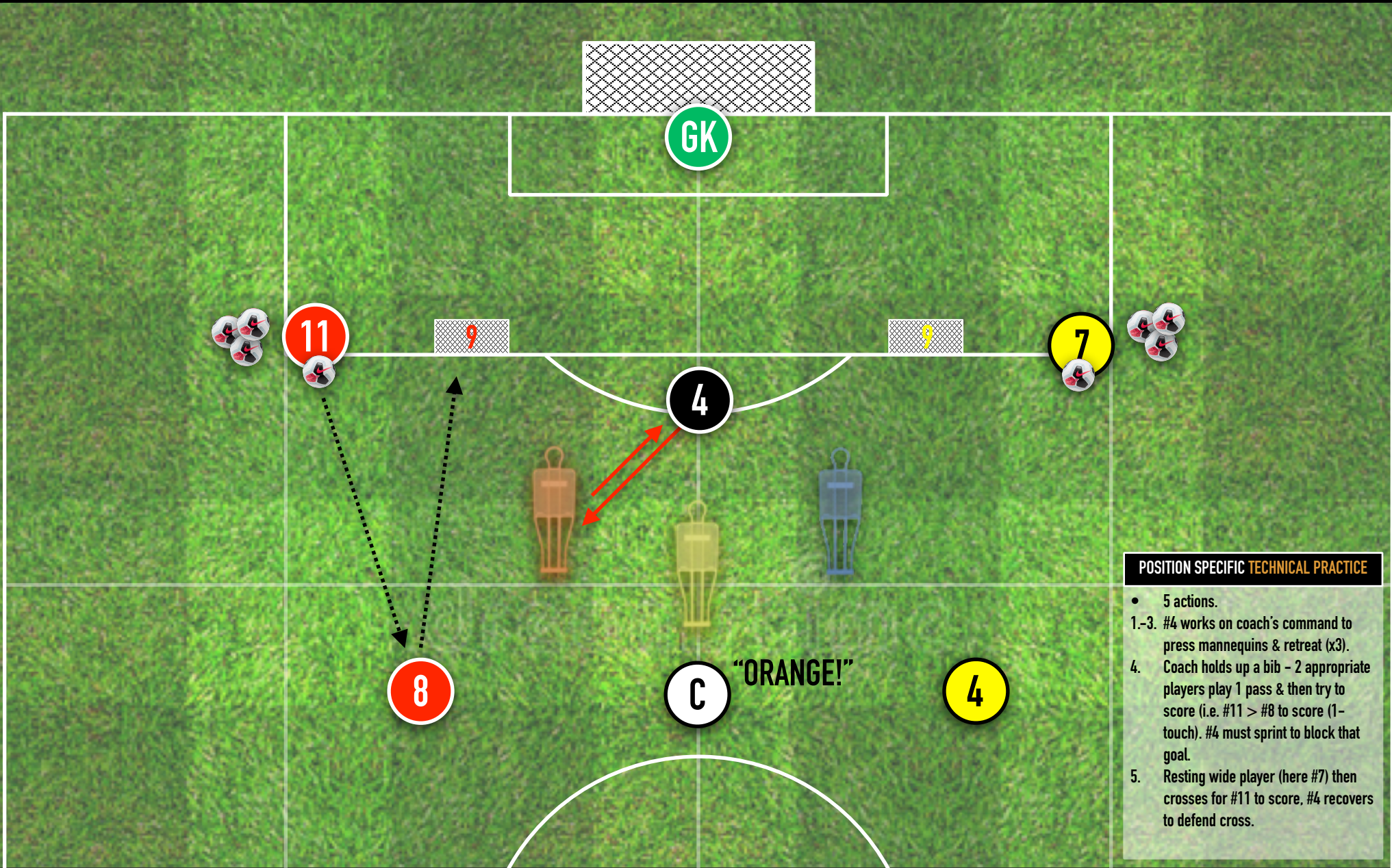


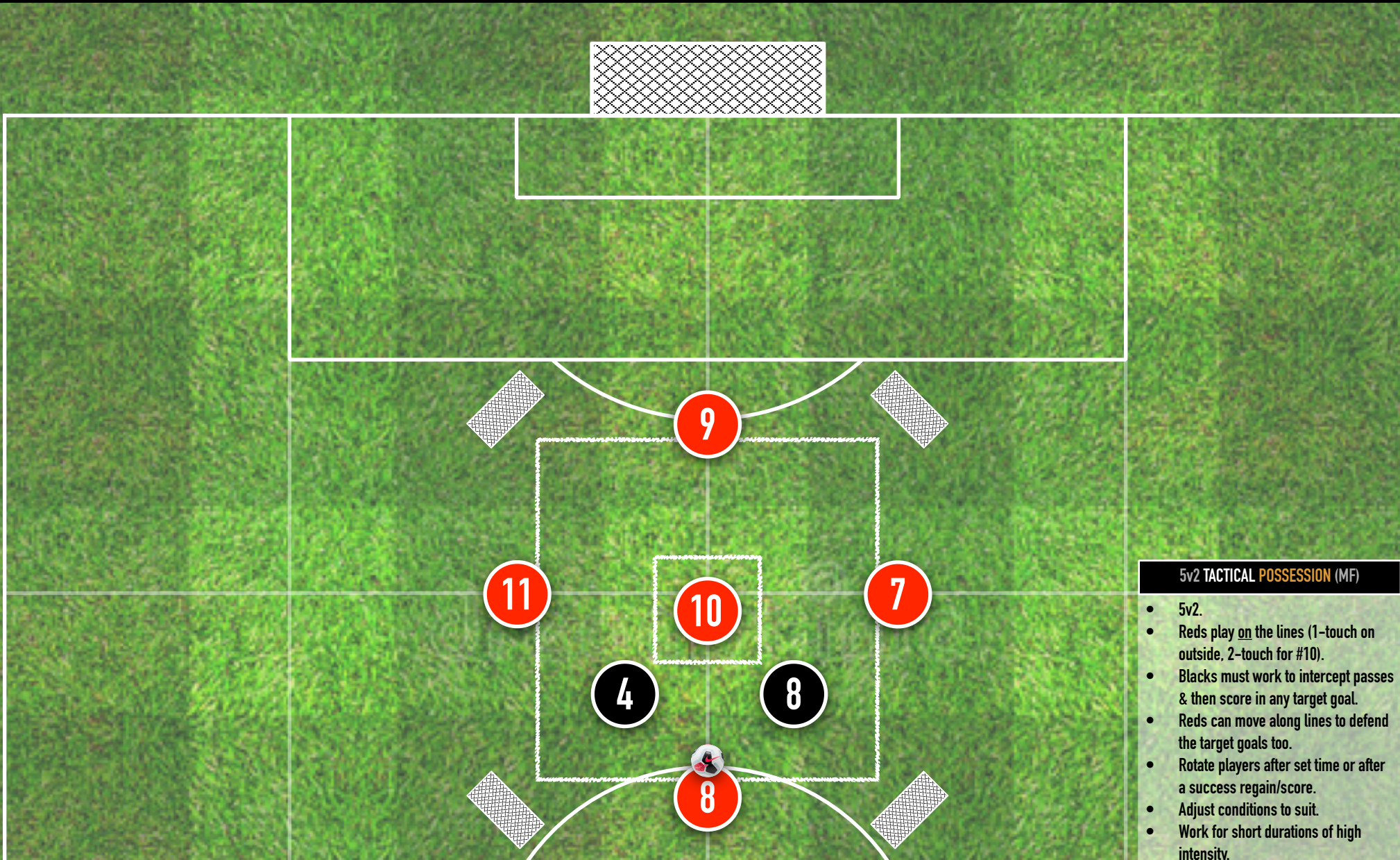
RP. COUNTER; INTERCEPTING



POSITION SPECIFIC TECHNICAL PRACTICE

- 5 actions.
- 1.-3. #4 works on coach's command to press mannequins & retreat (x3).
- 4. Coach holds up a bib - 2 appropriate players play 1 pass & then try to score (i.e. #11 > #8 to score (1-touch)). #4 must sprint to block that goal.
- 5. Resting wide player (here #7) then crosses for #11 to score, #4 recovers to defend cross.

