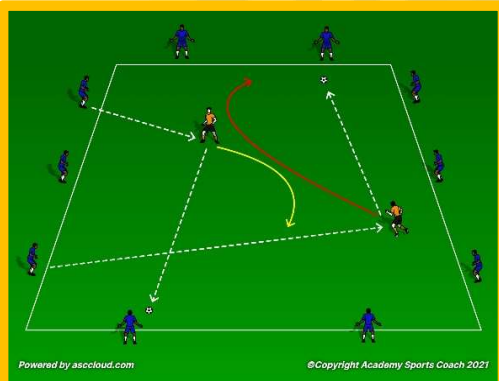


	<p>Keep away with movement</p> <p>Play a pass and switch with another player Play 4v1 or 4v2</p> <p>If 4v2 play lives, outer group has 2 lives, if both lives are lost (mistakes) then the last player to make a mistake goes in with the player to their left.</p> <p>1 additional life can be gained by playing a split, this can happen only once per turn.</p>
	<p>Be open to receive and play.</p> <p>2 balls play one out and then look to receive the other. Body shape to be able to play second pass immediately.</p> <p>Rotate central players every 1 to 2 minutes</p>
	<p>Overlap vs inside run</p> <p>Middle players move off of the cone to single whether the passers run is an overlap or an inside run.</p> <p>Initially coach dictates which one is which but once middle players are looking at each other's movements then they can work it out themselves.</p>
	<p>Split into smaller groups</p> <p>One middle player playing 2 runs, one a central overlap then a give and go, working on their movement to create space for the runs.</p> <p>Players dribble out and then across to get to the next starting point.</p>



Progression of the previous part, change the starting spots for the give and go run slightly and have the plays play a pass to set up the next combination.



Finish with a four goal game encouraging players to make movement to create space on the other side for teammates to score.