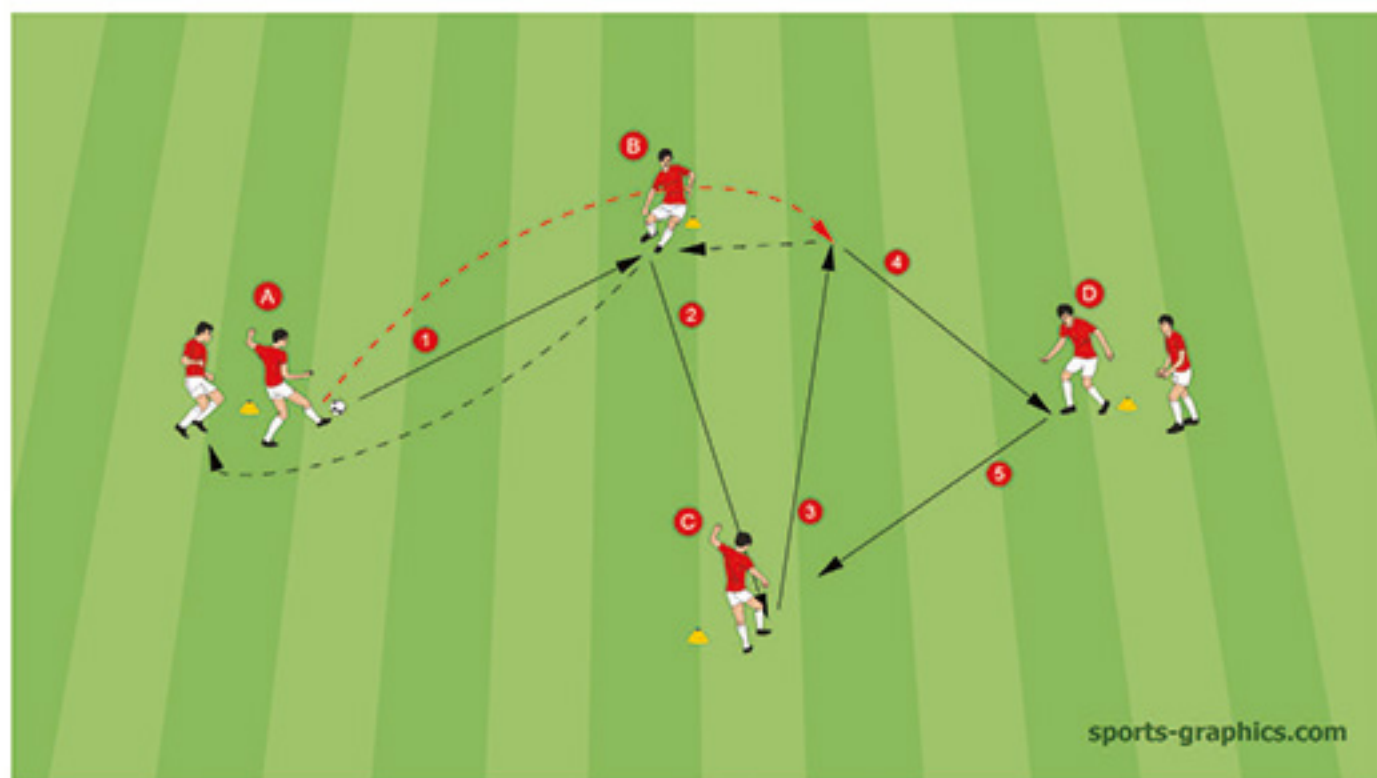


O4a - Passing in a diamond (Overlapping)



Organization/Setup

Build up a diamond (12m x 8m up to 20m x 15m), 6 players as seen in the illustration, 1 ball (+ spare balls).