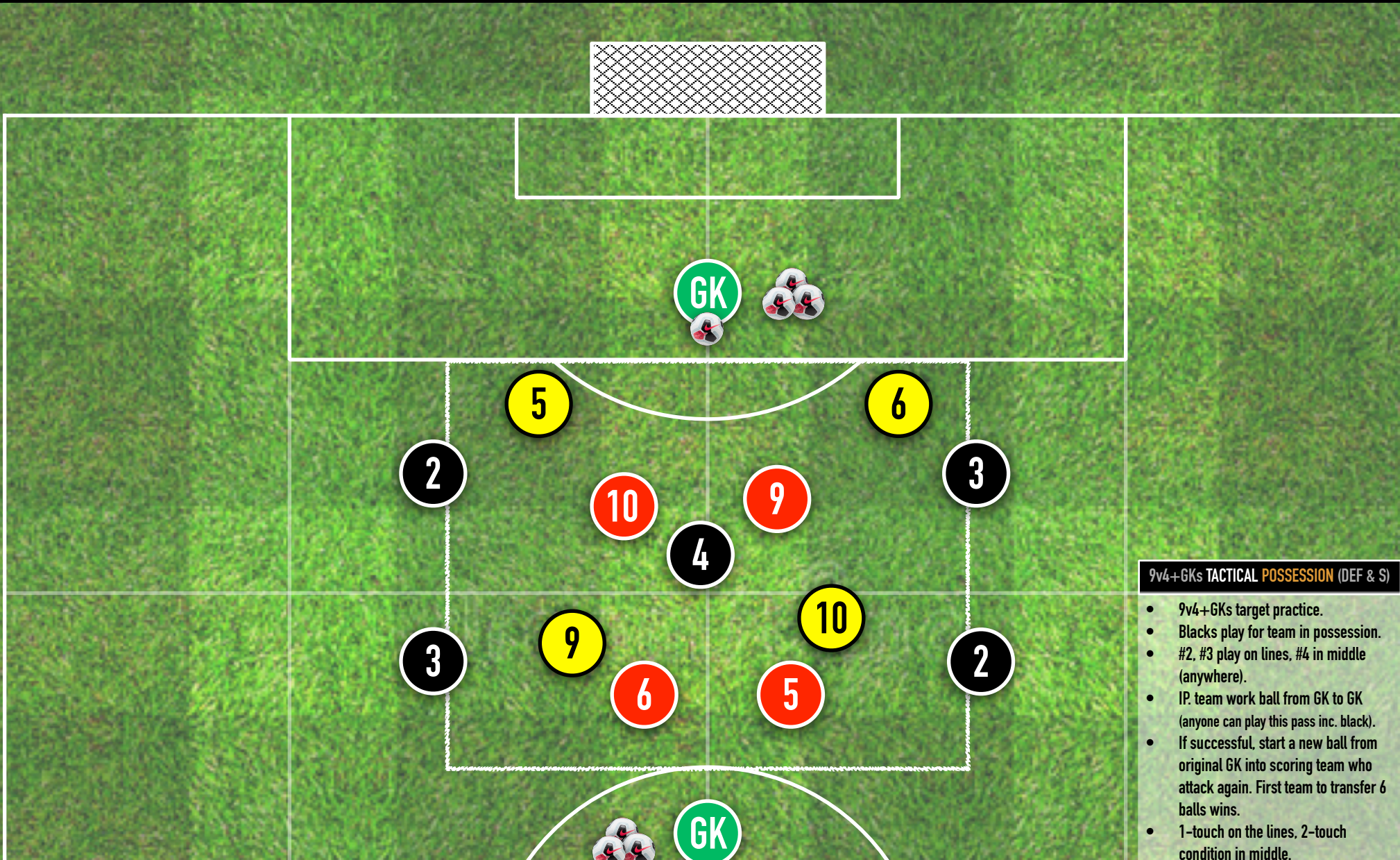
RP. COUNTER; REGAINING IN MIDFIELD



5v2 TACTICAL POSSESSION (MF)

- 5v2.
- Reds play on the lines (1-touch on outside, 2-touch for #10).
- Blacks must work to intercept passes & then score in any target goal.
- Reds can move along lines to defend the target goals too.
- Rotate players after set time or after a success regain/score.
- Adjust conditions to suit.
- Work for short durations of high intensity.

