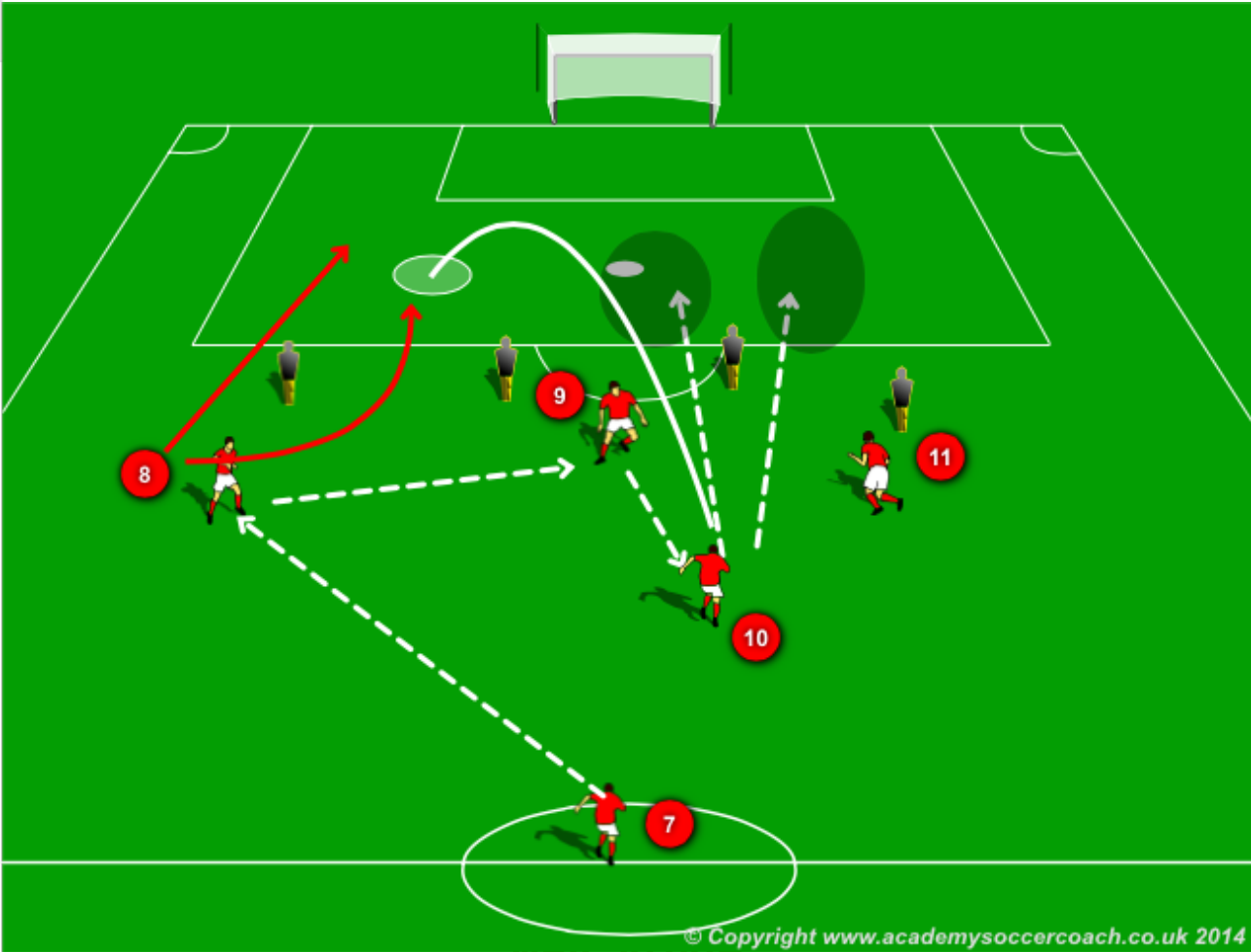
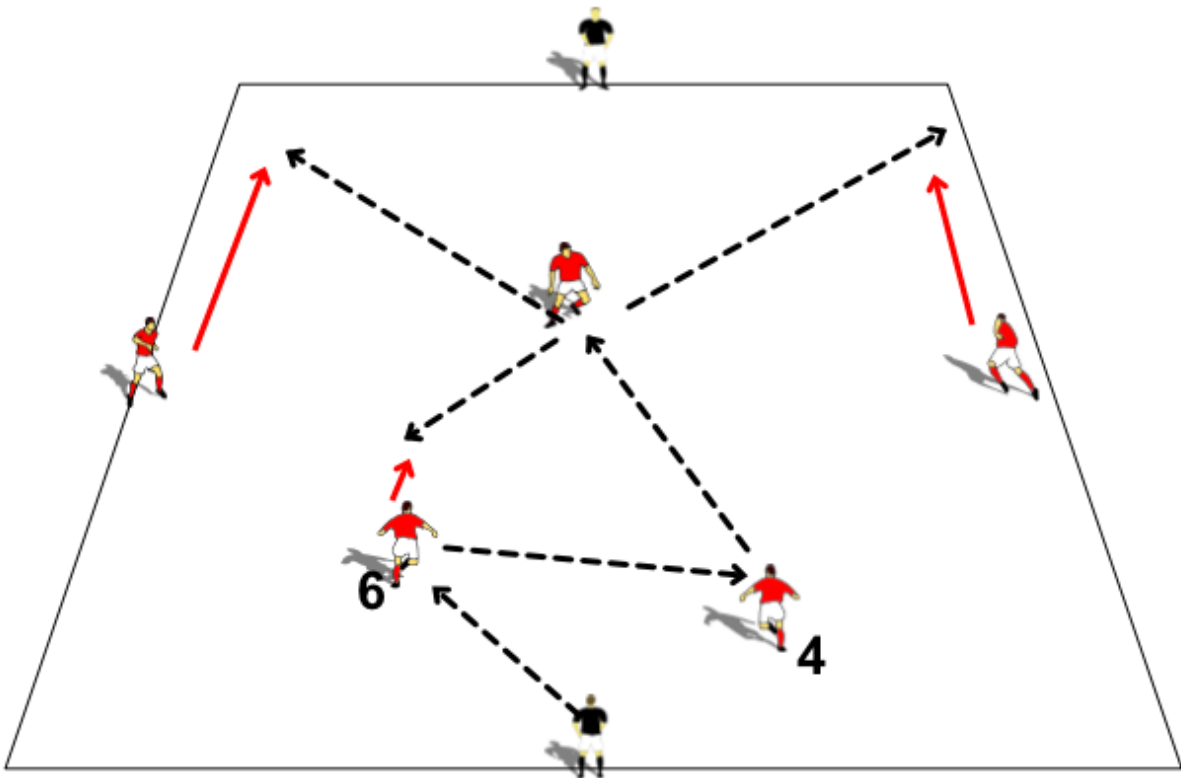


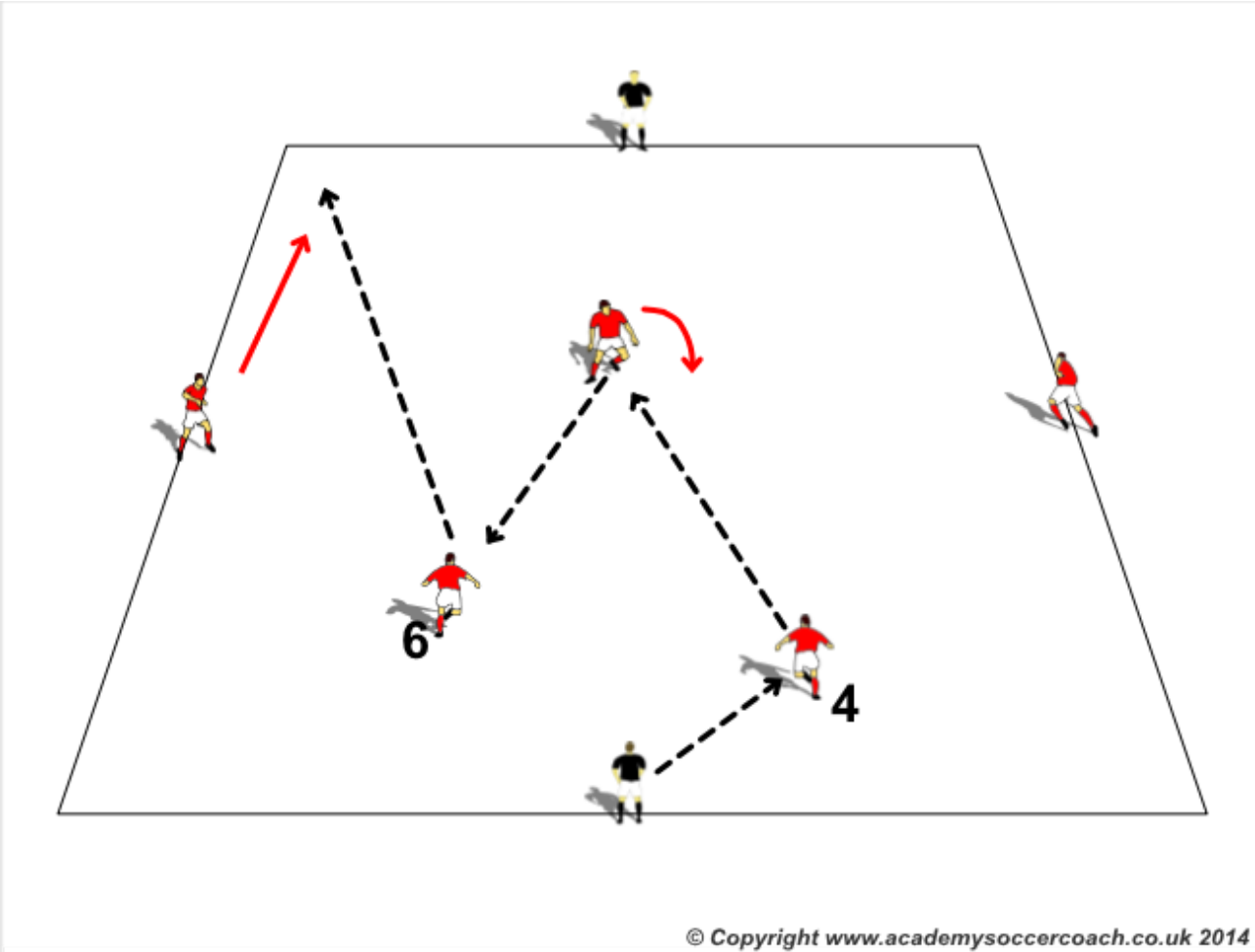
