

## 1-2-3-2-1

Session Organisation: 1-2-3-2-1

Key Factors: Technical Qualities In Possession

#1- Speed and quality of distribution, pass/kick, without hands and excellent on the floor technique, technique of releasing the ball with the feet and hands- distance (short, middle and long) with speed and direction.

#4- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#5- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#6- Excellent first touch control, a great passer (short, medium and long), ability to play one touch, a key player for the switch of play. Speed of play with the ball in all disciplines, heading ability, shooting ability.

#7- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace) on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

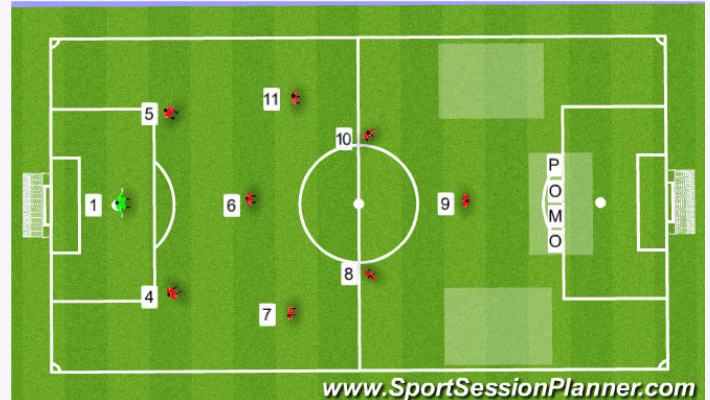
#8- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#9- Speed with the ball, control of the ball (first control, great first touch in all directions), ability to keep the ball (dribbling ability), ability to play "give and go's" (pass to the side (left and right), "cut pass" (chip), passing ability, shooting and heading ability.

#10- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#11- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace: on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

\*Teamwork will make this formation highly successful. Work together to get into the shaded areas to provide passes, crosses and shots on goal. The P.O.M.O (Place of Maximum Opportunity) is a key area to aim for to achieve shots on goal.



## 1-2-1-2-1-2

Session Organisation: 1-2-1-2-1-2

Key Factors: Technical Qualities In Possession

#1- Speed and quality of distribution, pass/kick, without hands and excellent on the floor technique, technique of releasing the ball with the feet and hands- distance (short, middle and long) with speed and direction.

#4- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#5- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

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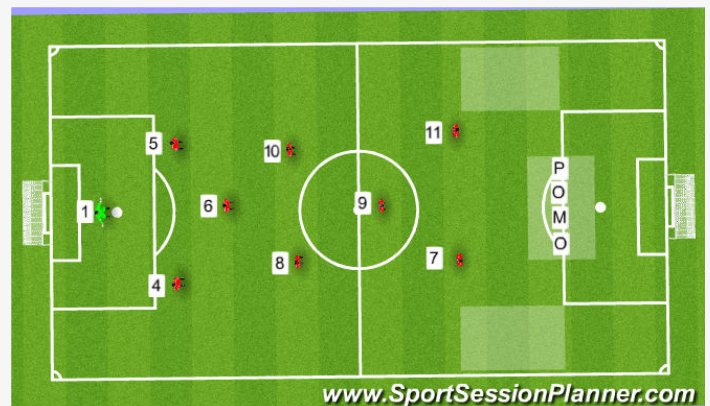
#7- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace) on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

#8- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#9- Speed with the ball, control of the ball (first control, great first touch in all directions), ability to keep the ball (dribbling ability), ability to play "give and go's" (pass to the side (left and right), "cut pass" (chip), passing ability, shooting and heading ability. Provide the link between the midfield and the forwards.

#10- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#11- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace: on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).



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