

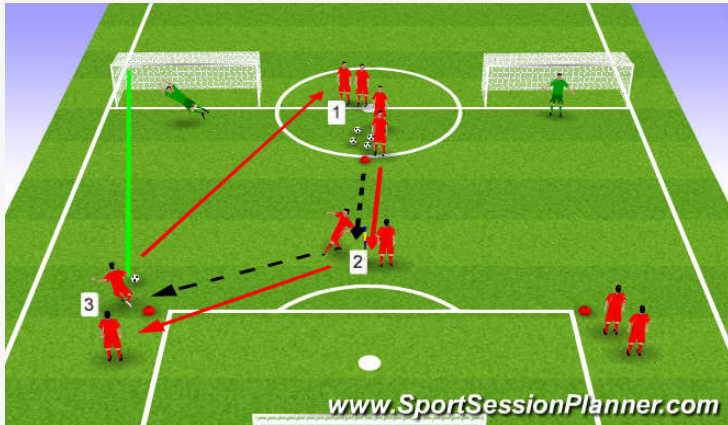
Y Passing session



Simple Y passing session players play forward from 1 - 2 who receives on the half turn and plays 3 who dribbles the ball back.

As soon as 2 has turned out to play 3 the session is repeated going the opposite way.

Y Shooting Session



Y session progressed to Finishing session.

Same principles as before rotate players 1-2 2-3 and 3-1

Focus on striking technique of striker on two touches. One to receive then Two to strike.

Progression 1 is player 2 passing the ball can close the striker down in a 1v1

Progression 2 is 1 becomes the defender as the ball travels to 3 from 2. 1v1

2 must overlap 3 to create an overlap in a 2v1

Rotation of players is always 1-2 2-3 and 3-1