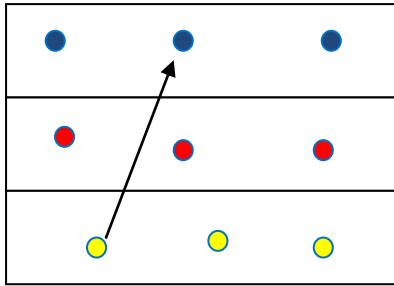


Crossing the line



Organisation

- Mark out a playing area and divide it up into three zones (see diagram)
- Split your players into 3 teams and assign each team a zone
- The team in the central zone are the defending team

Challenge

- The yellow team and the blue team attempt to pass the ball through the middle zone without the red team intercepting the ball. (All passes must be below head height)
- The blues and yellows must make 10 successful passes to win a point, whilst the reds must intercept the ball 3 times to win a point.

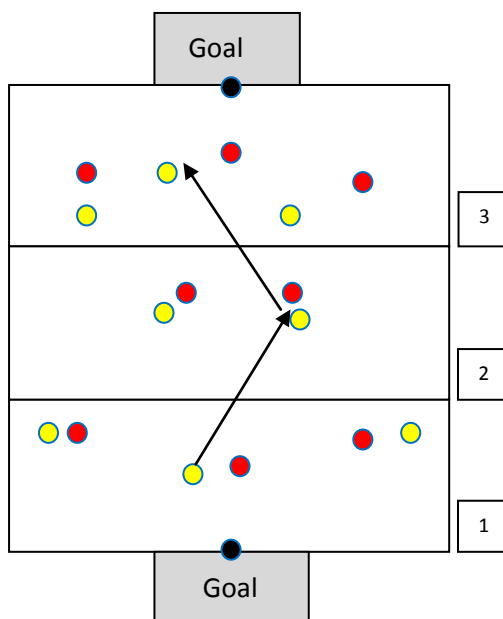
Progressions

- If the middle team intercept a pass and successfully regain possession, the team who gave the ball away take their place in the middle zone.

Top Tips

- Retain possession until there is an opportunity to play the ball across the middle zone (*switch play/dribble with the ball*)
- When passing the ball in your own zone, utilise the width of the area.
- Experiment with a variety of passes to 'split' the team in the middle (*low driven pass, swerved pass, disguise pass*)

Through the lines



Organisation

- Mark out a pitch for a small sided game. Split the pitch into three zones (see diagram).
- Players can be arranged into any formation, as long as they occupy all three zones.

Challenge

- Players try to pass through each zone before scoring
- Direct passes can be made from zone 1 to zone 3 if the pass is below head height.

Progressions

- Experiment with the number of players in each area (overloads and under-loads)
- Players can move freely through the three zones

Top Tips

- Be patient in possession, assessing opportunities to play forward and changing the tempo of the attack when appropriate.
- Encourage the players in zone two, to create space for forward passes from zone 1, by effectively moving their markers.
- Be creative in possession, passing with an element of 'surprise' (*early passes/disguise passes*).

Considerations

- Are there any aspects of these sessions you would use with your own group of players?
- What aspects of the sessions would you change to make them more individual for your own group of players?
- What progressions could you add?