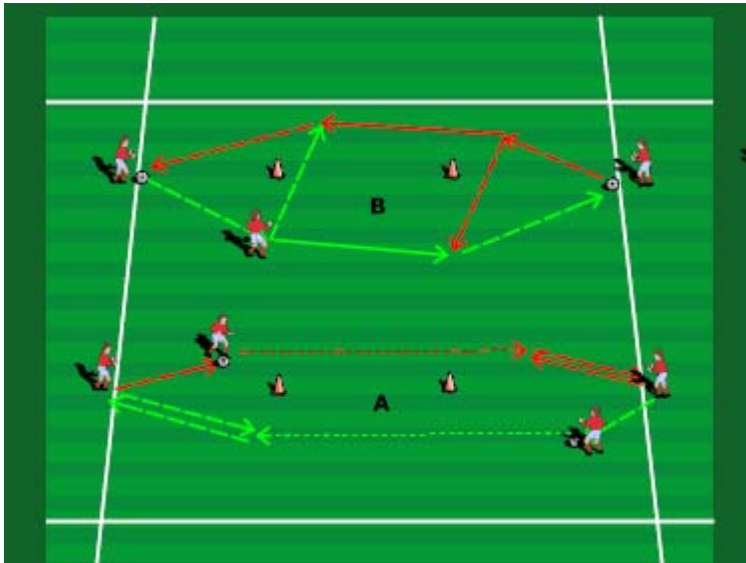


This session looks at some simple movement off the ball progressing to crossing and finishing patterns. As always, the session begins with primarily technical work, progressing to structured movements and patterns, and eventually to a controlled scrimmage emphasizing movement off the ball. By the end of the practice players should be more comfortable moving off the ball and making overlapping runs to open up the opposing team's defense.

- **Warm-up: Technical Progression building from individual to cooperation of 8 players.**



**Set up:** 3 squares 10x10 each with a player at each cone and a ball with the server on each extreme corner.

**Instructions:** Progression 1 (A): Players open up with their first touch (using inside of foot), and dribble across to the opposite side where they do a quick 1-2 with the server and repeat.

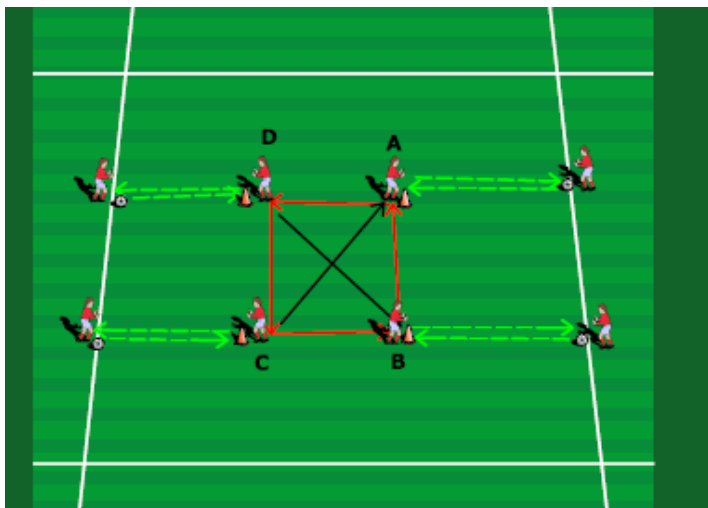
Progression 2: After the working player turns and dribbles across, he/she plays to the server, and then runs back across to get the ball from the opposite server.

Progression 3 (B): After the players open up, they switch balls by laying their ball in the opposing workers path. Progress to throw ins so that players must turn a ball in the air. With strong teams you can progress to performing this with a single touch.

**Coaching Points:** Rotate every 40-70 seconds.

**Progressions:**

- Simple passes
- opening up with inside/outside of foot
- throw in to feet (open up)
- turn with chest
- turn with head



**Set up:** 3 squares 10x10 each with a player at each cone and a ball with the server on each extreme corner.

**Instructions:** Begin with the technical progression where the servers stay at their cone each pass, while the two workers switch positions each time (A with B, C with D). Go through Passes, Volleys, two touches with feet, and headers.

Progression 2: Workers switch diagonally (A with C, B with D). Progress to passing the ball diagonally as well.

Progression 3: Workers switch in a circle (clockwise - A to B to C to D).

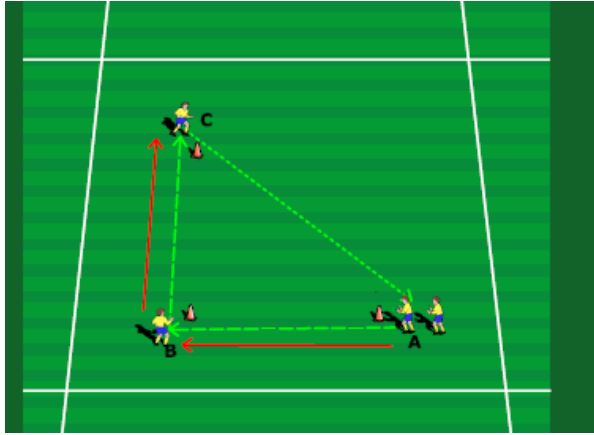
Progression 4: Servers switch with one another each pass as well.

Progression 5: Servers throw the ball in with force (like a throw in), players take 2 touches to play diagonally.

**Coaching Points:** This will be a hard working technical warm-up that will challenge everyone to stay focused. Depending on age, rotate every 40-70 seconds.

