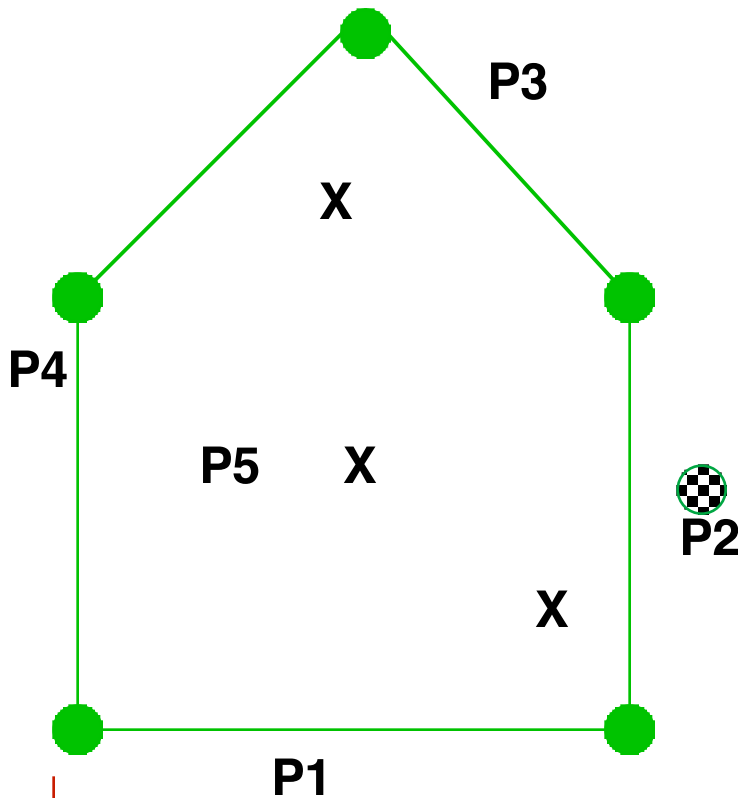


TECHNICAL: Passing, Speed of Play

ARSENAL'S "HOUSE"



GRID: Set up a grid as shown, in the shape of a house; each line (cone to cone) should be 10-12 yards in length

NO. OF PLAYERS: 8

COACHING POINT:

- > The shape of this grid gets away from the normal square or rectangular or circular grids
- > The shape of this grid promotes different kinds of movement by attacking players

DRILL START: 4 Attacking players (P1, P2, P3, P4) move ball around the outside of the "House", with limited touches, 1-Touch or 2-Touch

DRILL PROGRESSION: The players inside the "House" (P5 and the 3 Xs) enter play making the game a 4+1 v 3

- > Outside players attempt to pass the through the "House", using P5 as support
- > "X" players act as defenders
- > Touches by attacking players should be limited to 2 or 1
- > If Defenders intercept ball, they return it to an outside player

DRILL VARIATION: If Defending X's intercept ball, they try to maintain possession, playing Keepaway from P5