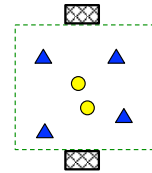


Date:		Session	2	Skill	First touch	Sub Principle/Skill: under high pressure		
		Ball Mastery-		Fifa Street 1v1	5 minutes			

Size of Area:	10x10	
Numbers Groups or Teams:	4v2	
Time in Blocks:	5x90s	10 mins

Rules: For overloaded team 10 passes =1xgoal
If defenders win the ball, try and score in either goal!

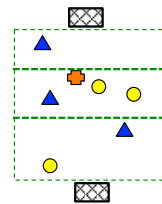
Key Points:
-Use first touch to get away from opponent
**Don't need much coaching in this. The game requires it.



Size of Area:	15x20	
Numbers Groups or Teams:	3v3+2	
Time in Blocks:	5x2mins	15mins

Rules:
-Cannot skip a third (ie. play from 1st third to top third)
-Ball must stay below hip height

Key points:
Intentionally tight to encourage moments where have to receive a pass with an opponent nearby.
-Scan to see where opponent is
-Use first touch to get away from opponent



Size of Area:	20x30	
Numbers Groups or Teams:	5v5	
Time in Blocks:	4x3mins	

--	--	--

Rules: Offsides apply. Always start game from base.
Goal from build up from restart= 2xgoals

*Aim is to encourage high press from opponent, to have moments where team has to play out against very high pressure. Encourage opponent to set up for press on restarts.

Key points:
-Scan to see where opponent is
-Use first touch to get away from opponent