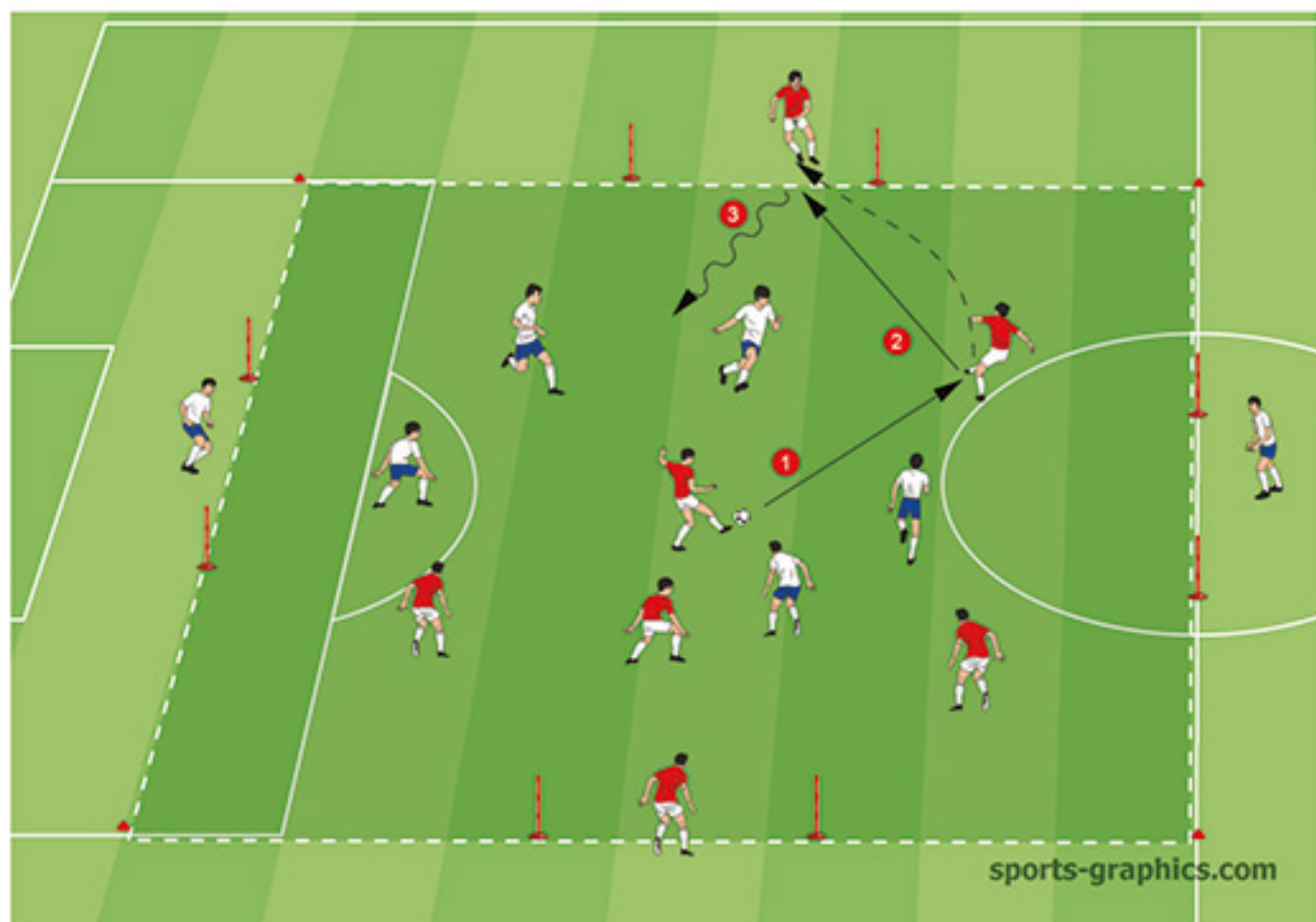
Procedure

- A passes to B and overlaps him.
- B passes to C and moves to position A.
- C passes to A who has overlapped B.
- A plays to D and takes over the position of B.
- D continues the combination to the other side with C

COACHING POINTS

- Pay attention to passing accuracy and two-footedness.
- Flat passes
- Use running feints
- Distances of the cones depending on the age / performance level - 20m x 15m

12b - 5 vs 5 in a square with target players



Organization/Setup

Playing field with 4 goals (2-3m wide) as shown in the illustration above, in the field a 5 vs 5 is played, in the opposing gates a teammate of a team is positioned.

Procedure

- 4 vs 4 is played
- A goal counts if the ball is passed to a teammate in the gate, who controls the ball and dribbles into the field
- The passer occupies the free gate
- The ball owning team may not play on the same goal until the ball has crossed the center line

Variations

- 6 vs 6
- 7 vs 7
- Two target players on each side