

Advanced Technical Training

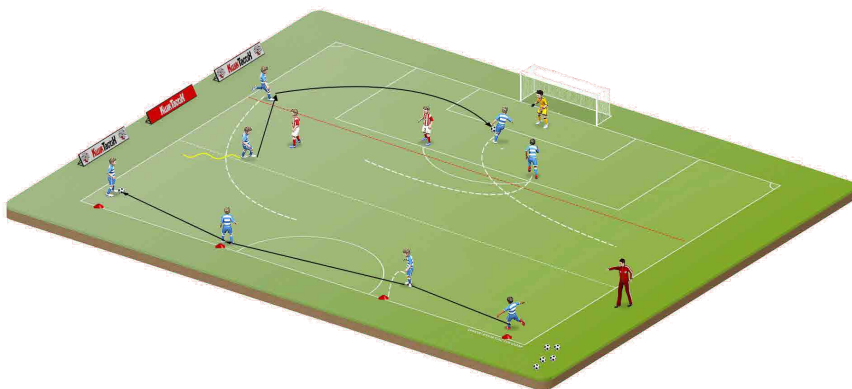
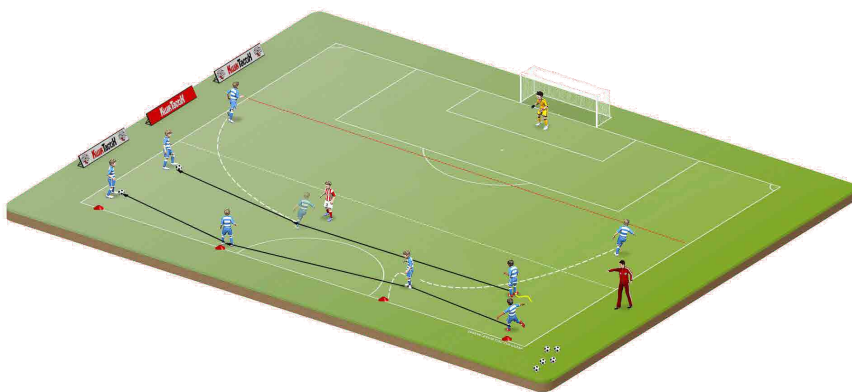
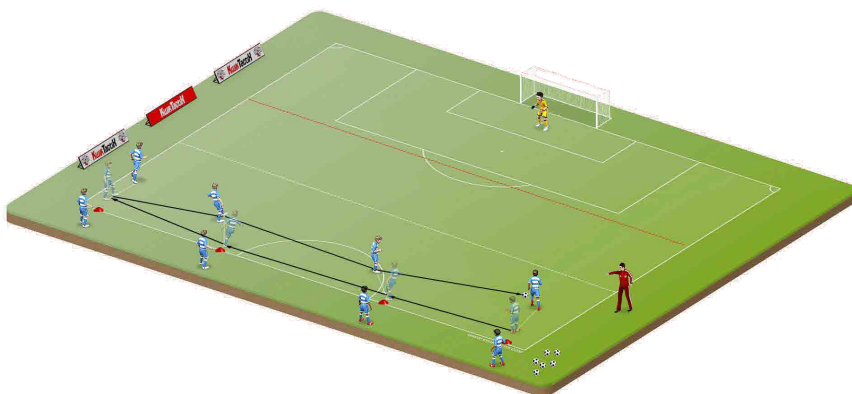
Passing Patterns and Functional Training Activity 1

Guest clinician Romeo Jozak.

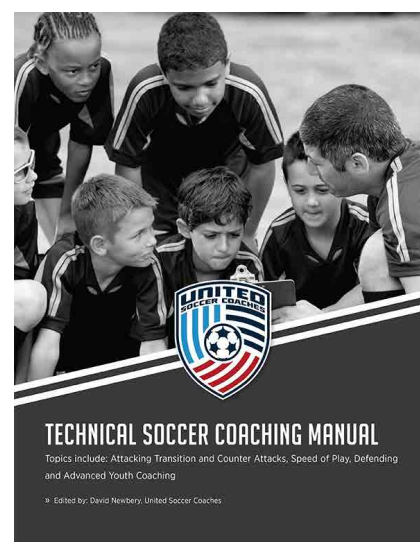


Activity Instructions

The first activity in a sequence of 3 coached by Romeo Jozak. On half a field, 4 players start at the halfway line evening spread across the field with the wide players adjacent to the sideline. Top - players pass across the field using a 2 touch receiving and passing rhythm. As each pass in made the players move forward as they approach a white line. Middle - once the players reach the white line, the inside players initiate a n under-lapping run. On receipt of the pass, the wide player takes a touch inside the field and the player that passed the ball wide sprints in front of the wide player into a wide position. Once the players reach the red line, a pass is made to the under-lapping players and a cross is played into the penalty area. Bottom - in the final sequence a second defender is added and the players made overlapping runs before moving wide for the cross and finish.



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