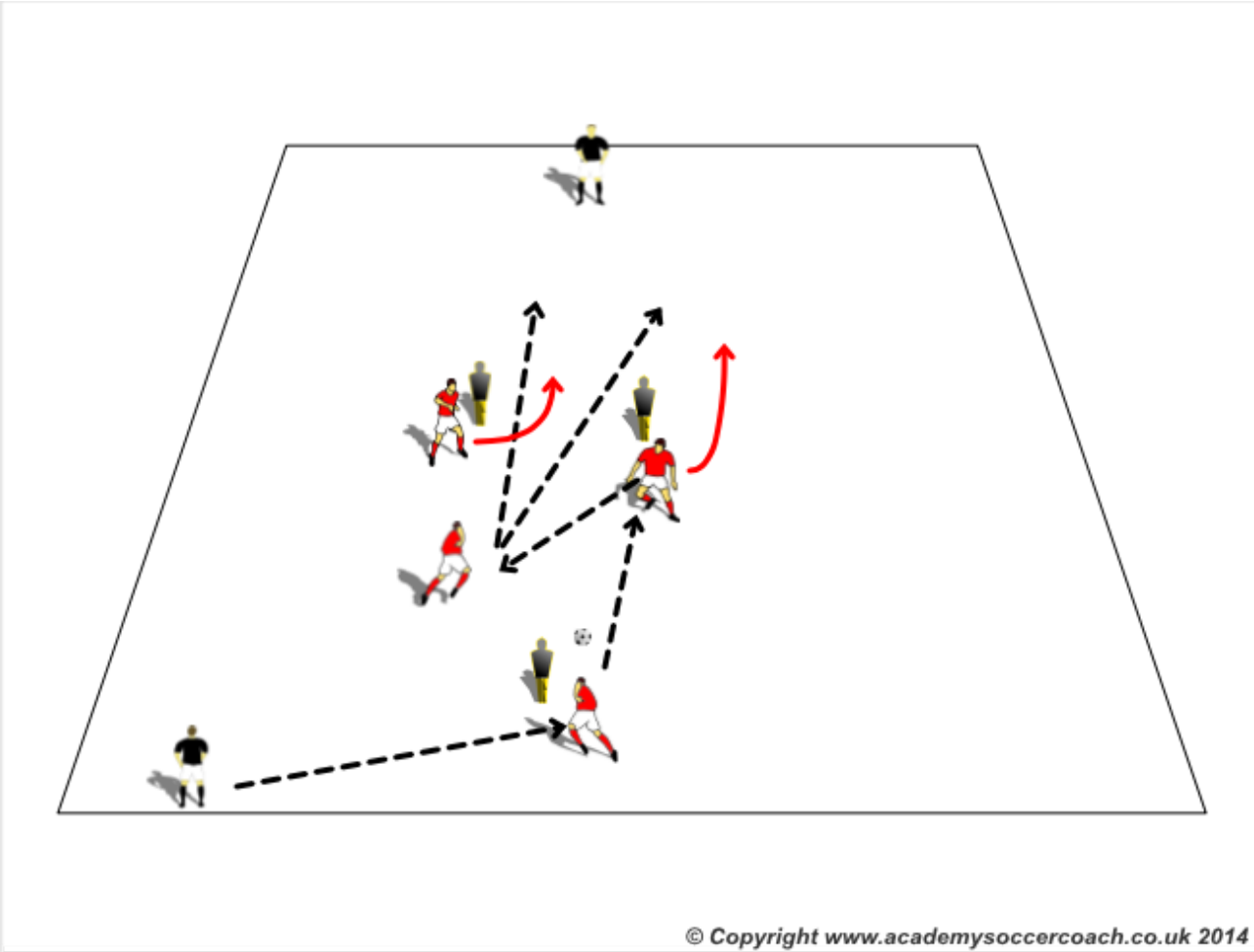
PASSING & REPEAT MOVEMENT PATTERNS



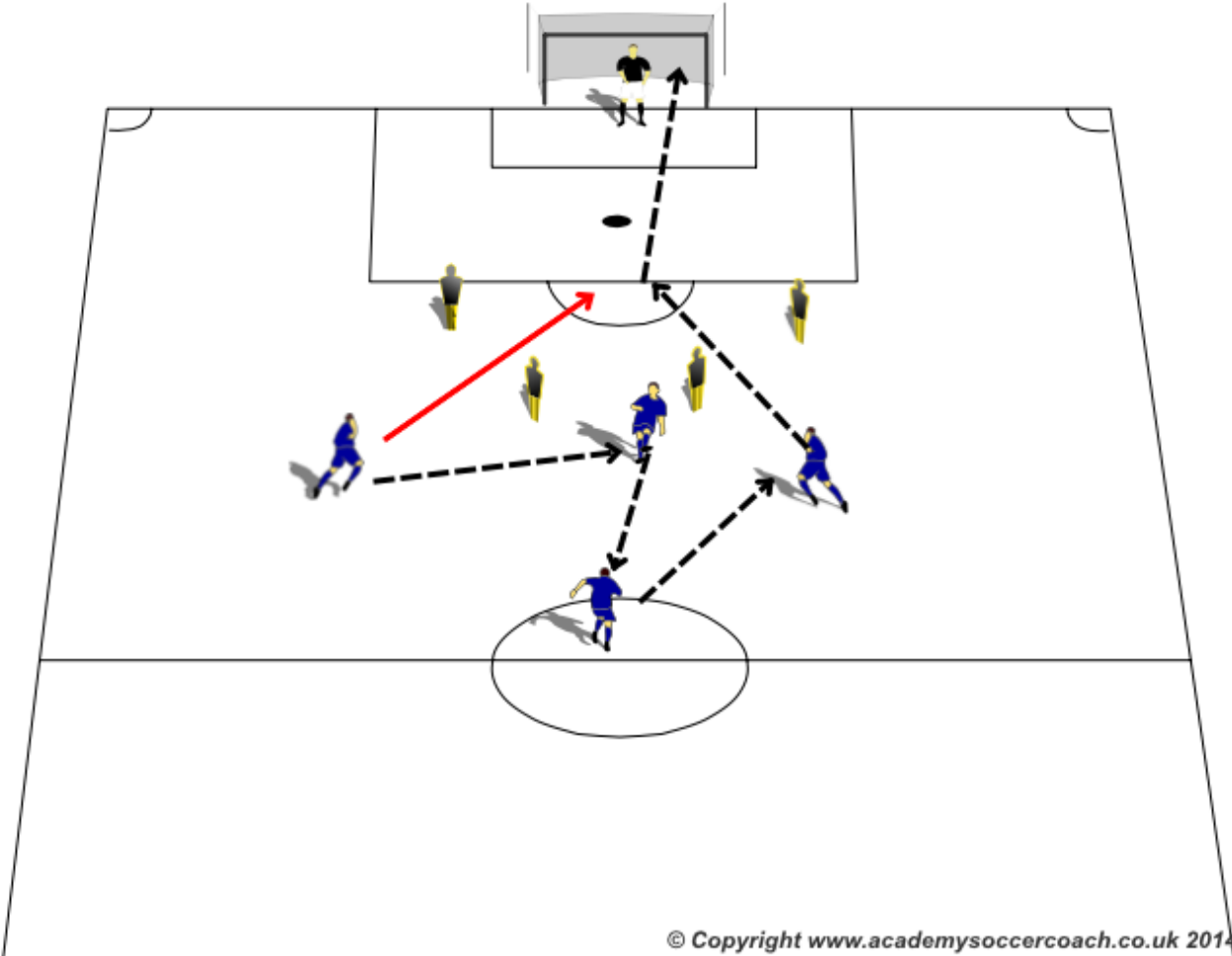
