

### 1. Equipment

Minimum of 12 players

6 cones - 8 hats

Number of balls - 4 small goals

### 2. Organisation

The exercise is played between two goal areas.

The size of the field can be adjusted depending on the number of players and level.

### 3. Description

The aim of this form of play is to reach the deep striker, get the striker to break free from his opponent, and make sure there is enough connection from the rest of the team. The players are divided into two groups, with each team placing one player in two defined zones. The players in the zones function alternately as strikers or defenders, depending on which team is in possession of the ball.

#### Exercise 1: Spearheading strikers

Goal: The team in possession tries to play the strikers in the different zones Rules:

- \* One can score by playing the striker, after which the striker must try to play another player in the box (the defender tries to prevent this).

- \* If it succeeds in playing a second player, the game continues. The aim is to make as many successful passes and actions as possible within 2-3 minutes.

- \* It is important to ensure that all players have been in the zones within 10 minutes.

- \* The team with the most successful actions wins this round.

#### Exercise 2: Firing and Scoring strikers

Objective:

The team in possession of the ball tries to play the strikers in the different zones, and the striker must pass the ball in such a way that the team can score on one of the 4 goals.

Rules:

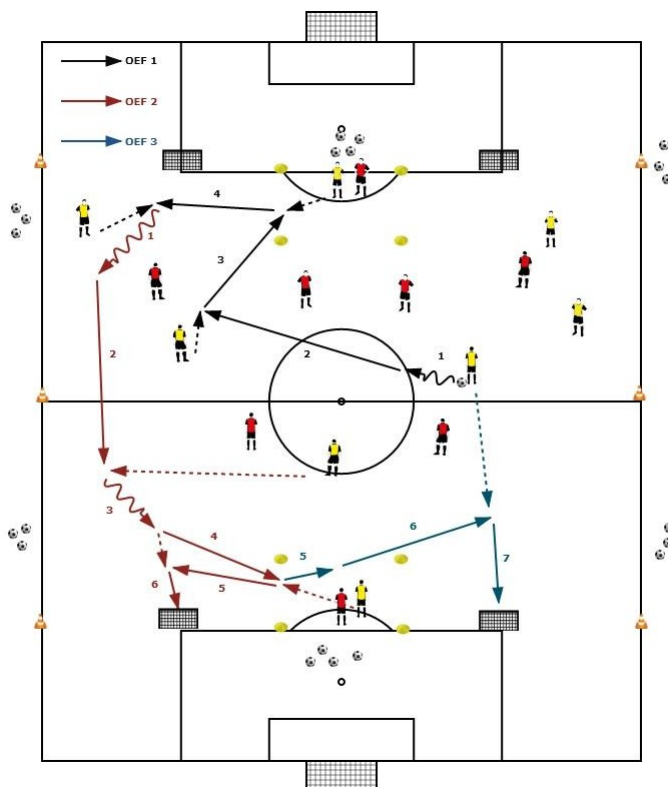
- \* The team in possession of the ball plays the strikers. The striker must pass the ball so that a team-mate can score on one of the 4 small goals.

- \* The defender in the zone tries to prevent this.

- \* When a goal is scored, the possession team changes and the other team must try to score.

- \* Play continues for 2-3 minutes, and again make sure all players have been in the zones within 10 minutes.

- \* The team with the most goals wins.



### **Exercise 3: Striker Passing and Lay-off**

Goal:

Same as exercise 2, but now the striker must try to play to another teammate for completion. Rules:

- \* The striker receives the ball, but instead of finishing himself, he lays the ball off to a teammate who is in position to finish on one of the 4 goals.
- \* The defender tries to block the pass.
- \* Play continues for 2-3 minutes, and the aim is to achieve as many successful passes and goals as possible within the time.

### **4. Coaching and Points of**

#### **Attention Coaching:**

Focus on passing the ball in, taking the ball on, executing quick dribbles and movement without the ball.

Encourage players to ask for the ball well and support their fellow players.

#### **Points of attention:**

Adjust the size of the pitch depending on the number of players and the level of the group.

Make sure the zones remain large enough so that the strikers have enough space for an action (e.g. making a cross or a turn).