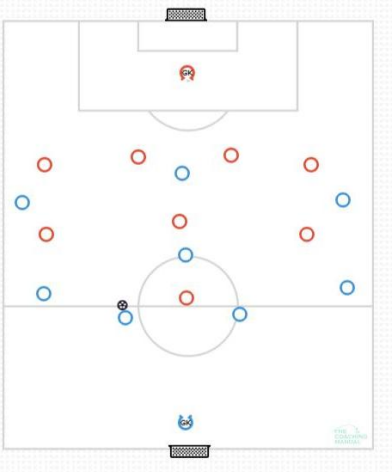
3



4



4



TIMINGS

11:00	WARM UP/PASSING
11:15	ACTIVITY 2
11:30	ACTIVITY 3
11:55	ACTIVITY 4
12:15	ACTIVITY 5

MOMENT

In Possession

Sub Moment

Transition to Defend

AIM

Finish

Sub Aim

Immediate Press

ACTIVITY

INSTRUCTIONS

1

Activation Activity- Passing Pattern

2+3

Split Group– Two groups of 8.
4v4 – Switch to score game, and run beyond game
5 Ball Double 18 Game - 1, deepest red plays to partner into middle for 1v1. 2, Black 2v1 v red who has finished. 3, Red 3v2. 4, Black 4v3. 5, Red 4v4. Reset and begin sequence again. Flip starting team after 6 minutes

4

8v8+2 GRP– One team keeps and scores into mini goals aiming to keep switching play to score. Pressing team regains and counters into big goals. **Progression:** Game will flip if pressing team score into big goals. They then become the team keeping possession and looking to switch into mini goals

5

9v9 Game – No Conditions. Treat as normal game with throw ins and corners

Finish with Individual Activities for 20 mins

PLAYERS AVAILABLE

GK – RC, ET

DEF – CW, GI, JP, SL, JA

MID – LR, MC, MM, LY, MG, KB

ATT – KH, BC, ST, HC, CB

NOT AVAILABLE – KR, AD, TB, AB

16+2 GK

Leadership Group

GI

CW