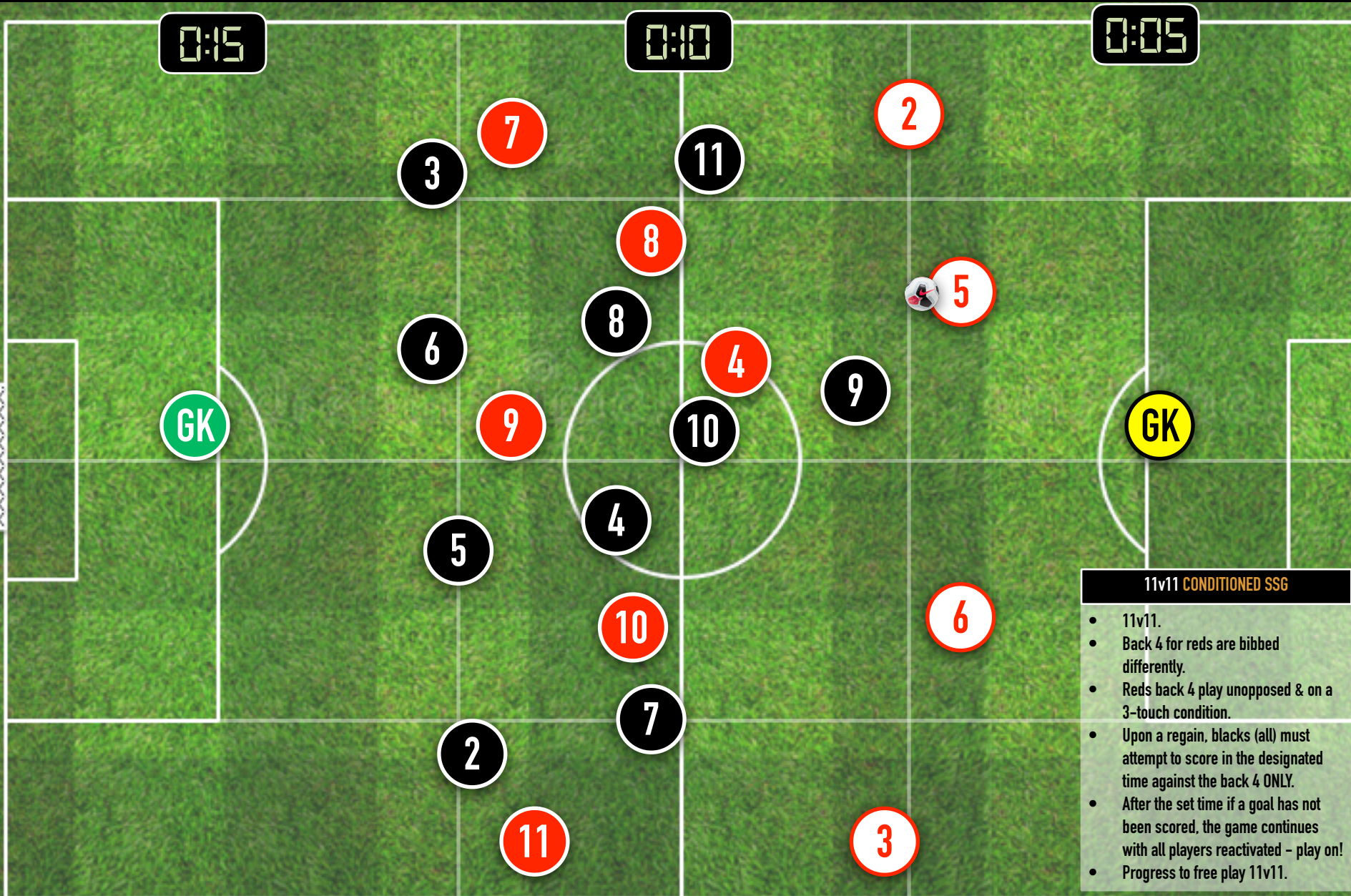
RP. COUNTER; REGAINING IN MIDFIELD



9v4+GKs TACTICAL POSSESSION (DEF & S)

- 9v4+GKs target practice.
- Blacks play for team in possession.
- #2, #3 play on lines, #4 in middle (anywhere).
- IP: team work ball from GK to GK (anyone can play this pass inc. black).
- If successful, start a new ball from original GK into scoring team who attack again. First team to transfer 6 balls wins.
- 1-touch on the lines, 2-touch condition in middle.

RP. COUNTER; REGAINING IN MIDFIELD TO COUNTER



- 11v11 CONDITIONED SSG**
- 11v11.
 - Back 4 for reds are bibbed differently.
 - Reds back 4 play unopposed & on a 3-touch condition.
 - Upon a regain, blacks (all) must attempt to score in the designated time against the back 4 ONLY.
 - After the set time if a goal has not been scored, the game continues with all players reactivated – play on!
 - Progress to free play 11v11.