



Calculated Performance

Pressure In Front & In Behind

Position: Attacking Midfielder (#10)



Practice

Passing Activation

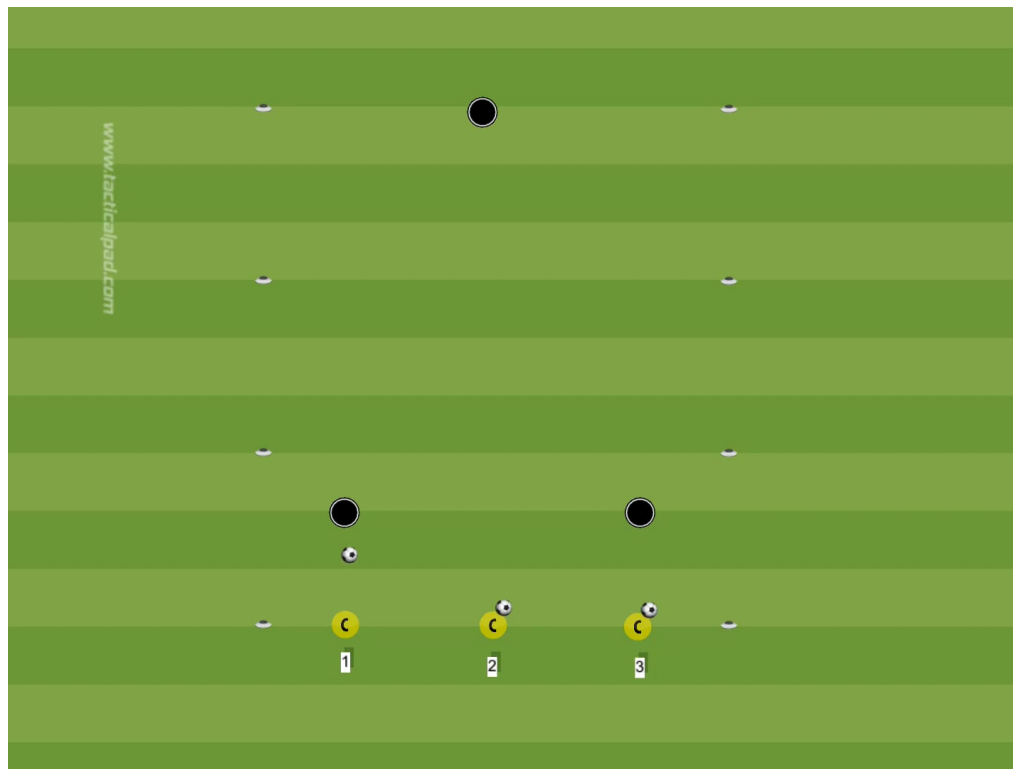
Time

10 mins

Space/Equipment

1 ball

20x10 yard grid



Explanation

- An extended warm up, working on developing a range of passing techniques.

Patterns

- Pattern 1 = 1-Touch, short bounce passes, alternating feet
- Pattern 2 = 2-Touch, low driven passes
- Pattern 3 =
 - Short bounce pass,
 - Receive on an angle with an open body position,
 - Dribble to the baseline and turn,
 - Low driven pass back to reset