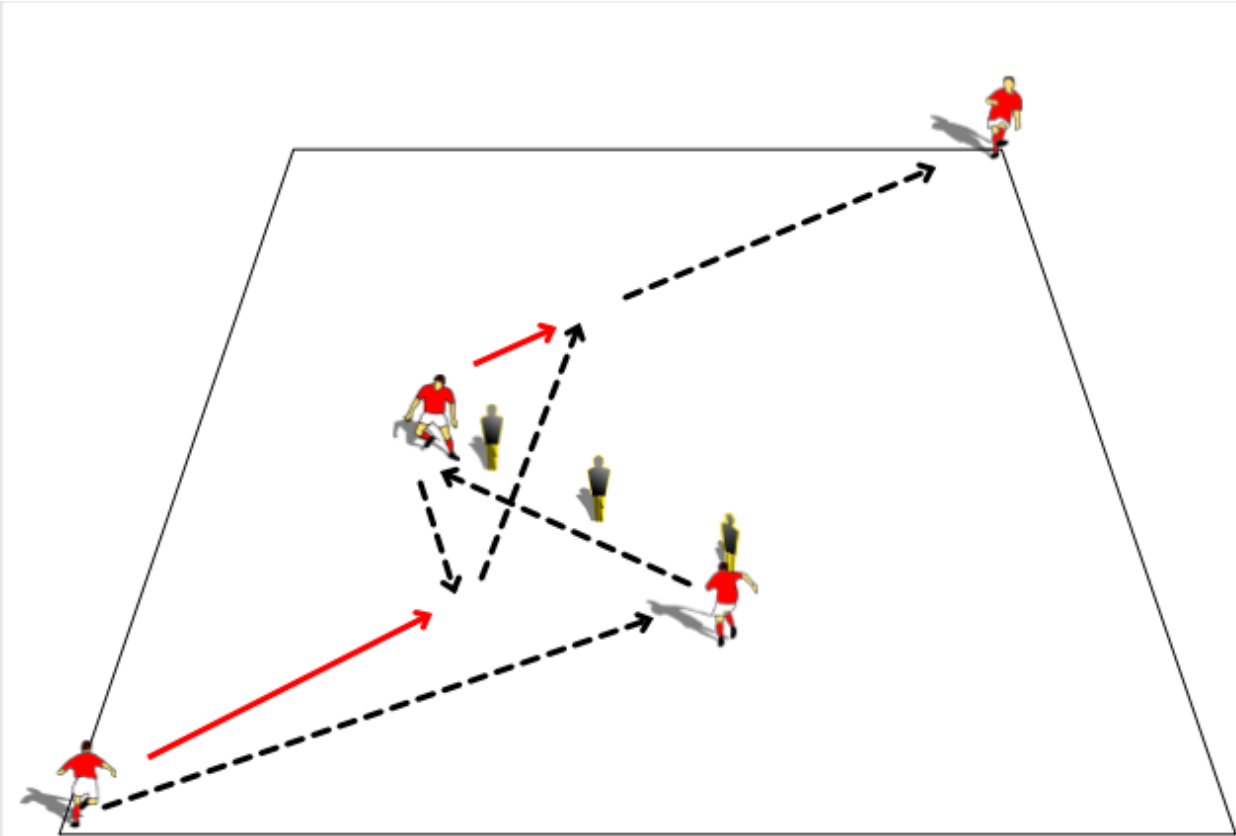
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Repeat movement patterns of the set from the 10

