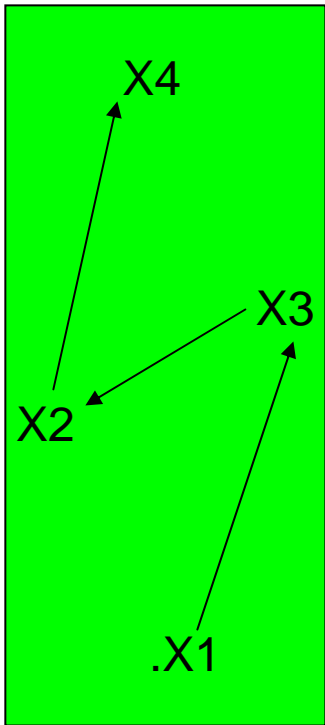


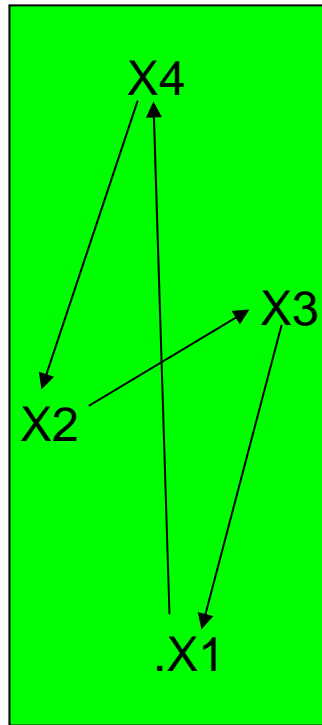
## Midfield Development in Attack

(1)



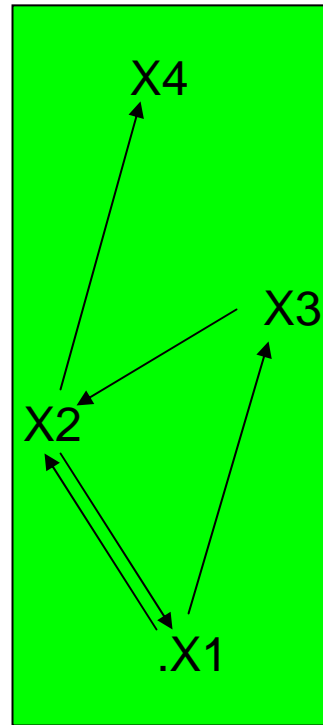
**1-3-2-4 (3 Pass)**

(2)



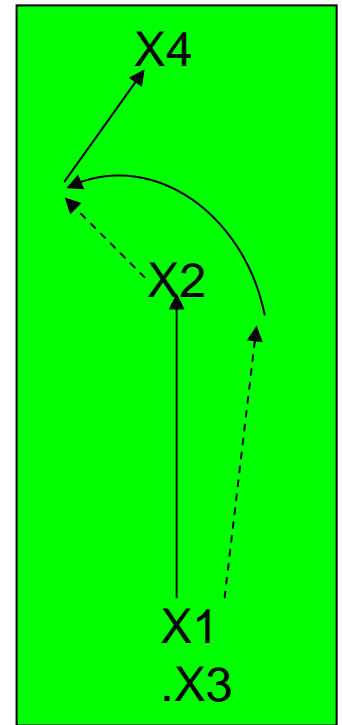
**1-4-2-3-1 (4 Pass)**

(3)



**1-2-1-3-2-4 (5 Pass)**

(4)