Time

- 2x 1-minute blocks on each pattern, with 1 minute rest in-between



Practice

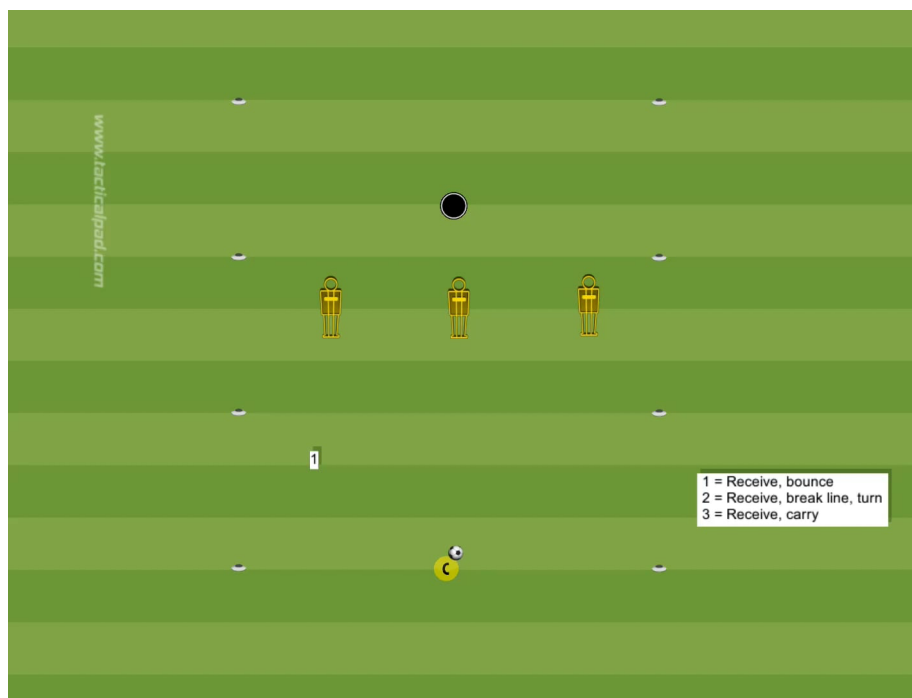
Receiving in the Half
Space

Time

10 mins

Space/Equipment

1 ball
20x10 yard grid
3 mannequins



Explanation

- Player starts behind the central mannequin
- On the command the player moves in front of the defence line, into a half-space
- Player will progress through 3 different instructions
- Encourage player to scan on their way to receiving to familiarise themselves with the space

Instructions

- 1 = Receive and bounce back
- 2 = Receive on the half-turn, breaking the line with the first touch, then turning and passing back
- 3 = Receive in one channel, then carry the ball behind the defence line into another channel before passing back

Progression

- Place awareness tool behind the defence line so the player has a visual cue.



Practice

Pressure In Front

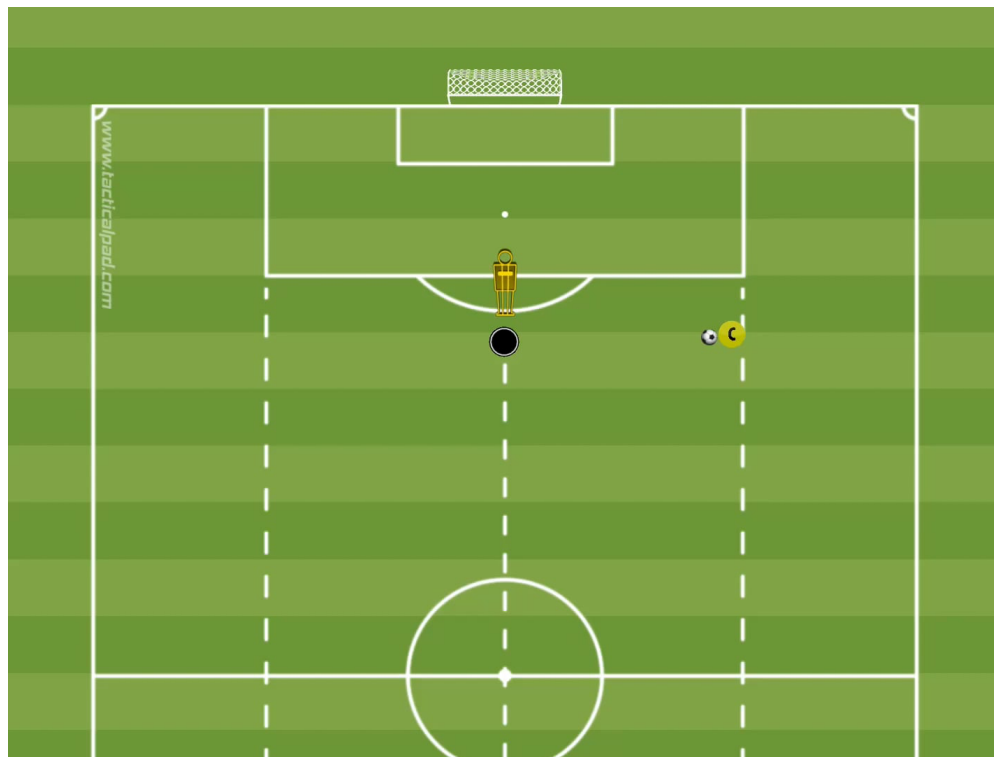
Time

20 mins

Space/Equipment

1 11v11 goal

1 mannequin



Explanation

- Player starts facing the mannequin
- On the command player creates space between themselves and the mannequin
- Player receives a pass from the coach
- Player drives and beats the mannequin 1v1 before shooting

Technical Balance

- Perform 2 sets on each side for technical balance

Coaching Points

- **Speed:** Ensure everything is completed at a match speed
- **Decision making:** Make good decisions with the skill and shot selection

Progression

- Change the angle of service
- Change the type of service (aerial ball etc)



