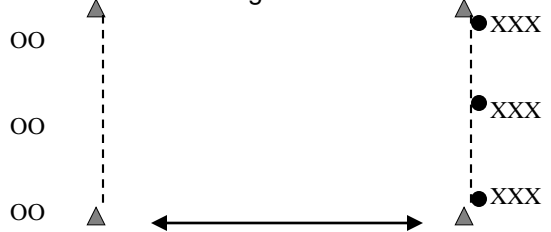
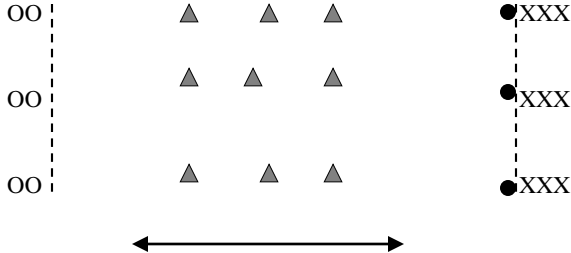


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass / shot

<p><b>1-2 min, or sets of 10 –12 runs</b></p> <p>Academy players 10-12 yd running space 1 minute U11-U14 age group 12-15 yds 90 seconds U15 and older 15 – 18 yds, 2 minutes</p>	<p>Organization</p> 	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- groups of 5</li> <li>-3 payers on one side, two on other .Ball starts on the side of the 3 players</li> <li>-Dribbling the ball with correct Takeover</li> <li>-Set time or set number of runs</li> </ul>
<p><b>1-2 min, or sets of 10 –12 runs</b></p> <p>Academy players 10-12 yd running space 1 minute U11-U14 age group 12-15 yds 90 seconds U15 and older 15 – 18 yds, 2 minutes</p>	<p>Same set up as above</p>	<ul style="list-style-type: none"> <li>- <u>Same set up as above</u></li> <li>-Now Dribbling at pace, when ball is delivered to player on other side the player now turns and sprints along side the player dribbling back to starting point. Each player will put in two runs each, 1 with the ball, 1 without.</li> <li>-<u>High physical demand on players</u></li> </ul>
<p><b>1-2 min, or sets of 10 –12 runs</b></p> <p>Academy players 10-12 yd running space 1 minute U11-U14 age group 12-15 yds 90 seconds U15 and older 15 – 18 yds, 2 minutes</p>	<p>Same set up as above</p>	<ul style="list-style-type: none"> <li>- <u>Same set up as above</u></li> <li>-Weight of pass with a controlled supporting run</li> <li>-X will play to O player, once the ball has been played X player runs and joins the back of the O line</li> <li>-Eyes on the ball, never turn your back on the ball</li> <li>-Good recovery while being active</li> </ul>
<p><b>1-2 min, or sets of 10 –12 runs</b></p> <p>Academy players 10-12 yd running space 1 minute U11-U14 age group 12-15 yds 90 seconds U15 and older 15 – 18 yds, 2 minutes</p>		<ul style="list-style-type: none"> <li>- <u>Same set up as above</u></li> <li>-Place three cones in the center of the grid one yard apart allow players to dribble through and then make a short pass to the player in the opposite line</li> <li>-Look for dribbling skills</li> <li>-Balance and agility through cones</li> </ul>
	<p>4-8 Minute work out, allow 10 minutes</p>	<p>1-2 working 3-4 Resting</p>