

Speed of play

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Groups of 3 - Pass in unrestricted area

1. mandatory 3 touch/move after pass
2. Receive with outside of foot
3. Receive any way you want, but pass with the outside of foot
4. 2 touch with 1st touch going to opposite foot
5. 1 touch
6. 3 touch or less and play quickly

4v2 in 18 X 12 grid (Keeping Vs Penetrating)

1. Free play (Follow pas to support – it will affect the defenders)
2. Next – 2 touch mandatory
3. Next – 1 touch

5v5 to Gk targets -large space - 40X50 grid

1. Pass to target – target 1-2 touch back to same team = point
2. Then other team receives the ball and goes the other way
3. Later play 2 touch

End with regular game