Practice

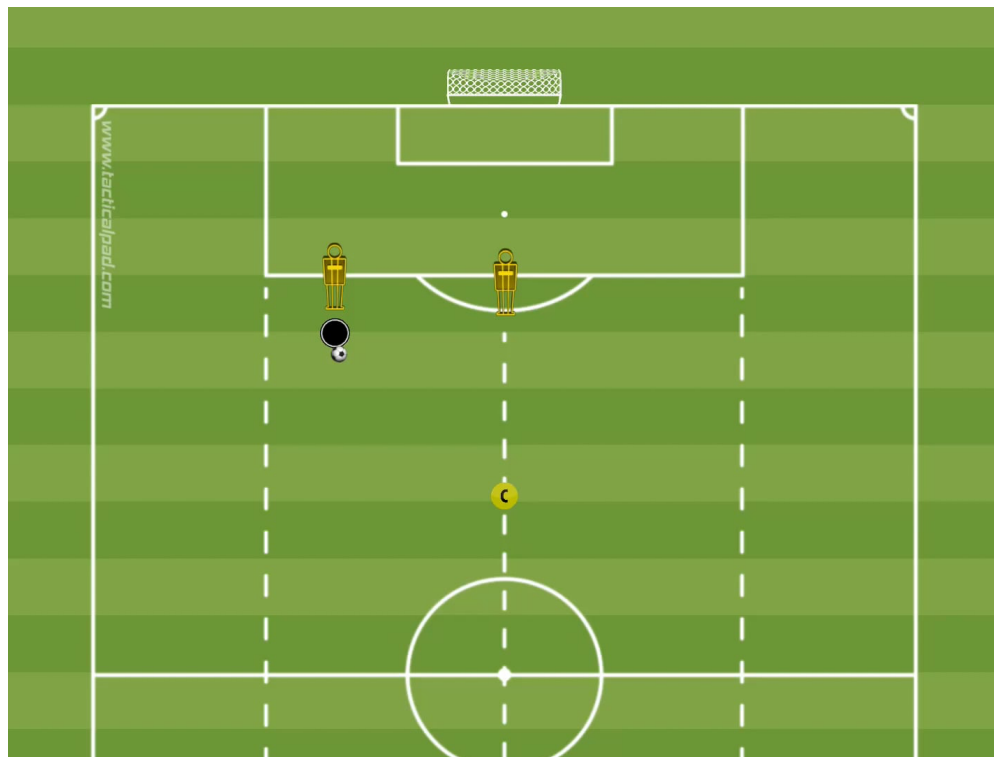
Pressure In Behind

Time

20 mins

Space/Equipment

1 11v11 goal
2 mannequins



Explanation

- Player starts with the ball, set on the wide mannequin
- On the command player passes into the coach
- Player then runs across and pins the defender, getting their body in the way
- Coach passes into the player
- Player spins to finish

Types of receive

- Inside roll
- Outside roll
- Half-turn
- Chop spin

Coaching Points

- Protect: Keep a low centre of gravity and arm up to protect the ball
- Decision making: Make good decisions with the turn and shot selection

Progression

- Change the angle of service
- Change the type of service (aerial ball etc)