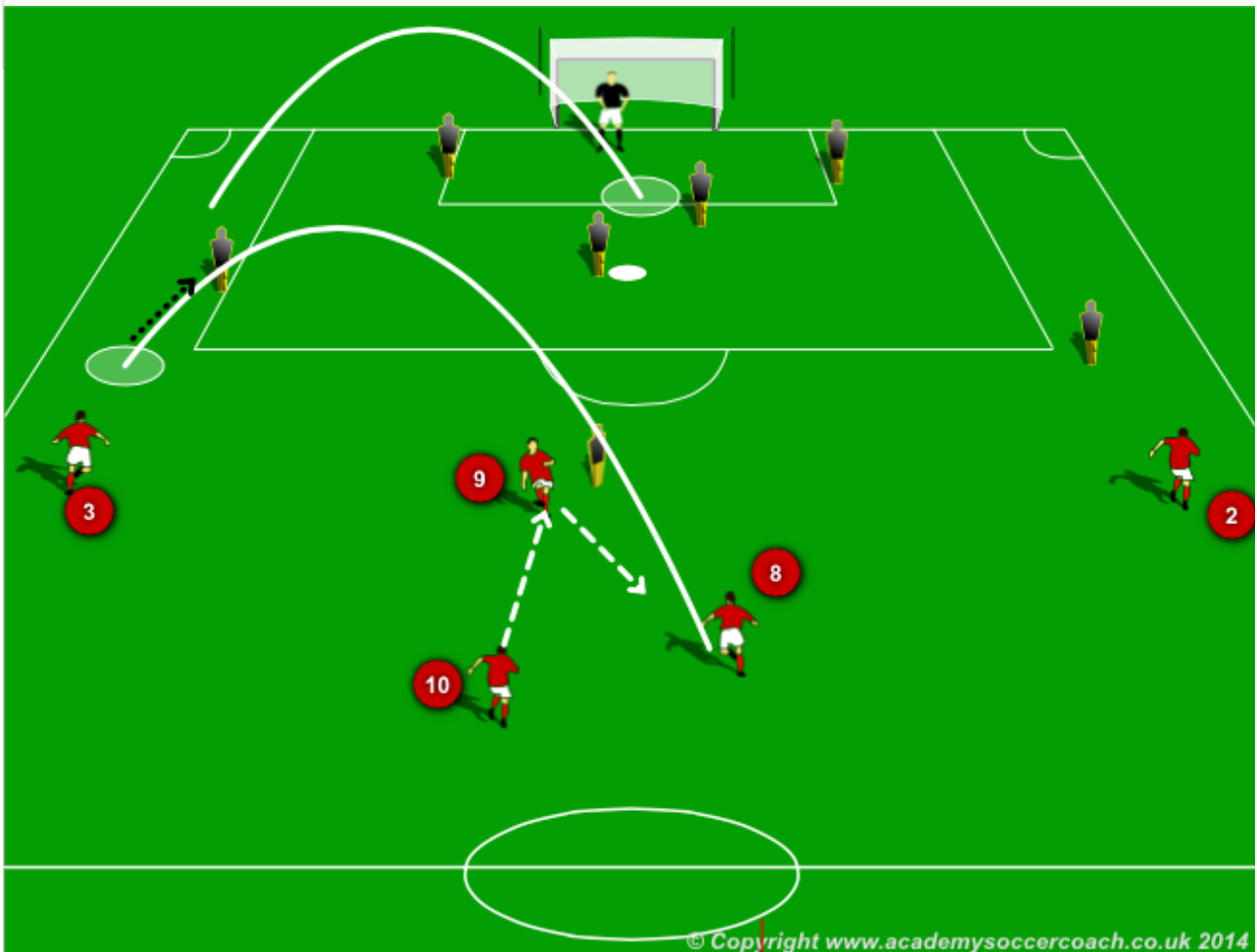
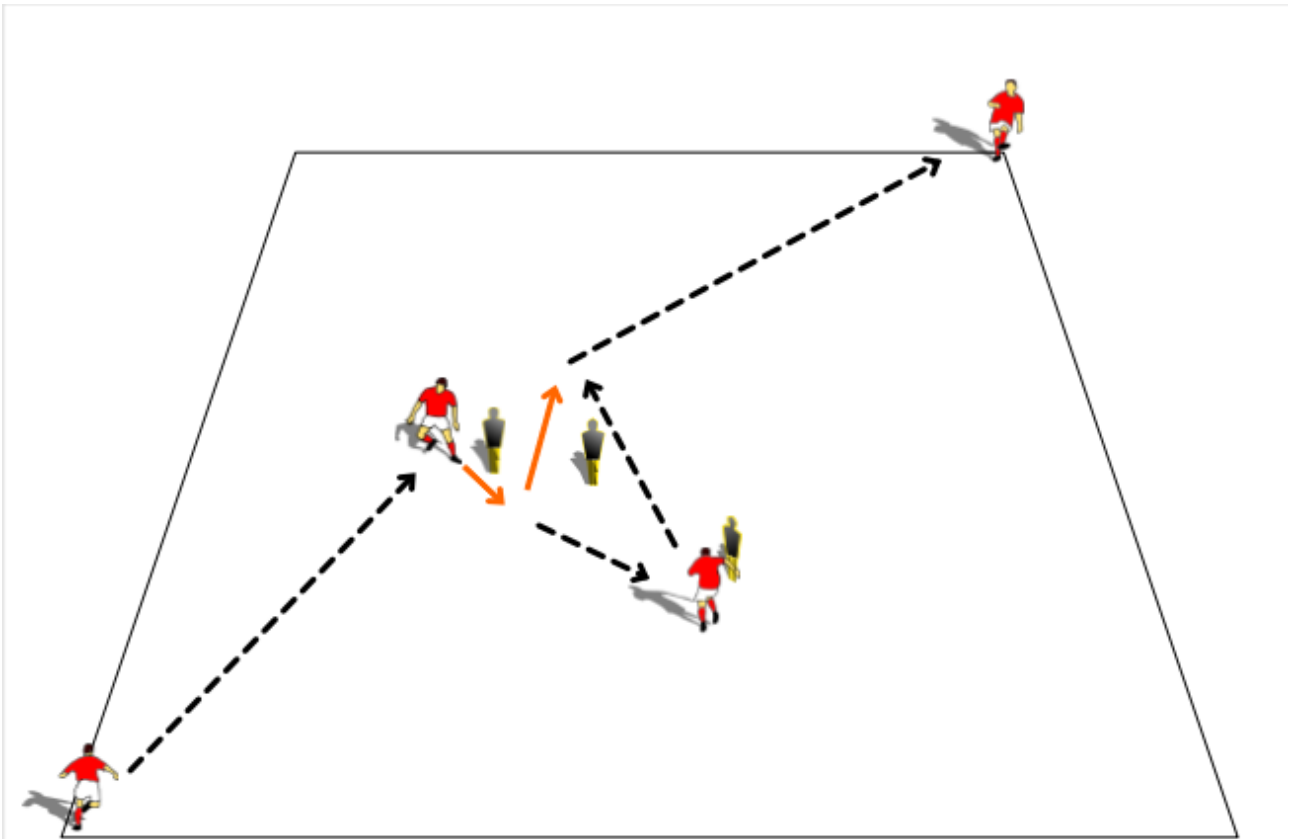
PASSING & REPEAT MOVEMENT PATTERNS