**Knock & Move**

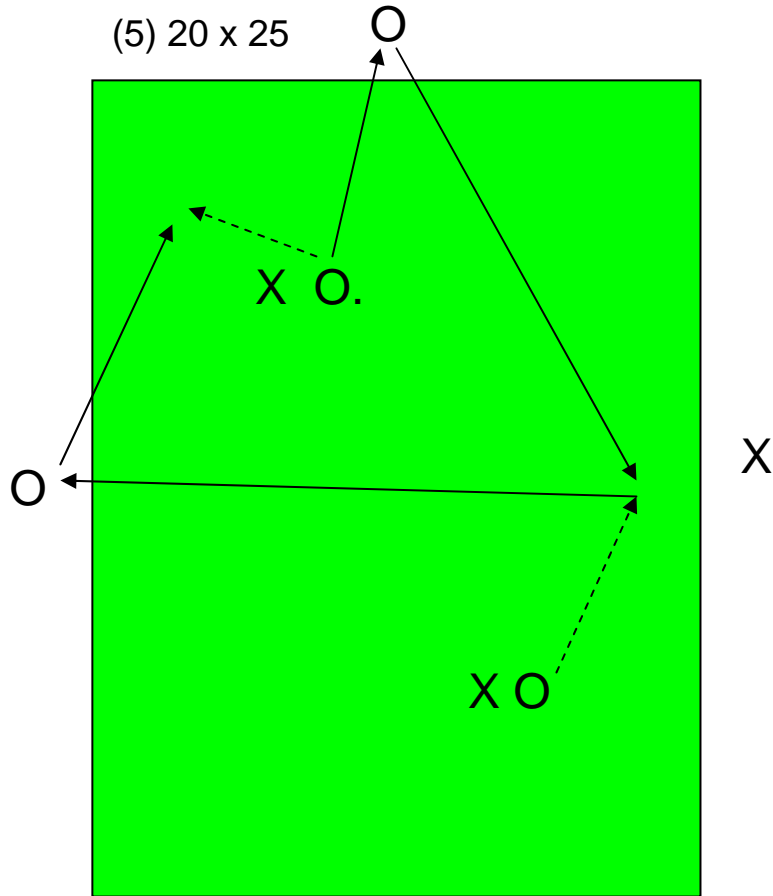
(Activities 1-3)

- Play the way you are facing
- X2 & X3 check to ball when it can be delivered
- Play pass in order it can be one touched
- Prepare to receive in order to one touch

(Activity 4)

- Knock & Move
- Move without the ball
- X2 movement out & flat
- X1 pass to space
- Progress to one touch rhythm

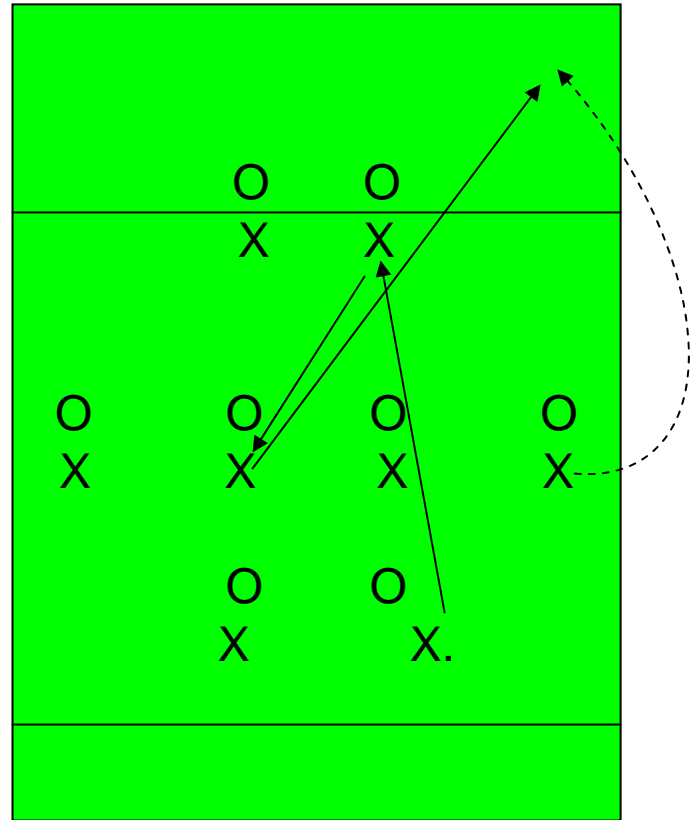
(5) 20 x 25



(Activity 5)

- Outside players can move
- Object is to play to outside & outside one touch to teammate
- Players inside the activity move off the ball
- Players outside the activity identify movement
- Try to play the way you face

(6) 70 x 45 (5 yard end zones)



(Activity 6)

- End zones serve as offside line
- Ball must go into targets and be dropped
- Penetrate end zone on pass or dribble
- Play the way you face
- Pick out 3<sup>rd</sup> & 4<sup>th</sup> man movement

(Activity 7: The Game)