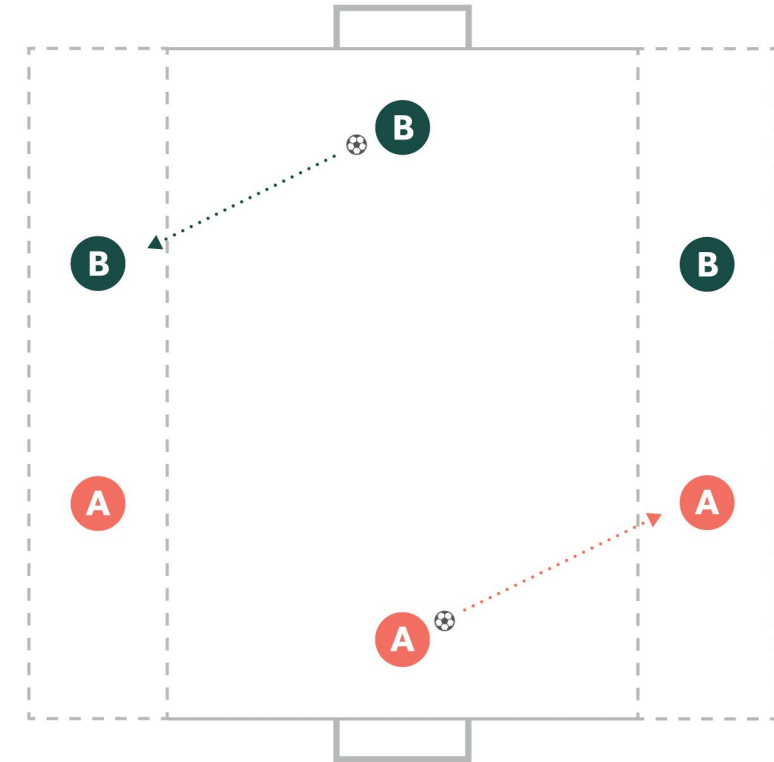


SKILL INTRO

15 Minutes

STRIKING SWITCHING PLAY

- 2 areas (20m x 30m)
- 2 wide channels
- Working in teams of 3, one player in the middle and one player out wide in each channel
- Players must work the ball from one goal to the other ensuring they use both players in the outside channels before scoring
- Rotate player in the middle
- Introduce competition, team with most goals at the end of 3 mins wins
- Open body to take first touch into the next action of playing out wide
- Strong planting foot to generate power to play ball out wide



NEWCASTLE PERMANENT SKILL OF THE WEEK



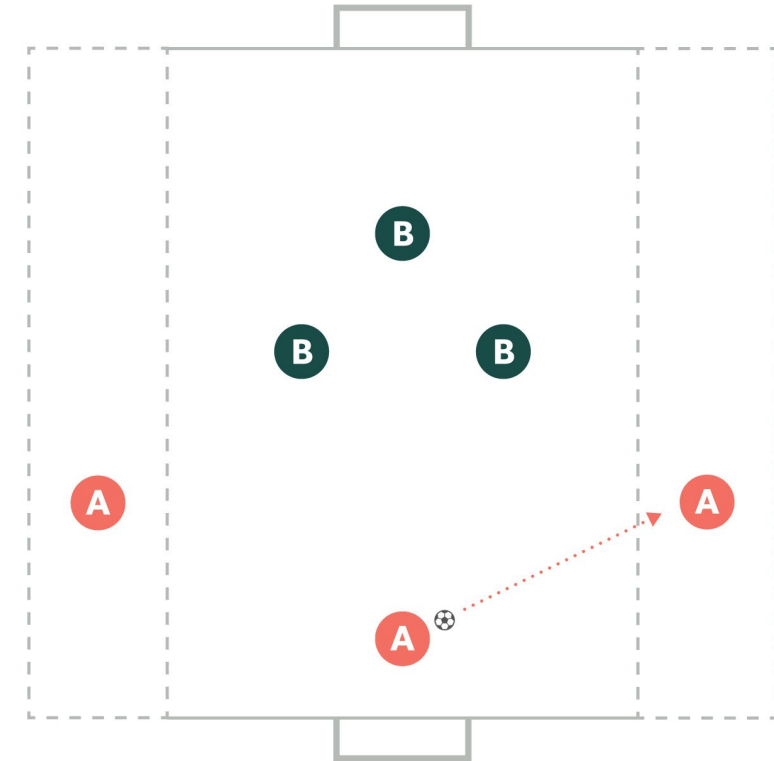
SKILL TRAINING

20 Minutes

STRIKING

SWITCHING PLAY

- 2 areas (20m x 30m)
- 2 wide channels
- 4 teams of 3
- 3 x 6 minute games
- Teams must use both channels before scoring in the goal
- Team with the highest score after 6 mins wins
- Include points from Skill Intro
- Attacking players to get wide after winning the ball
- After playing out wide to disorganise the defending team, how quickly can we penetrate through the gaps and score.



NEWCASTLE PERMANENT SKILL OF THE WEEK



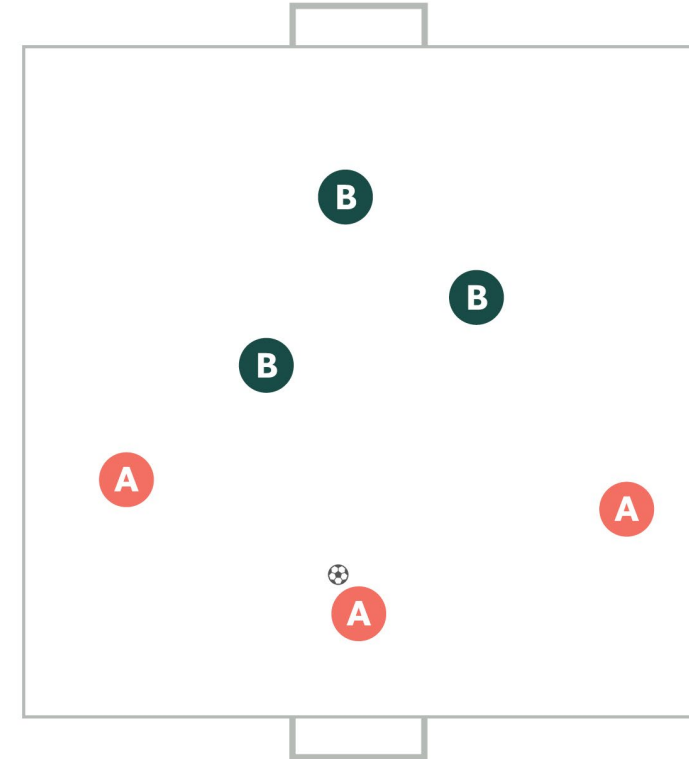
SKILL GAME

25 Minutes

STRIKING
SWITCHING PLAY

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- **Simple 3v3**
- **Team with the highest score at the end of 8 mins wins**

- Can we see a change in behaviour with players looking to play the ball out wide?
- 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 move from one wide channel to the other



NEWCASTLE PERMANENT SKILL OF THE WEEK