PASSING & REPEAT MOVEMENT PATTERNS



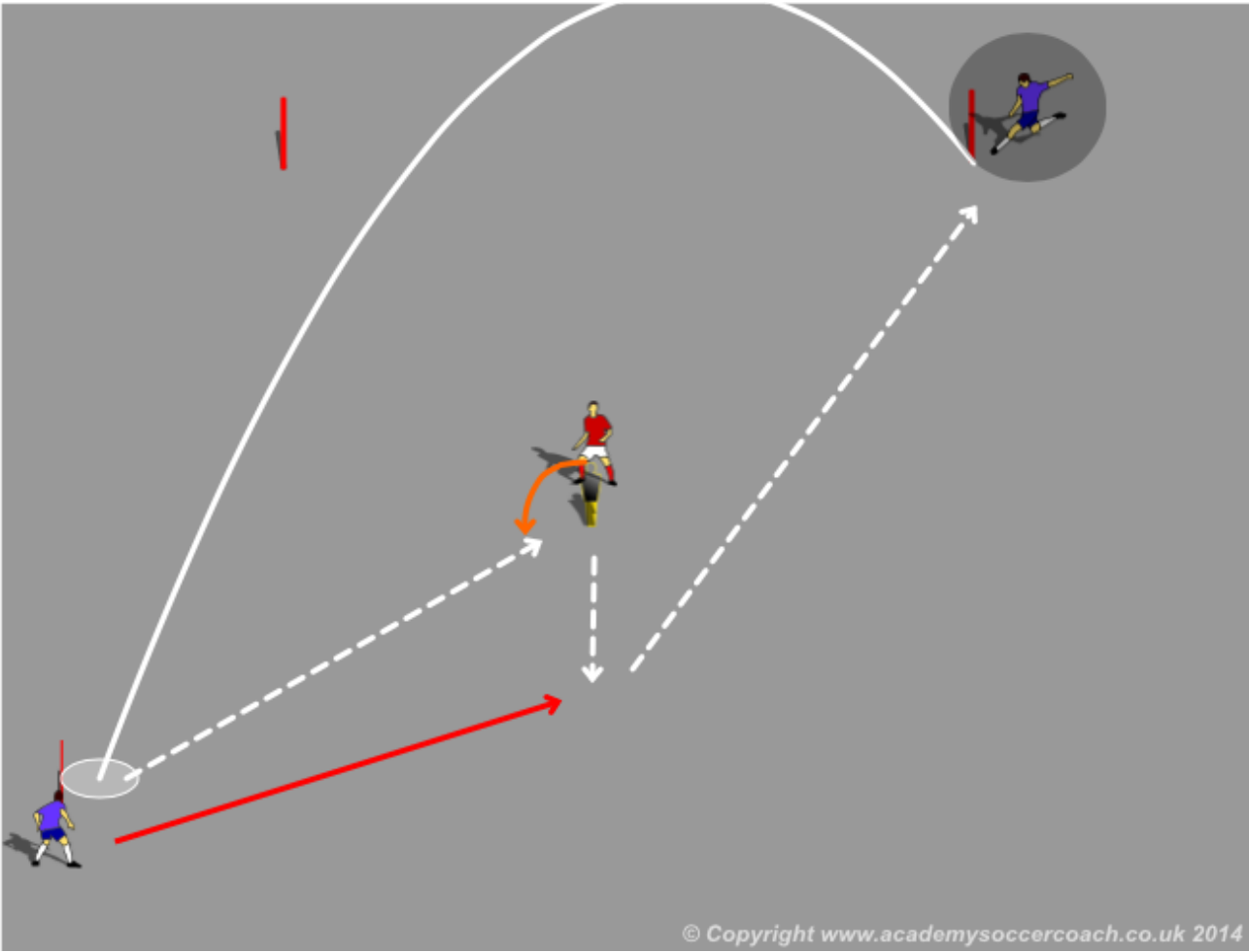
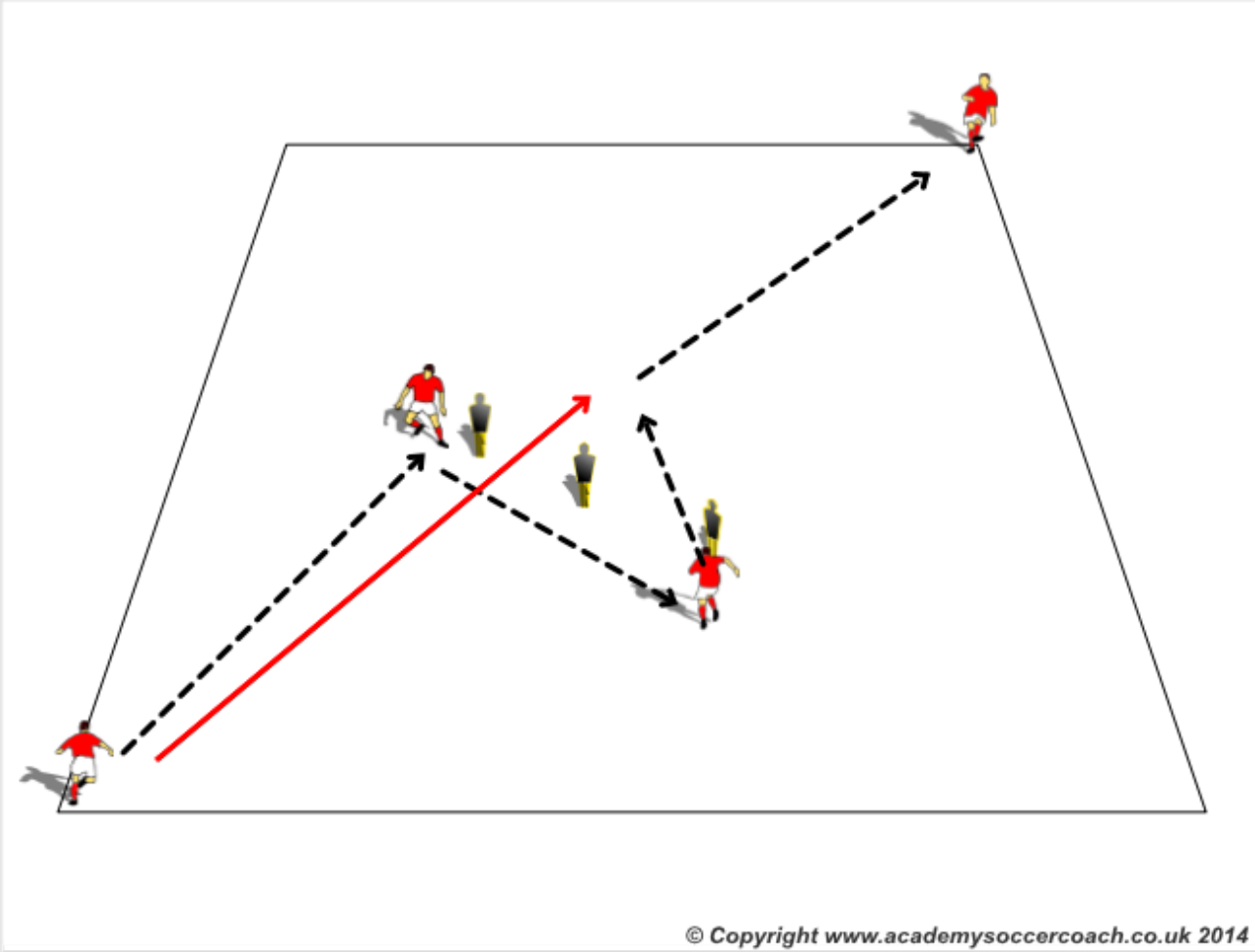
