

Description

Social distancing unopposed Set plays Crossing and finishing 8 players + 2 GK'S

Screen 1

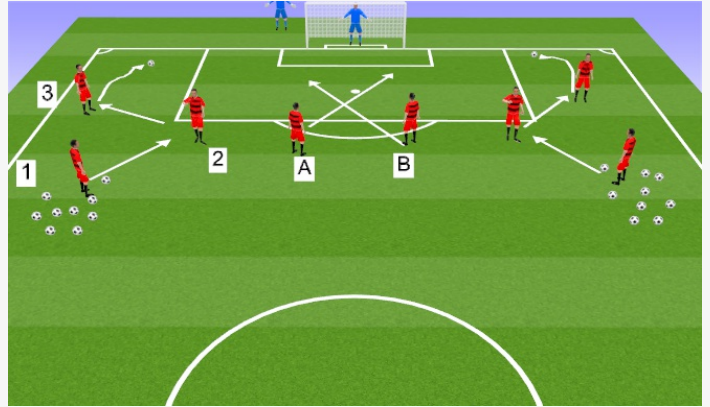
Set up: Players set up in 2 wide and central areas as shown, good supply of balls and 2 GK'S if possible.

Sequence: Roles are the same for both sides, work 1 side at a time (players follow their pass when 3 crosses they become 1) 1 passes to 2 - 3 takes a touch and looks to play a cross into the penalty box for the strikers (A & B) to attack.

Coaching points: Weight and accuracy of all the passes, timing of the runs, receiving a pass whilst moving, accurate and well weighted crosses for the strikers to attack.

Attackers: Timing of runs, finish every attack with an attempt on goal.

GK'S: Rotate often



Screen 2

Set up

Set up: Players set up in 2 wide and central areas as shown, good supply of balls and 2 GK'S if possible.

Sequence: Roles are the same for both sides, work 1 side at a time (players follow their pass when 3 crosses they become 1) 1 passes to 2 - 3 takes a touch and looks to play a cross into the penalty box for the strikers (A & B) to attack.

Coaching points: Weight and accuracy of all the passes, timing of the runs, receiving a pass whilst moving, accurate and well weighted crosses for the strikers to attack.

Attackers: Timing of runs, finish every attack with an attempt on goal.

GK'S: Rotate often

