

## Description

Social distancing Tactical Unopposed attacking wide areas combinations from a throw in

### Screen 1

Set up: 2 wide areas(A,B,C) and a central area for 2 strikers(1,2).

Sequence: Working both sides, but 1 at a time.

A throws to B, B drops pass to C who plays a pass into A who has made a wide run from the throw in. Wide players can rotate and switch sides every 3 minutes.

Coaching points: (A) Throw in to a player's feet then time run to receive a pass to cross.

(B) Player receiving the throw in, slow down prior to receiving, take an extra touch if needed to drop the pass back to C. (C) use correct weight and accuracy of pass to allow A to cross with minimal touches.

Strikers(1&2) time your runs and make angled runs to near and far post.

Finish with an attempt on goal

GK'S switch roles often



### Screen 2

Set up: 2 wide areas(A,B,C) and a central area for 2 strikers(1,2).

Place mannequins in areas to create interference.

Sequence: Working both sides, but 1 at a time.

A throws to B, B drops pass to C who plays a pass into A who has made a wide run from the throw in. Wide players can rotate and switch sides every 3 minutes.

Coaching points: (A) Throw in to a player's feet then time run to receive a pass to cross.

(B) Player receiving the throw in, slow down prior to receiving, take an extra touch if needed to drop the pass back to C. (C) use correct weight and accuracy of pass to allow A to cross with minimal touches.

Strikers(1&2) time your runs and make angled runs to near and far post.

Finish with an attempt on goal try to score 10 goals in 3 minutes.

Switch the strikers after 3 minutes

GK'S switch roles often