PASSING & REPEAT MOVEMENT PATTERNS



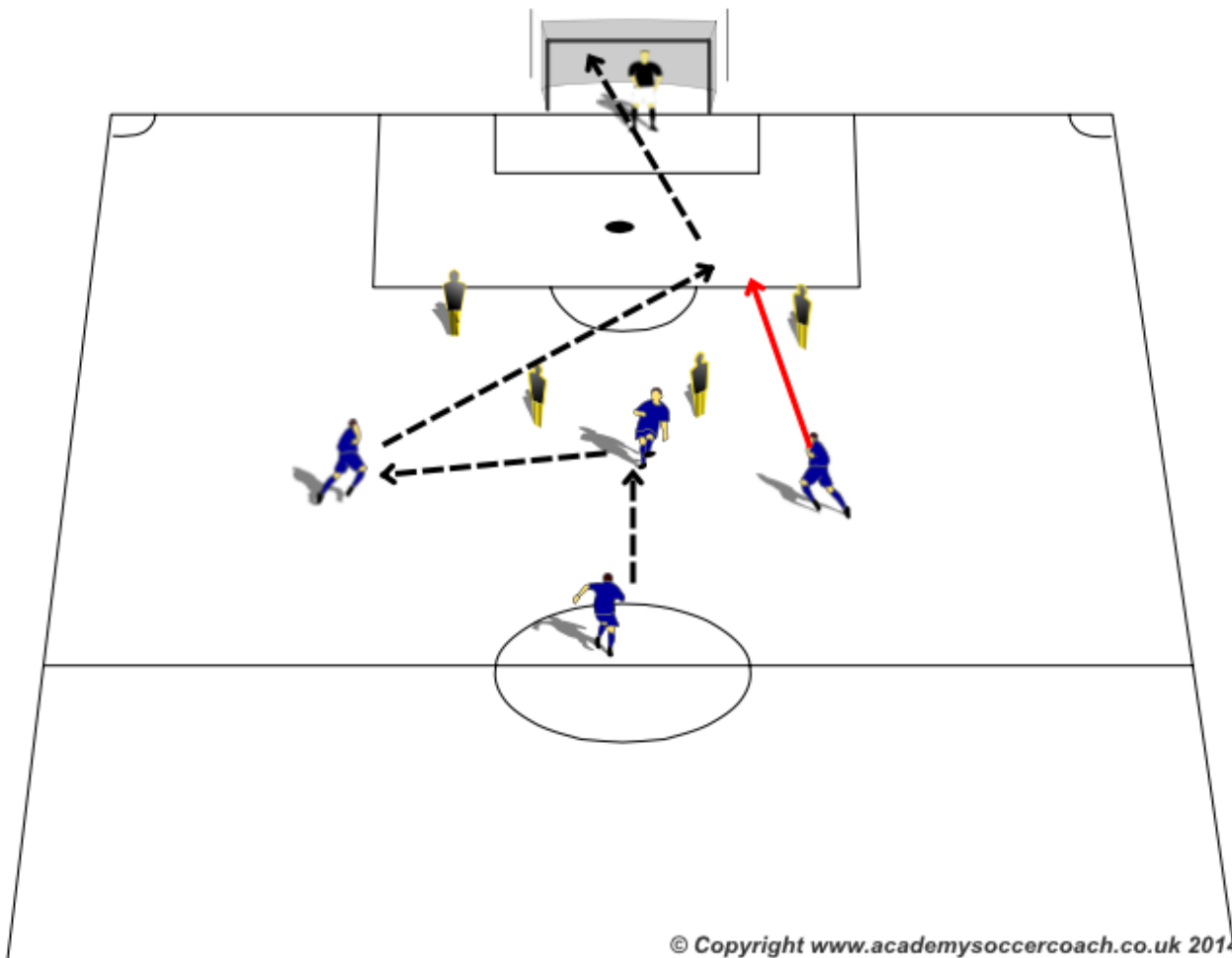
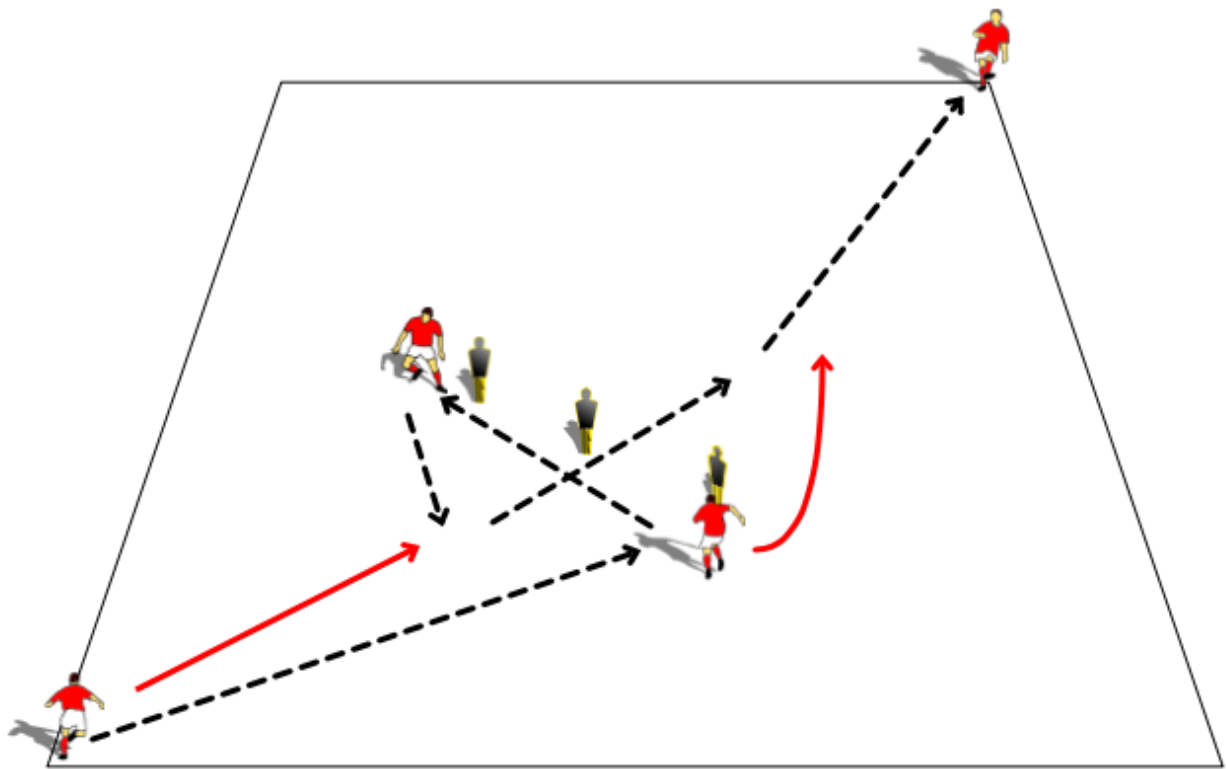
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Work both sides, add passive defenders as session progresses.