Practice

Cutbacks

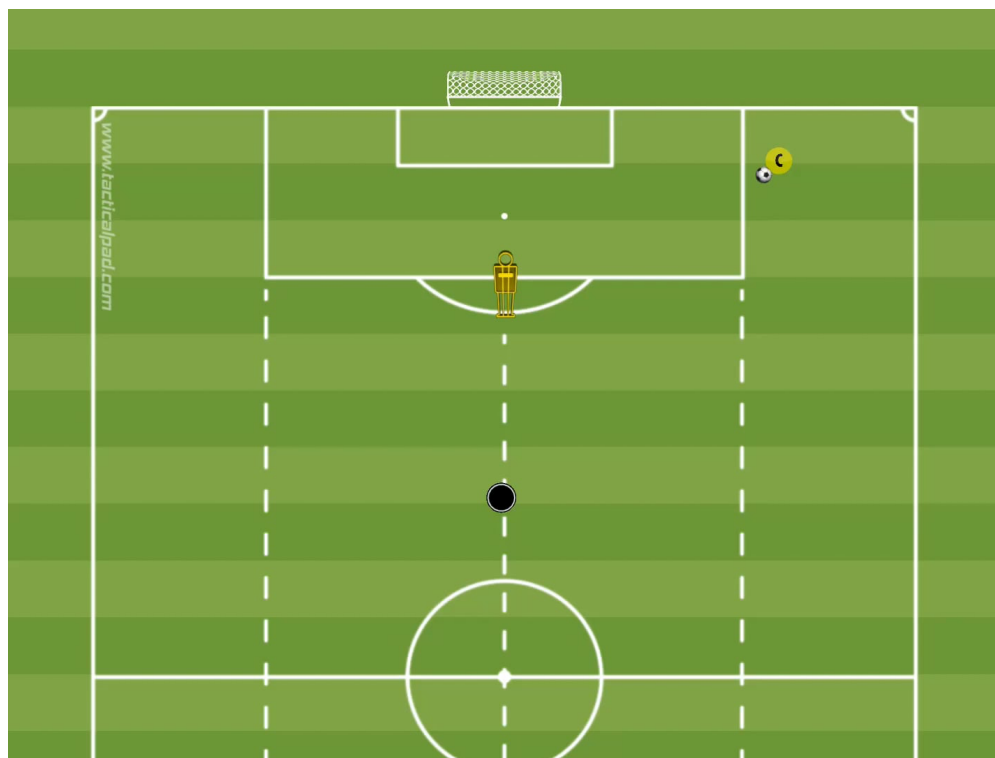
Time

20 mins

Space/Equipment

1 11v11 goal

1 mannequin



Explanation

- Player receives an aerial ball
- Player drives into the mannequin and performs a 1v1 move, then shoots
- Player then runs back around the mannequin and receives a cutback

Technical Balance

- Perform 2 sets on each side for technical balance

Coaching Points

- Contact: Ensure a good contact with the ball and the foot to guide the cutback into a corner

Progression

- Change the type of service (aerial ball etc)



Practice

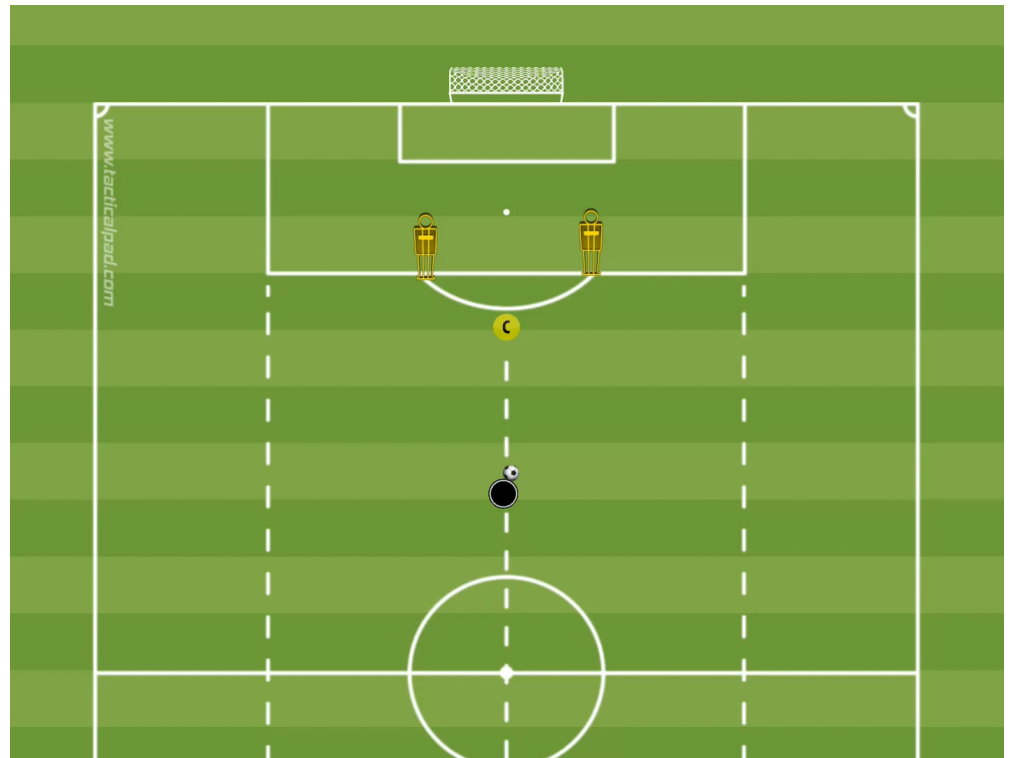
Volley Challenge

Time

10 mins

Space/Equipment

1 11v11 goal
2 mannequins



Explanation

- Player flicks the ball into the coach's hands
- Coach throws the ball back up
- Player runs and hits a volley or half volley

Points

- 0 - Miss
- 1 - Goal
- 2 - Corners
- Full volley is worth x2 points