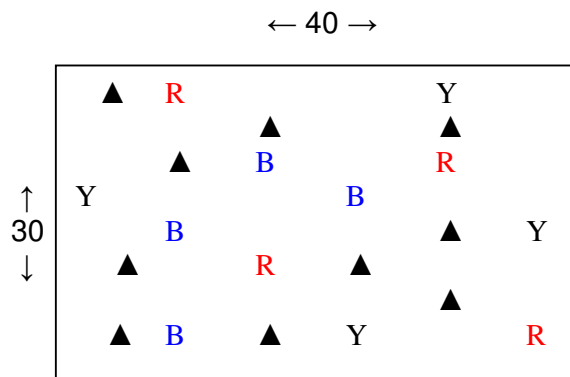


Cumberland F.A – Coaches Association/Charter Standard Club In-Service Training

VENUE	The Sheepmount, Carlisle
DATE	Monday 24 th April 2006

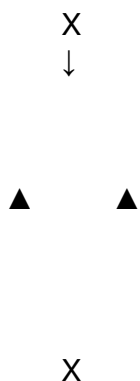
WARM UP – Movement Work (including Fundamentals)



Organisation

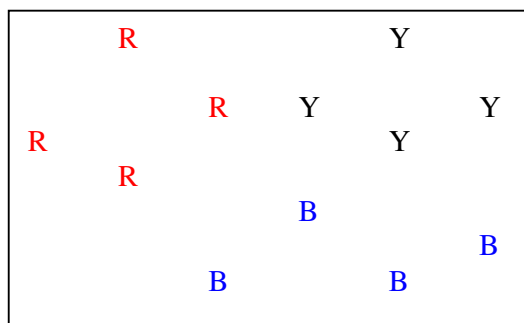
3 groups of 4/5 players in bibs
 Area 40 x 30 yds
 Use different size/shape of area

TECHNICAL WORK - Passing and Control



Work in pairs approx 10 yds apart
 Players pass through/around target cones ▲
 Use varied combinations for
 i Type of pass
 ii Touches on ball
 Change width of target

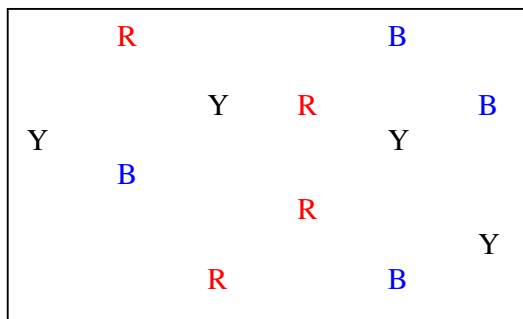
PRACTICAL – Passing, Receiving and Support (Tricolour Activity)



Organisation

3 groups of 4/5 players
 1 ball/group
 Pass & Move
 Maximum Overload
 No restrictions!!

Progression 1



Pass & Move with various conditions;

Pass to same colour

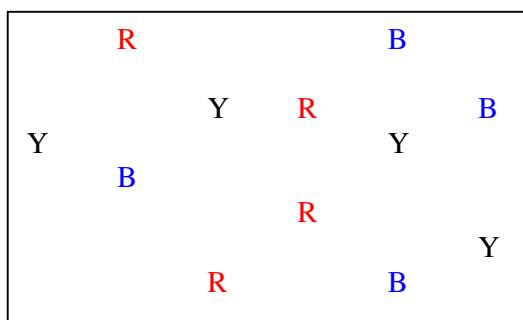
- i) In order
- ii) Random

Conditions

- i) 3 Touch
- ii) Dribble & Turn
- iii) Play ½ turned
- iv) Pass between colours
- v) Combination play

