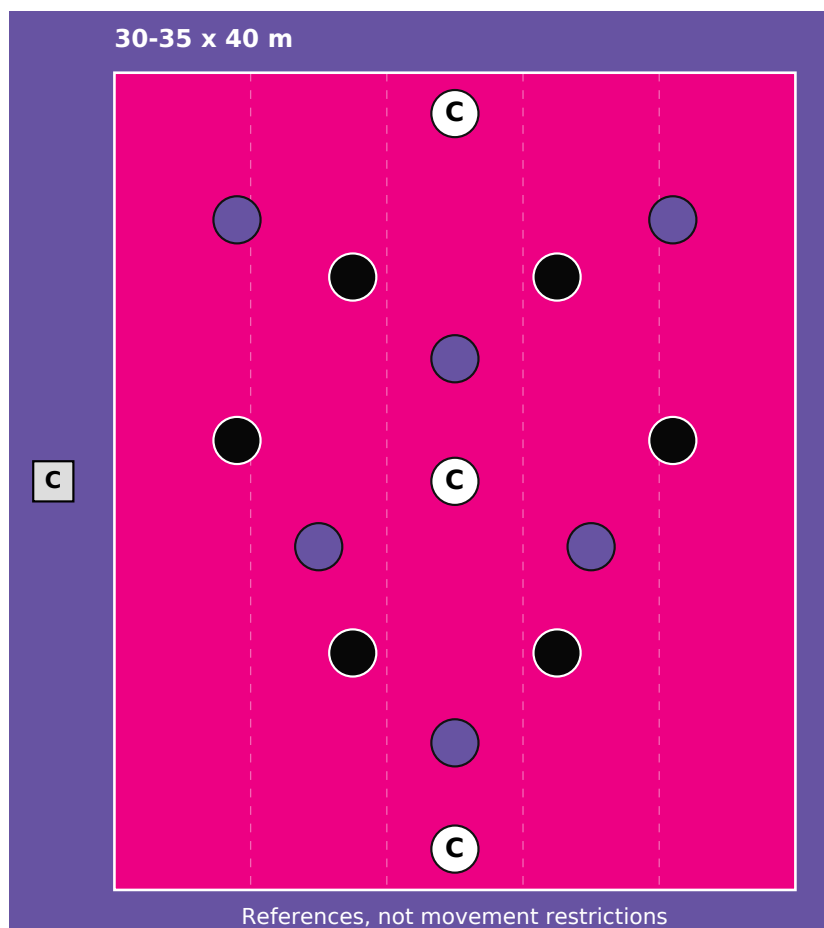




A - Recognise

General practice | 15 min | 22-37 min

6v6 + 3 common players | 30-35 x 40 m



Purple: coached team. Black: opposition. White: common player. Green GK: goalkeeper. Square C: coach.

- Duration: 15 minutes
- Practice Type: General Practice / Possession
- Organisation: 6v6 + 3 common players; one common player at each end and one internal common player. Total = 15 players.
- Area: Approx. 30-35m x 40m; five vertical lanes (L1-L5).
- Focus: Recognise central protection and use the outside solution.

Explanation: Transfer from one end common player to the other. The internal common supports possession. Recognise central protection, use the outside lane and get back inside. Direction reverses after a successful transfer.

- **PLAYER PROBLEM** Can we recognise when the centre is protected, use the outside player and get back inside?

Start condition: Free play. No touch restriction, mandatory wide pass or compulsory use of every common player.



Technical detail: Scan before receiving; receive to see forward; first touch away from pressure; pass with appropriate weight/direction; disguise; carry when space is available; finish the action with quality.

Tactical detail: Recognise central protection; create width and depth; find the spare outside player; support underneath; combine/overlap/underlap; get back inside; play forward when appropriate.

Challenges / Conditions / Targets: Begin without conditions. If required: successful end-to-end transfer = 1 point; transfer that goes around pressure and returns inside = 3 points.

Progression (Harder): Reduce space; restrict common-player time; allow pressure on end common players; remove the internal common player or narrow one side.

Regression (Easier): Increase area; free the common players; reduce opposition pressure; restart from the outside lane.

Coach Questions: What is the opposition protecting? Where is the spare player? Can we go forward? If the centre is closed, how do we get around and back inside?

Coach Observation: Do not treat every wide pass as success. Judge whether the players recognised central protection, created the overload and used the outside route to regain inside access.