

Date:	Session	11	Skill	Running with the ball (RWB)	Sub Principle/Skill: When in attacking overload
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Ball Mastery- 2x fields of 20x30 (as skill intro)

Each goal is a different colour of cones

Players are playing 1v1 in the grid. Coach calls a colour, and they have to try and score in that colour goal only. However, whenever the coach decides, a new colour is called out, and they can then only score in that goal... Continue to call out new colours for a full minute.

Size of Area:	20x30		
Numbers Groups or Teams:	5-7 players per team		
Time in Blocks:	5x3 mins	2v1 for first 2 blocks, then 3v2	

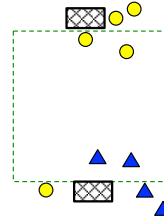
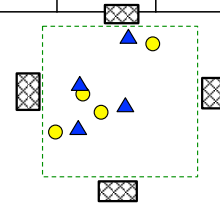
Rules:

**Gks included in game!

Game begins with one of the defenders serving to an attacking player from the far end. Once he passes the game is live and this server has to try and retreat to help the lone defender who is playing 2v1 until this player manages to catch up. First turn, the chasing player has to start at the other end. But then after that, the player who shot, becomes the player who serves the new ball for the next repetition, with the other team now defending/chasing.

Key points:

- Attack at speed to maximise overload!
- Cut across line of chasing defender so he can't tackle you
- Supporting player position somewhere to score!



Size of Area:	24x35/40		
Numbers Groups or Teams:	4v4+2		
Time in Blocks:	5x3mins		

Rules:

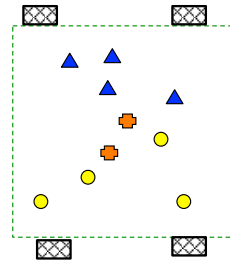
**2x small goals each end (No GK)

Larger than normal to maximise chance of overloaded counter.

Goal scored within 7 seconds worth 2 goals!

Key points:

- Attack at speed to maximise overload!
- Cut across line of chasing defender so he can't tackle you
- Supporting player position somewhere to score!



Size of Area:	24x35/40		
Numbers Groups or Teams:	5v5 (even numbers where possible)		
Time in Blocks:	4x4mins		

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Rules: Big goals with GKs

Goal scored within 7 seconds worth 2 goals!

Key points:

- Attack at speed to maximise overload!
- Cut across line of chasing defender so he can't tackle you
- Supporting player position somewhere to score!

