



Session using two CM 7 & 8 and a top three 9, 10 & 11 plus a keeper. Session used in getting the 10 and 11 in on a pass from the 7 or 8 and the defensive recovery run of either wide attacker. Working with either 10 or 11 each run.

Example shows serve to 7 and on hi, receiving the pass the 9 has checked to receive and sets for the 8 who has come inside to slide the 10 for a finish on goal, the keeper immediately releases to any of the mannequin back four and the working wide player makes a recovery run to close down the specific player, im this case the CB 6. Work each wide attacker alternatively and vary passing sequence between 7 and 8, serve can also go long to feet of 9 who sets for any CM to shorten the pattern.

Major emphasis on crisp pattern play, timing of runs, accuracy of finish and intensity of recovery run.