

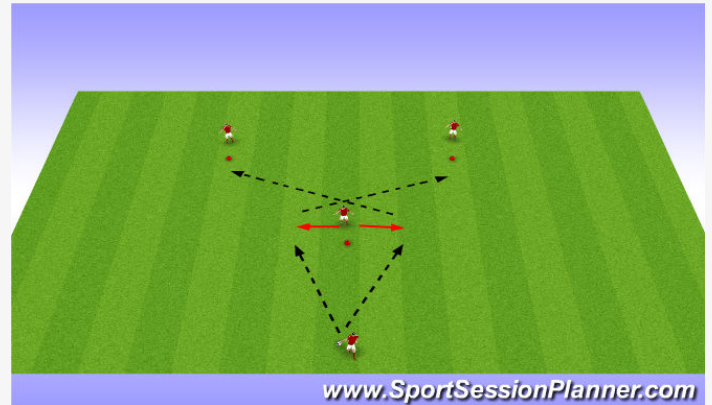


Y drill

Y-Drill warm up.

1. Players on first cone check out left or right and receive across body before playing a diagonal pass to end cones. All players then follow their passes.

2. Players on first cone check receive ball in front of cone and spin out left or right before passing to end cones. All players then follow their passes.



4v4(+4) to 4 goals

4v4 (plus 4) to 4 goals.

Teams play directional to two goals each and can use any of the 4 neutral players on end lines.

COACHING POINTS:

Movement within box to create space away from defenders.

Face forward whenever possible.

Use neutral players to keep possession and then move again to create space to receive ball back.



6v6(+2) to goal

3 zone game (6v6 with 2 neutrals)

Play 3v3 in each end zone with two neutral players in middle grid (#6, #8 or #10). Ball starts with Gk and is played into defending third before ball is moved into middle third. Players in middle third can then either pass ball into attacking third or can dribble into the attacking third to create a 4v3 to goal.

COACHING POINTS:

Movement in defensive third to create space to pass/receive from GK. (use GK to make a 4v3)

Movement of middle players to create correct angles/distances to receive passes.

Middle players receive across body and make good decisions on whether to pass or dribble

Attacking third movement - create space away from defenders to receive passes and attack goal

