



Whole Part Whole game play - every time ball goes out look to play wide early, if possible hit highest wide player. Look to retain possession, strikers movement must work off of initial pass



Look to play the ball forward

Simple rotation - hit low wide player on their movement, opposite wide play moves on first pass to be available to receive in space and hit striker. Play both groups at the same time. Follow pass.

(P) - add 2 defenders - work to get balls across can hit either high or low player first depending on options of space



2 Teams -

5v5 plus neutrals (Coaches to be neutrals)

Team can score into any goal as long as they combine with player in side zones or with neutral player on side.

Cannot score into same goal twice in a row.

Look to move ball quickly plying away from pressure.



Finish with 4v4 or 5v5 if possible

Still looking to play out to wide and high players quickly with a view to moving the ball forward with speed.

Play with 4 goals to force the players to think wide.