

In-Service Training

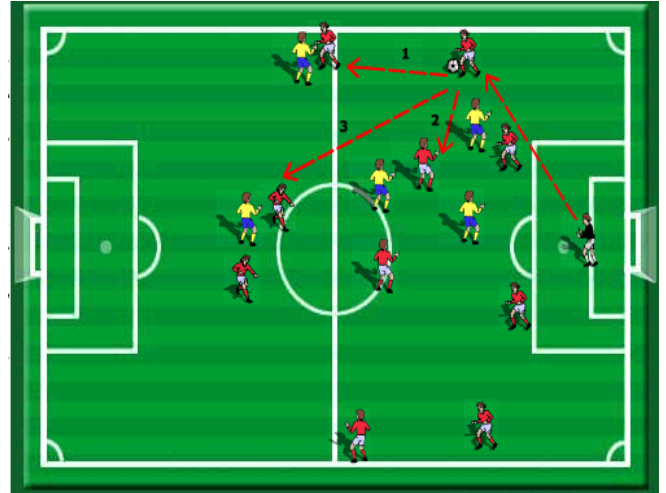
Defenders Attacking (Full Back)

1/ Defender makes angled run wide and plays ball to wide player.

2/ Defender makes angled run wide and plays angled pass to central midfield player.

3/ Defender makes angled run wide and plays ball to striker.

Repeat from opposite side of park.



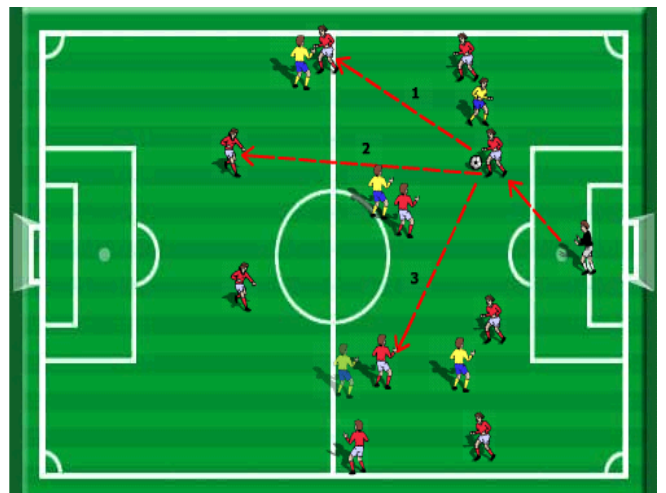
Defenders Attacking (Central Defender)

1/ Defender makes angled run wide and plays ball to wide player.

2/ Defender makes angled run wide and plays lofted pass to striker.

3/ Defender makes angled run wide and plays angled pass to opposite central midfielder.

Repeat from opposite side of park.

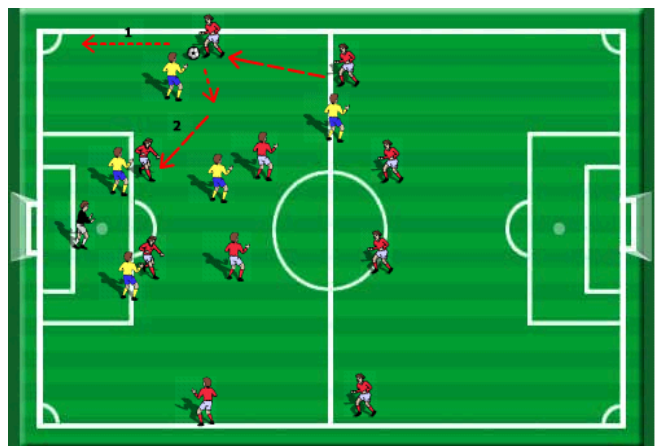


Midfielders Attacking (Wide Player)

1/ Midfield player makes angled run wide and drives at defender on outside.

2/ / Midfield player makes angled run wide and drives at defender on inside and plays pass to striker.

Repeat from opposite side of park.



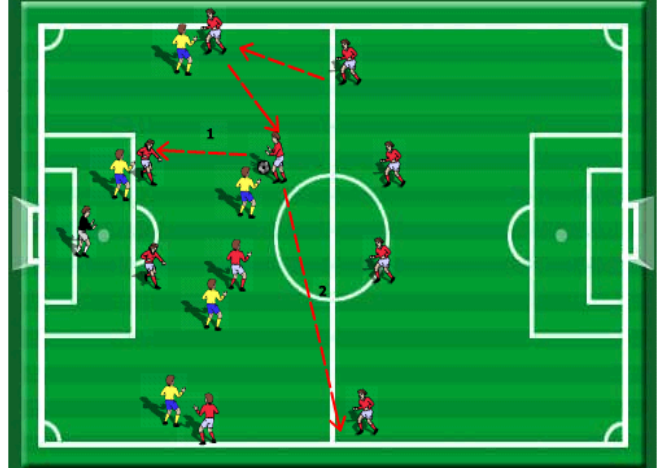
In-Service Training

Midfielders Attacking (Central Player)

1/ Midfield player makes angled run and plays ball round corner to striker.

