This session improves the teams' ability to possess the ball and penetrate through the midfield third.

The Session
Organisation
Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone:

- Into the middle, back, across to the far player.
- From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.

Guided Questions
- What makes a good pass?
- Where should a player take their first touch?
- What part of the foot can they receive a ball with?
- Where on the field should combination play be utilized and with who?

Adaptations
To Give Players More Success I Might...

To Increase The Challenge I Might...

Individual Challenges I Could Give...