

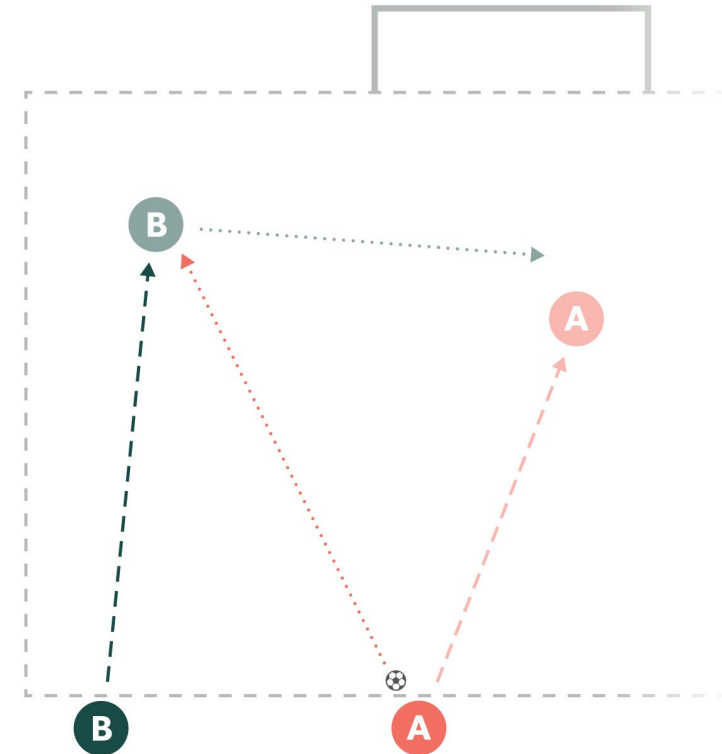
SKILL INTRO

15 Minutes

STRIKING

PASS INTO THE BOX

- Area (20m x 15m)
- Using both left and right sides of the pitch
- A will make a forward pass into space out wide and then make a forward run into the box
- B will play a pass into the path of A
- A will score with a first time finish
- Rotate roles
- Introduce GK and/or defenders
- Swap and use other side of the pitch
- Time your run to be able to play the ball first time into the box at speed
- Using the inside, wrap your foot around the ball
- Twist body and land on striking foot



NEWCASTLE PERMANENT SKILL OF THE WEEK



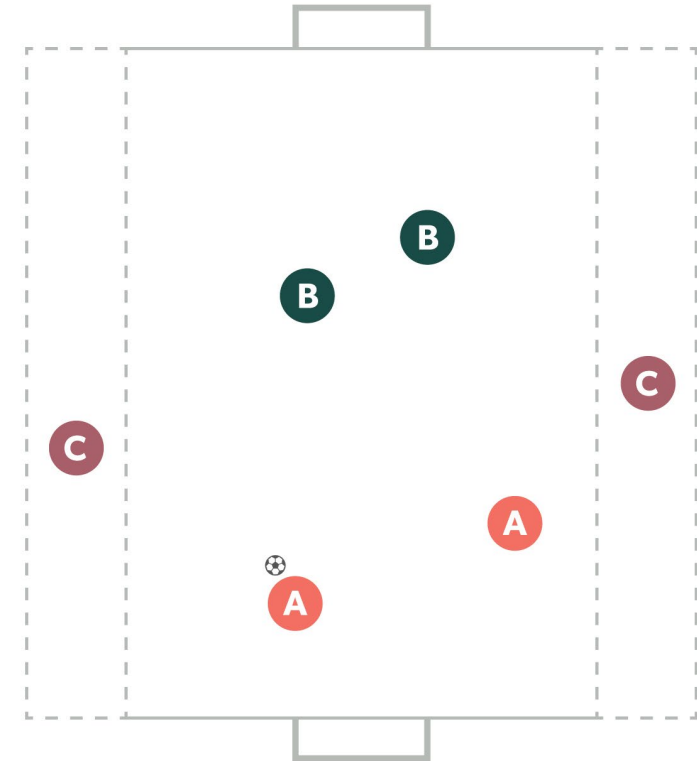
SKILL TRAINING

20 Minutes

STRIKING

PASS INTO THE BOX

- 2 areas (30m x 20m)
- 2 wide channels
- 3 x 6 minute games
- 2v2 in middle area + 2 bouncers in the wide channels (4v2)
- Teams can only score after a pass from the bouncers in the wide channels
- Defending team can't win the ball from bouncers
- Bouncers have max 2 touch
- Include points from Skill Intro
- Keep the ball hard and low into the attackers feet
- Can you time your run into the box to score first time



NEWCASTLE PERMANENT SKILL OF THE WEEK



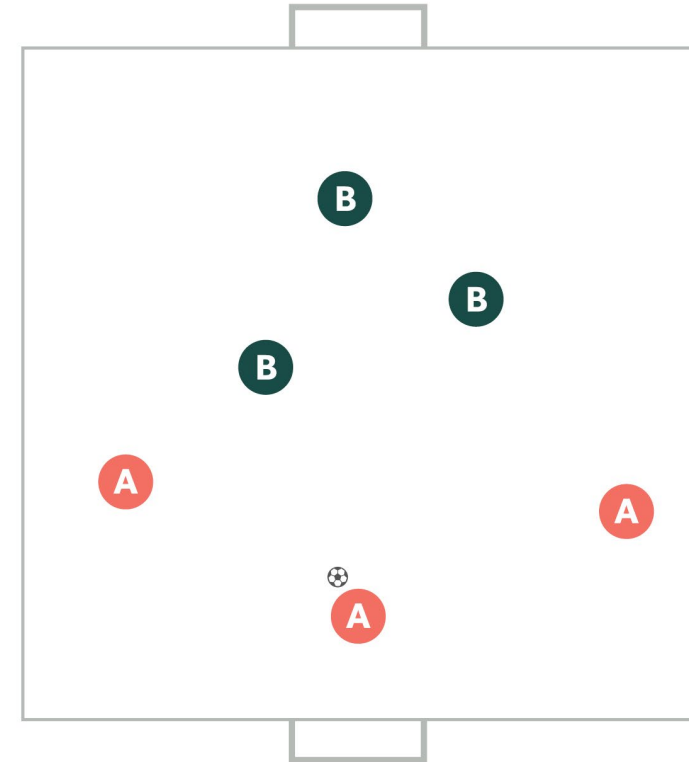
SKILL GAME

25 Minutes

STRIKING

PASS INTO THE BOX

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- **Simple 3v3**
- **Team with highest score at the end of 8 mins wins**
- Can we see a change in behaviour with our passing?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you pass the ball to a teammate from a wide area and score



NEWCASTLE PERMANENT SKILL OF THE WEEK