2/ / Midfield player makes angled run wide and switches play out to opposite full back.

Repeat from opposite side of park.

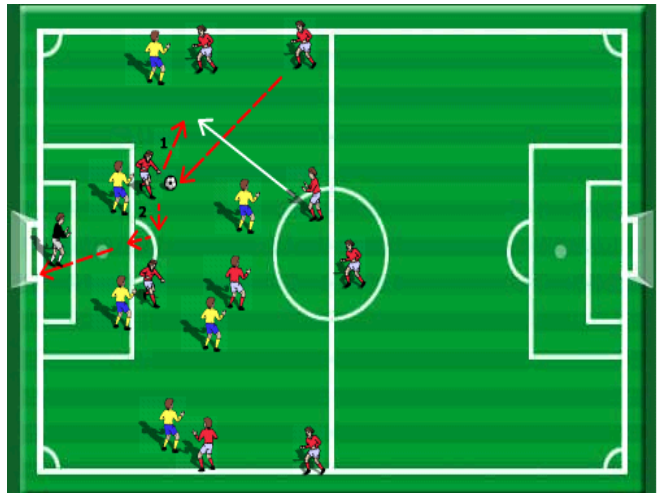


Strikers Attacking (1st Striker)

1/ Striker makes angled run and plays pass to supporting midfielder.

2/ Striker makes angled run and turns inside defender and has shot at goal.

Repeat from opposite side of park.

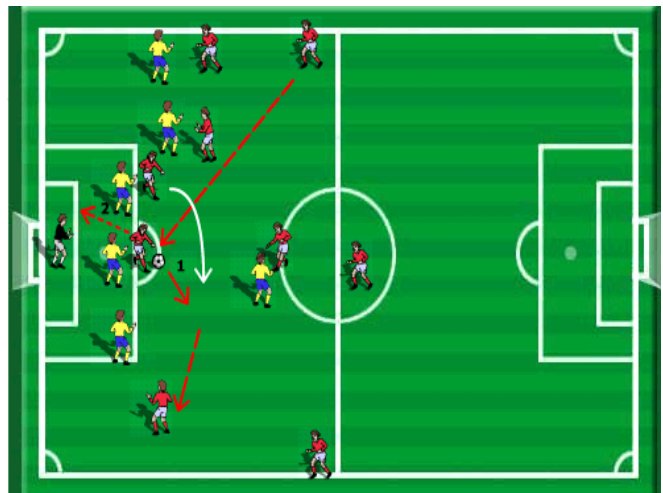


Strikers Attacking (2nd Striker)

1/ Striker makes angled run and plays pass to supporting striker.

2/ Striker makes angled run and turns inside defender and has shot at goal.

Repeat from opposite side of park.



Eleven Aside

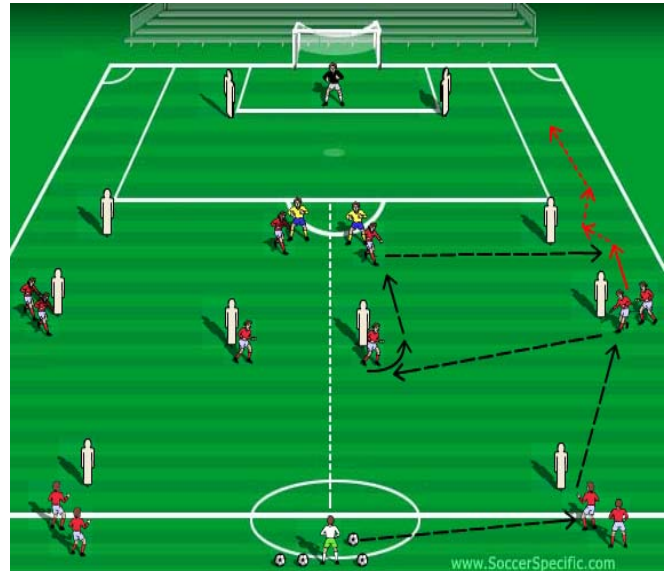
In-Service Training

Patterns of Play

The waves of attack are initiated from the central defender with a good supply of footballs.

Central defender passes the ball to the full back who makes an angle to receive the ball. The player receives the ball with an open body position and the play is patterned down the right corridor of the pitch and linking the defence, midfield and attack.

Certain positions are doubled up to allow sufficient rest periods. There are 2 sets of strikers who rotate their roles as both attackers and defenders and attack simultaneously from either side.



Patterns of Play

Switch of Play from left to right side and incorporating a variety of movement and options from the opposite wide midfielder player and supported by the opposite full back

Progress to players choosing type of pattern for final part of session.