This warm-up starts with the simplest of passing and moving, and can build up to a very complicated and demanding drill both mentally and technically. Emphasis is on technical proficiency, sharp runs with well timed changes of pace, and eventually communication and focus.

- **Drill 1: Structured Passing and moving to goal:**



**Set up:** 10x10x14 triangle, player at each cone and at least 2 on the first cone

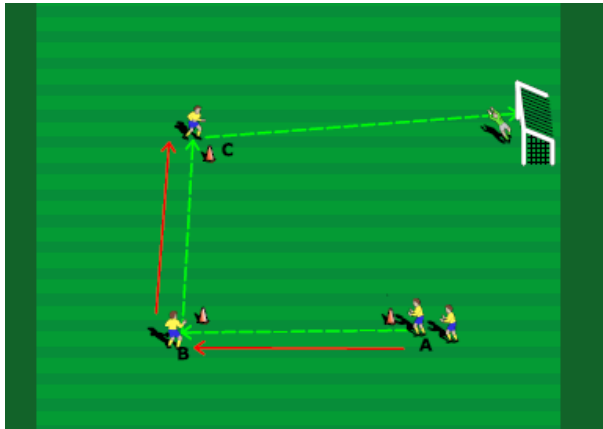
**Instructions:** Progression 1: A passes to B and follows pass. B opens up with inside of foot, passes to C and follows pass. C dribbles back to the start.

Progression 2: A plays to B who lays it back to B and loops around the cone to receive a pass into his path. B then passes to C who dribbles back to the start.

Progression 3: A passes to B and follows pass. B opens up and plays to C who holds the ball as B overlaps him and receives a pass on his way back to the start (C stays at the same cone for a few rotations and then is switched).

Progression 4: All of the above are performed to goal where instead of dribbling back to the start, the last player shoots on goal.

**Coaching Points:** Forced runs off the ball.



**Set up:** 10x10x14 triangle, player at each cone and at least 2 on the first cone

**Instructions:** Progression 1: A passes to B and follows pass. B opens up with inside of foot, passes to C and follows pass. C dribbles back to the start.

Progression 2: A plays to B who lays it back to B and loops around the cone to receive a pass into his path. B then passes to C who dribbles back to the start.

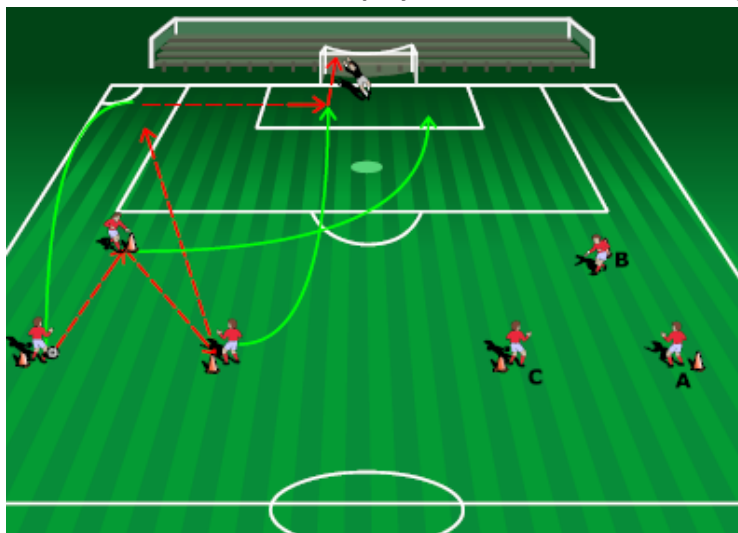
Progression 3: A passes to B and follows pass. B opens up and plays to C who holds the ball as B overlaps him and receives a pass on his way back to the start (C stays at the same cone for a few rotations and then is switched).

Progression 4: All of the above are performed to goal where instead of dribbling back to the start, the last player shoots on goal.

**Coaching Points:** Forced runs off the ball.

These combinations remain fairly rigid and allow players to get many repetitions of simple passing and moving combinations.

• **Drill 2: 3 player combinations to crossing and finishing**



**Set up:** 3 cones in a triangle on either flank, representing a striker, an outside mid, and a central midfielder

**Instructions:** Various passing and moving combinations are done ending with a cross and finish. As soon as one side has crossed, the next side can begin.

**Variations:**

- A-B-C through ball to overlapping A who crosses (B,C finish)
- C-B-A who plays C down the flank who has overlapped behind A, and crosses (A,B finish)
- C-B-A over top to B who crosses (A,C finish)
- C-B-A over top to C who streaks inside of B (B, A finish)
- C-B who turns and plays A who is overlapping (C, B finish)

**Coaching Points:** proper one touch passes and layoffs in the first combination. Well weighted final passes into space. Finishing players cross over, arrive at full speed to finish first time. Near post run goes all the way to the near post.

Eventually allow the players to make their own combinations before sending someone to cross for the other two. You can also progress to allowing one of the finishing players to stay behind to defend the next attacking pair in order to add pressure on the attacking team to make proper runs.

• **Restricted Scrimmage:**



**Set up :**  
 scrimmage field with two channels

**Instructions:**

- Ball must go wide into one of the channels before a goal can be scored.
- Progression 1: force players to pass into the zone to an arriving player (not one who stays in the channel)
- Progression 2: Overlapping run is performed in the channel once the ball is there.
- Progression 3: Overlapping run must be performed anywhere on the field, ball must still go wide.
- Progression 4: Free play