

Screen 1

Set up 20 x 20 m box split into 4 (example of size) good supply of balls as shown.

Sequence: Players (A) run with the ball into the field and around the cone, poles or mannequins.

Objective is to score a goal inside the shaded area (Coach determines the size of shaded area). After they score they then turn and receive a pass from end players (B) see movements in boxes 1 and 2.

Coaching points. Running with the ball short touches, pass the ball into the net (accuracy over power)

End players passing weight and accuracy, player receiving on half turn, accelerate past the cone, poles and mannequins.

Switch roles after 5 attempts each do 5 sets.

Competition who scored the most goals.

Box 1 No cones, poles or mannequins player does everything at pace.

Box 2 Player run around the cone.

Box 3 Player run between poles.

Box 4 Player run around 2 mannequins

Progressions/variations:

1: Set up the same but only 4 players, after you score you must collect a ball from the end where (B) was and score in the goal as before.

2: Score with weaker foot

3: Score goals outside the shaded area (accuracy) using both feet.

3: Competition first player to 10 goals, with strong foot first then weaker foot.

