

### Theme: Control

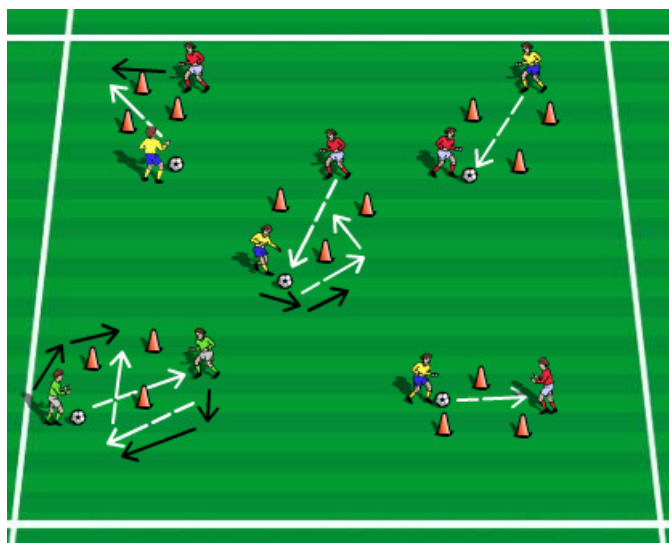
#### Drill

**Set Up:** Form a triangle using markers, 1 step between each marker. Players work in pairs - 1 ball.

**Objective:** Player 1 (red) passes through 2 sides of the triangle to Player 2 (yellow) to control and pass through alternative sides back to Player 1. Play is continuous

**Variation:** Limit touches; Condition surface for 1<sup>st</sup> touch i.e. inside or outside of foot. Each player starts with 10 points and loses a point for each unsuccessful return. Change partners round.

**Technique:** Get in line with pass / early decision on controlling surface / angle body / 1<sup>st</sup> touch into another space / weight of pass.



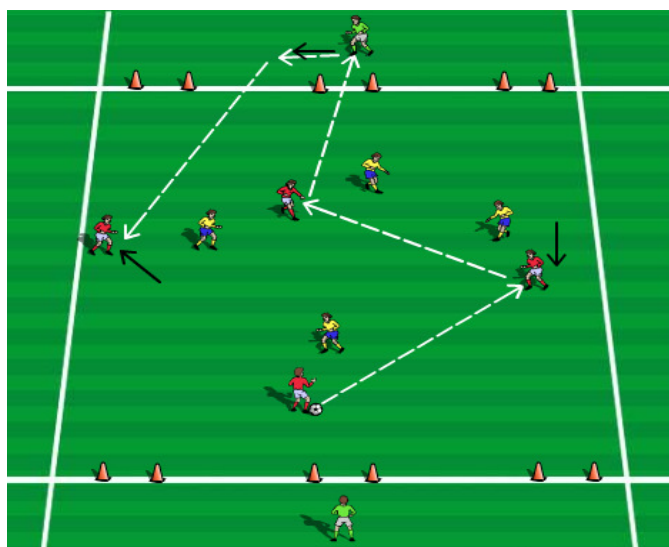
#### Development Activity

**Set Up:** Field approx 36 by 30 with 3 gates (2 steps wide) at each end. 4 v 4 (or 5 v 5) in middle area, each team has a target player beyond the gates off the field of play.

**Objective:** A goal is scored when either team passes directly through any of their gates to the target player in green. On reception of the ball the target player takes a touch to the side and restarts play by passing to the other team.

**Variation:** Team that scores regain possession and look to score at opposite end.

**Technique:** As Drill, include 1<sup>st</sup> touch away from pressure in middle area.



#### Group Play

**Set up:** 3 Zones with Goalkeepers and 1 – 2 – 1 formation.

**Objective:** Goalkeepers start play to create 2v1 in defending 3<sup>rd</sup>. Ball must be played through each zone before a goal can be scored. Goals can be scored quickly on the counter. Unlimited touches to start.

**Variation:** Reduced number of touches. Play can be more direct i.e. miss out middle zone. Take 2 touches.

FREE PLAY TO FINISH!

