

1. Requirements

Minimum of 14 players

Number of balls - 2 cones and 7 hats

2. Organisation

Set up the equipment as shown in the diagram.

Provide enough space between positions depending on the level and age of the players. **3. Description**

Starting phase:

Player A plays the ball in to the asking player B.

Player B takes the ball and plays it into player A's run.

Middle phase:

Player A tries to pass the ball to the asking player E in one time. Player E passes the ball to player C, if possible in one time.

Closing phase:

Player C plays a deep ball to player D.

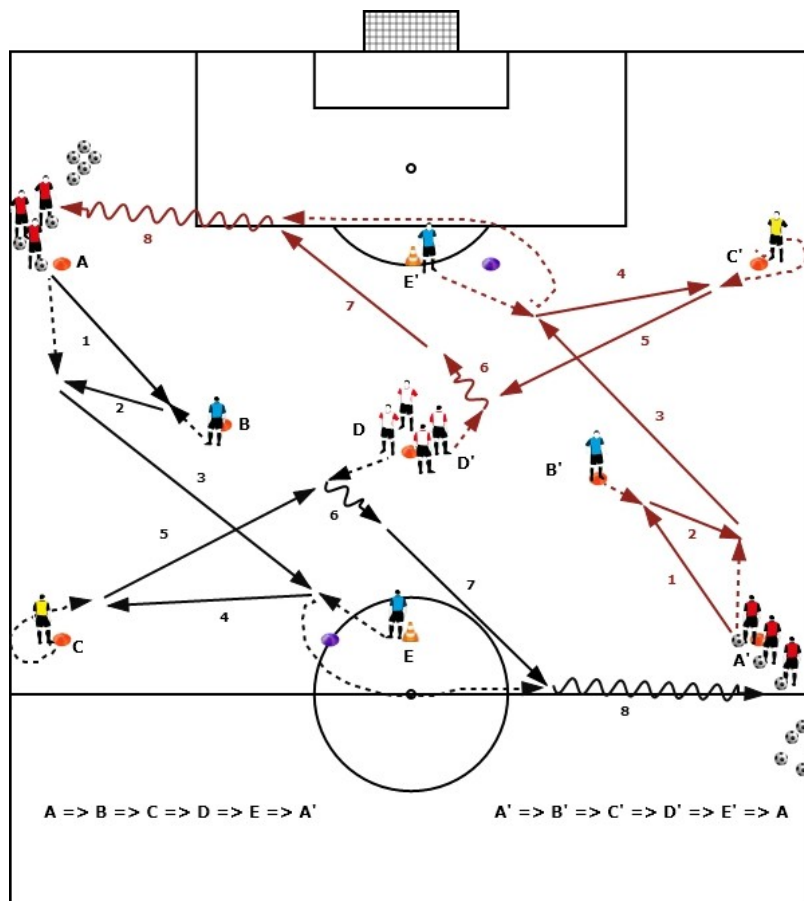
Player D takes the ball and plays it deep to player E.

Player E, after a run action, asks player D for the ball and receives it. Once player E has received the ball, he dribbles back to group A'.

Rotation scheme:

After each action, players rotate as follows: A → B → C → D → E → A'

On the other side: A' → B' → C' → D' → E' → A.



4. Coaching and Points of Attention

Coaching:

Technique: Pay attention to correct ball control, accurate passing, and speed in execution.

Pre-action: Encourage players to actively ask for the ball and move towards it. Pace: Try to encourage passing the ball at one time.

Communication: Players must communicate clearly and stay sharp in their actions.

Points of interest:

The dimensions of the pitch can be adjusted according to the level and age of the players.

If fewer than 14 players are available, a player can be removed from position A and D without losing the exercise. Work both left and right to maintain symmetry in training.