Pass to different colours

Progression 2

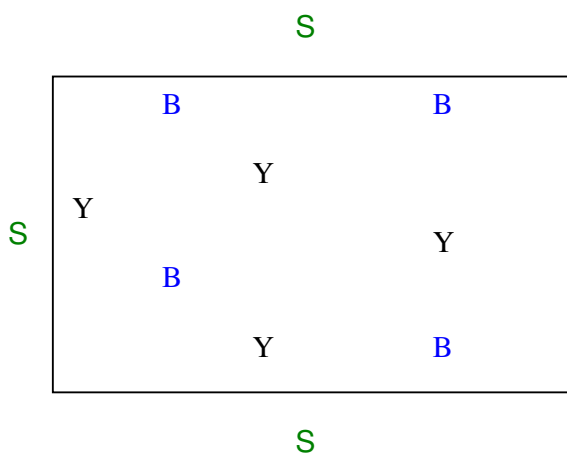


Non-Directional possession
Diminishing Overload 10v2, 9v3, 8v4

Conditions

- i) Limited touches
- ii) Pass to alternate colours

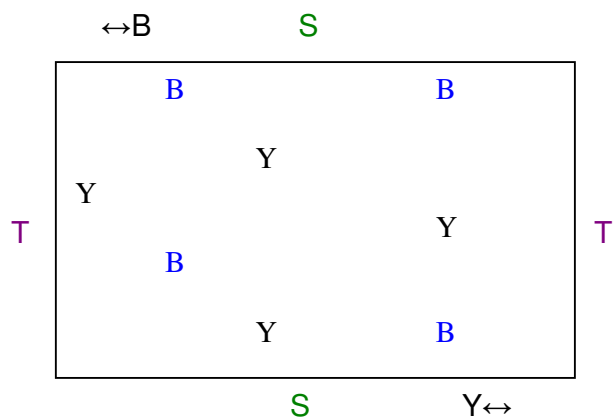
Progression 3



Possession 4v4

Non-Directional with Support
players (S)
Limited touches for support players?

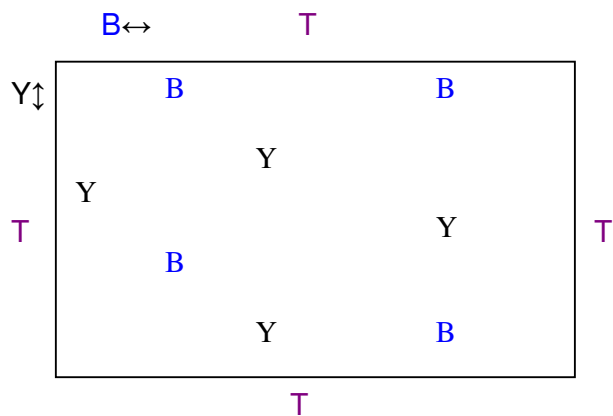
Progression 4



Possession 4v4

2 Directional with Target (T) & Support (S) players

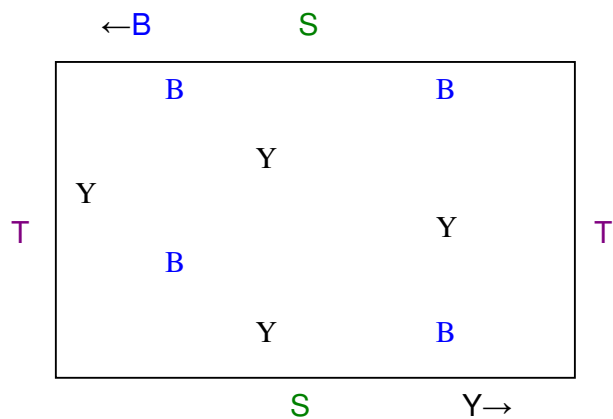
Progression 5



Possession 4v4

2 Directional with Target (T) players only

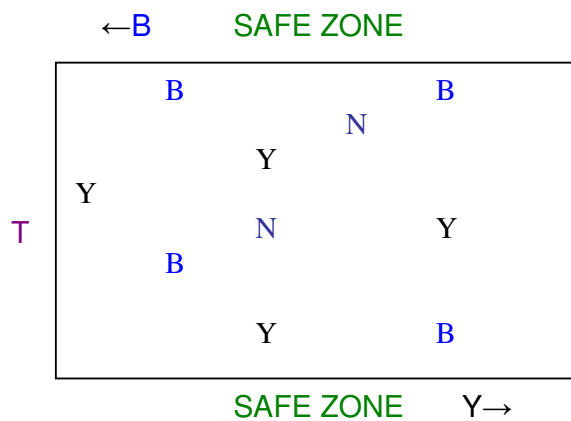
Progression 6



Possession 4v4

1 Directional with Target (T) & Support (S) players

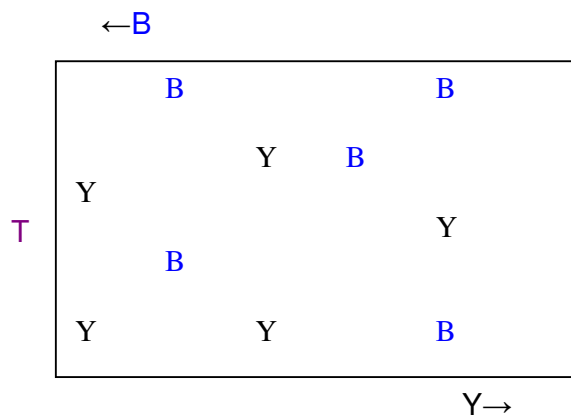
Progression 7



Possession 4v4

1 Directional with Target (T) & Neutral (N) players
2/3 touch in **SAFE ZONE**

Progression 8



Possession 5v5

1 Directional with Target (T) players only
No Safe Zones
Limited touches?