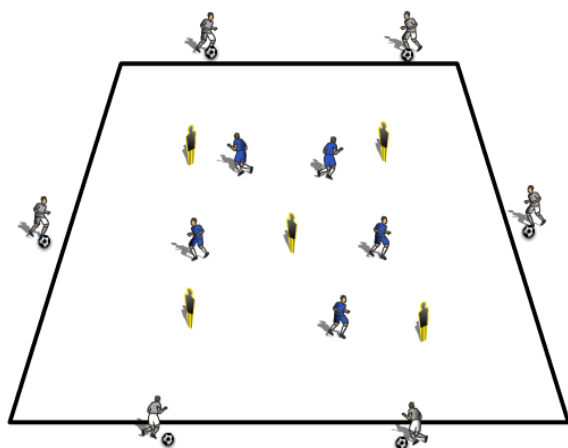


## Game Awareness

This week's session is designed to improve game awareness through a series of individual, small group and team practices. During the practices, the players learn how to create space in order to receive a pass and how to combine with a team mate in order to complete one-two's, overlaps and supporting runs.

These skills are then transferred into a small sided game. This will enable you to see which players in your team have good game awareness, can see a pass, create space, or make movements to provide passing options to a team mate.

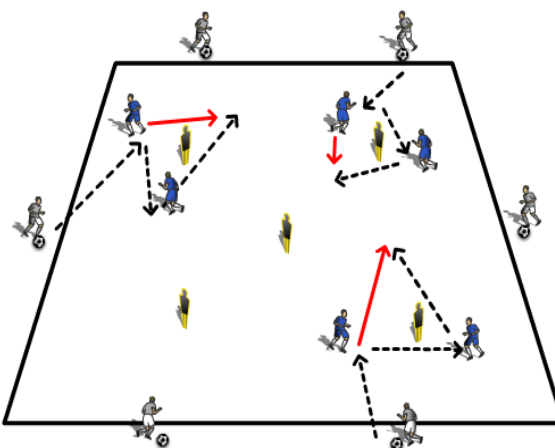
### Individual play



The players work continuously for one minute on the inside. The aim is to receive the ball, complete the task and then pass the ball out to a new player. Then the central player must go and receive a new ball from a different outside player

- 1 – The player starts on a mannequin (can be a cone or pole), and then makes a move to create space and receive a pass.
- 2 – The player starts in space, receives a pass and then accelerates to complete a skill and go past a mannequin.

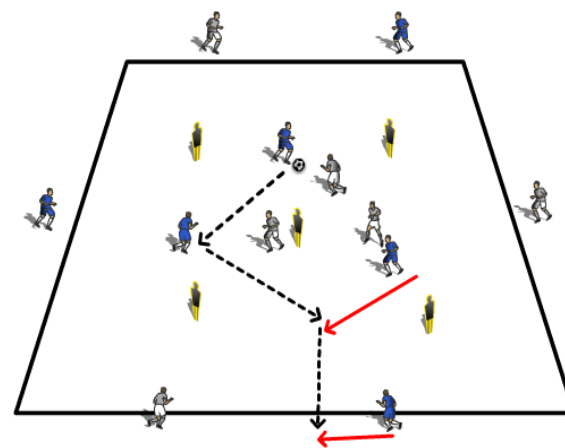
### Working with a team mate



The players work in pairs for one minute.

- 1 – One player receives the ball and then quickly makes a one-two with his team mate around a mannequin before playing out.
- 2 – One player receives the ball and dribbles towards a mannequin. The other player quickly makes an overlapping run to receive a pass.
- 3 – One player starts on a mannequin. This player receives a pass. Now the other player must make a supporting run to receive a lay off.

### Possession game



Two teams of six players.  
(you can play with various number of players)

The two teams nominate three players to go inside the pitch and three players to go outside the pitch.

The aim of this possession game is for a central player to pass outside to a team mate and then exchange places.

The mannequins offer different problems in the game and force players to make angles to receive the ball.