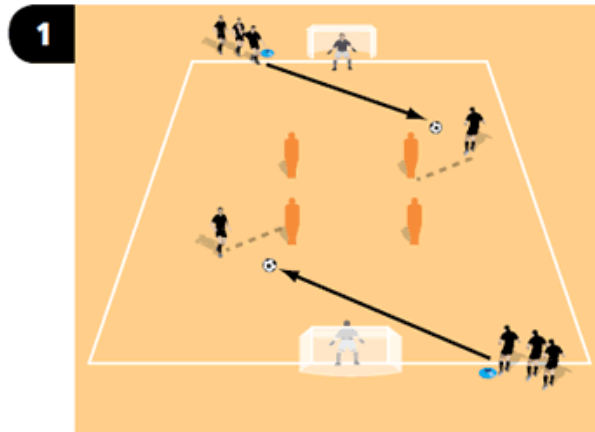


Set and go

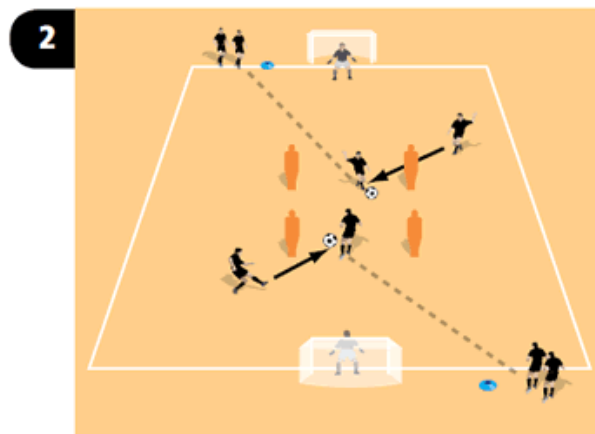
By Michael Beale

Using unopposed exercises for build-up and combination play in attack is a good way of coaching your players to move the ball, and encourages movement to support the ball as play moves around the pitch.

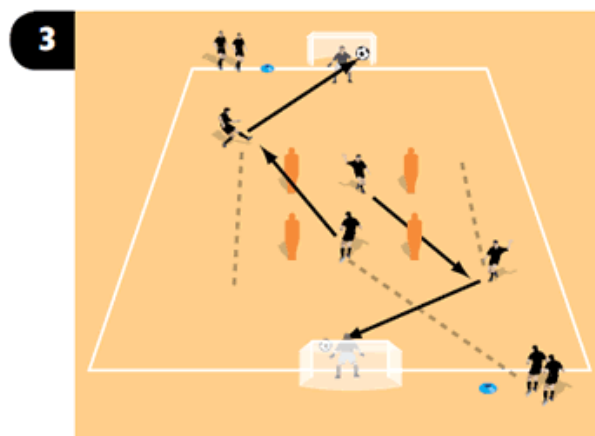
In this session, strikers and midfielders combine with a neat lay-off and a precise threaded ball to set up a shot across the goalkeeper.



The forwards move to receive a pass.



They must lay the ball back before running for a return pass.



Encourage the players to shoot across the keeper.

Set up a 40 yards by 30 yards playing area with four mannequins (poles or cones will do), two cones and two goals. You need eight outfield players and two goalkeepers.

How to play it

1. Forwards move away from the mannequin to receive a pass.
2. Forwards set the pass back to the supporting midfielders.
3. Midfielders return the pass into space for the forwards to spin and run after.
Forwards now shoot across the goal.