PASSING & REPEAT MOVEMENT PATTERNS



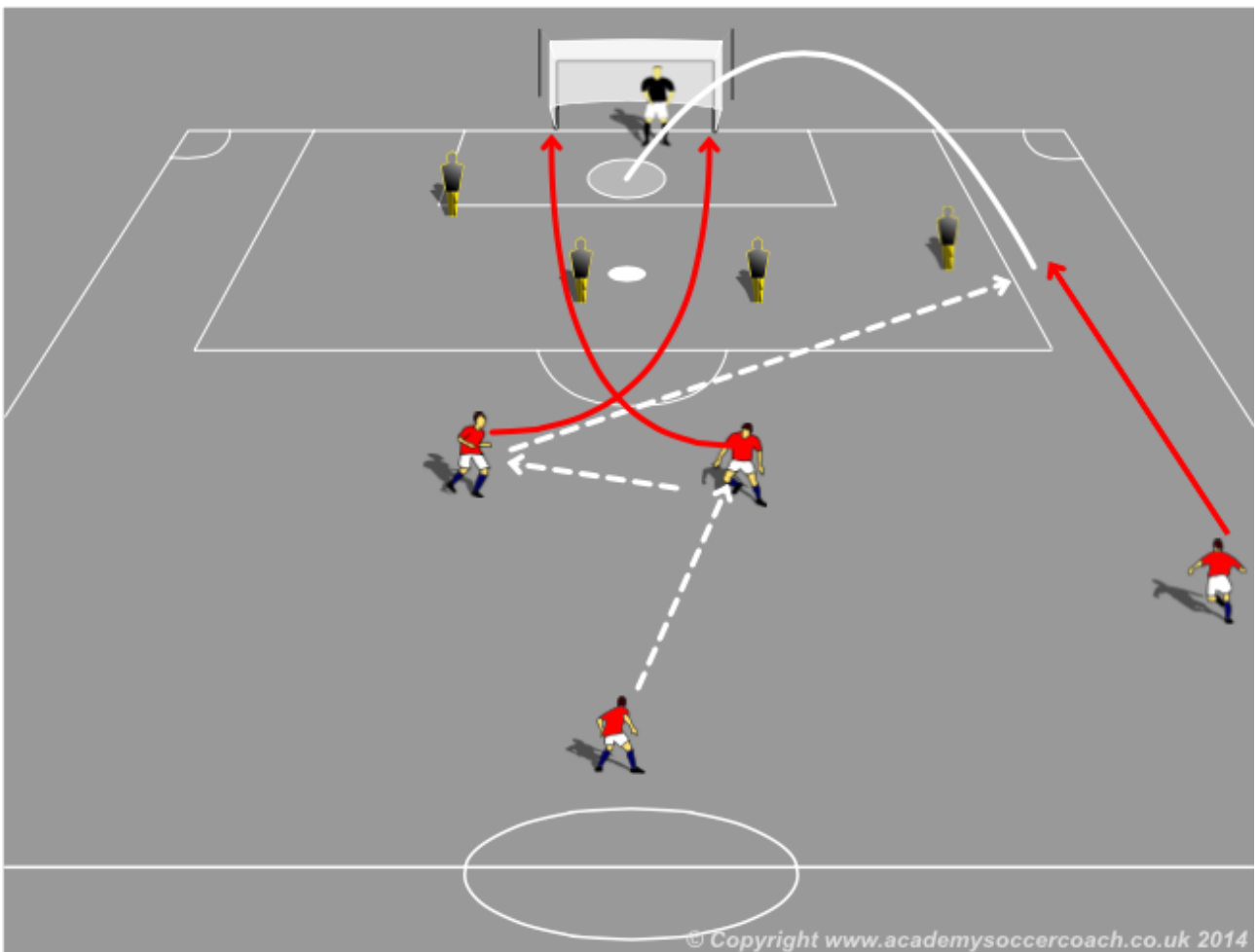
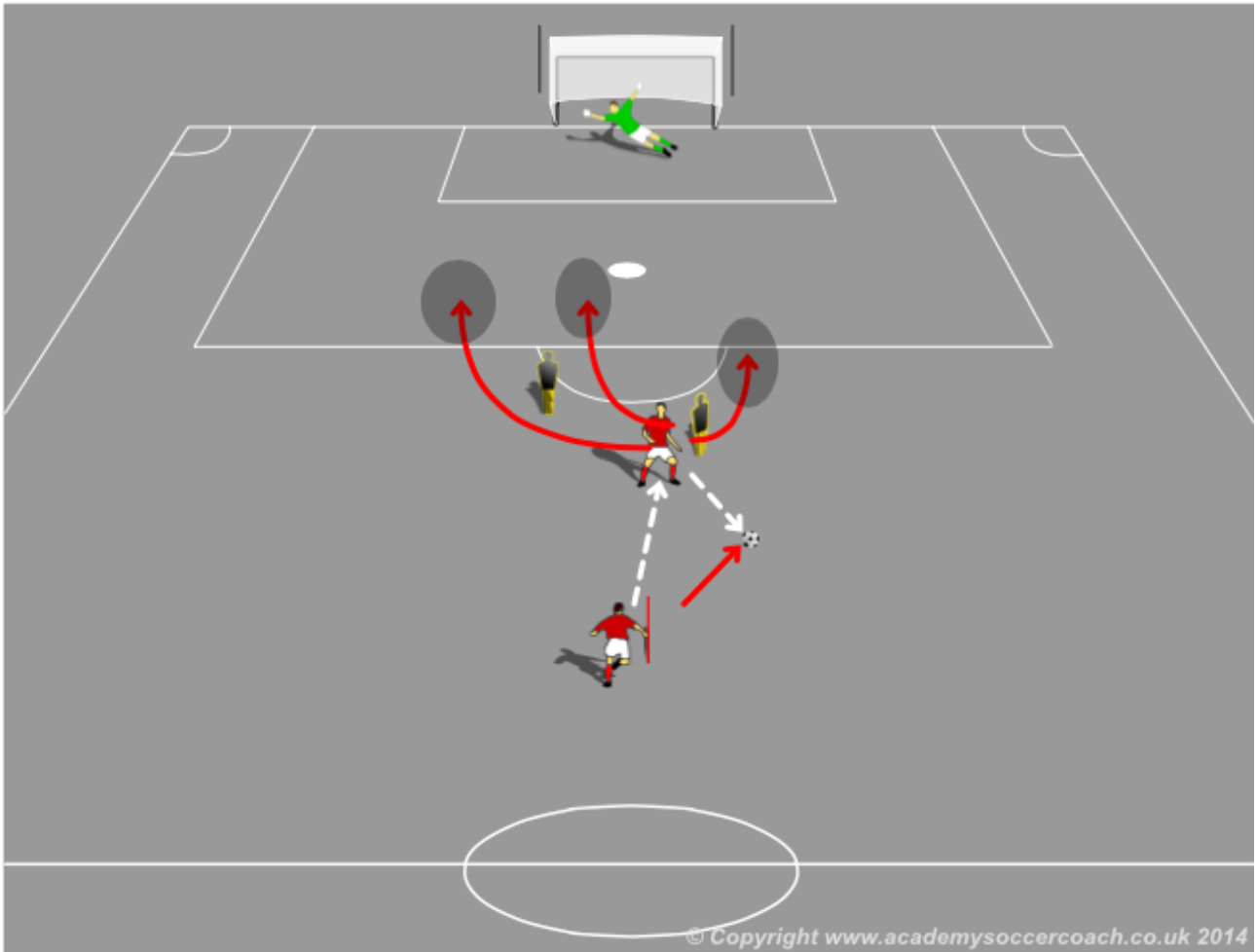
PASSING & REPEAT MOVEMENT PATTERNS



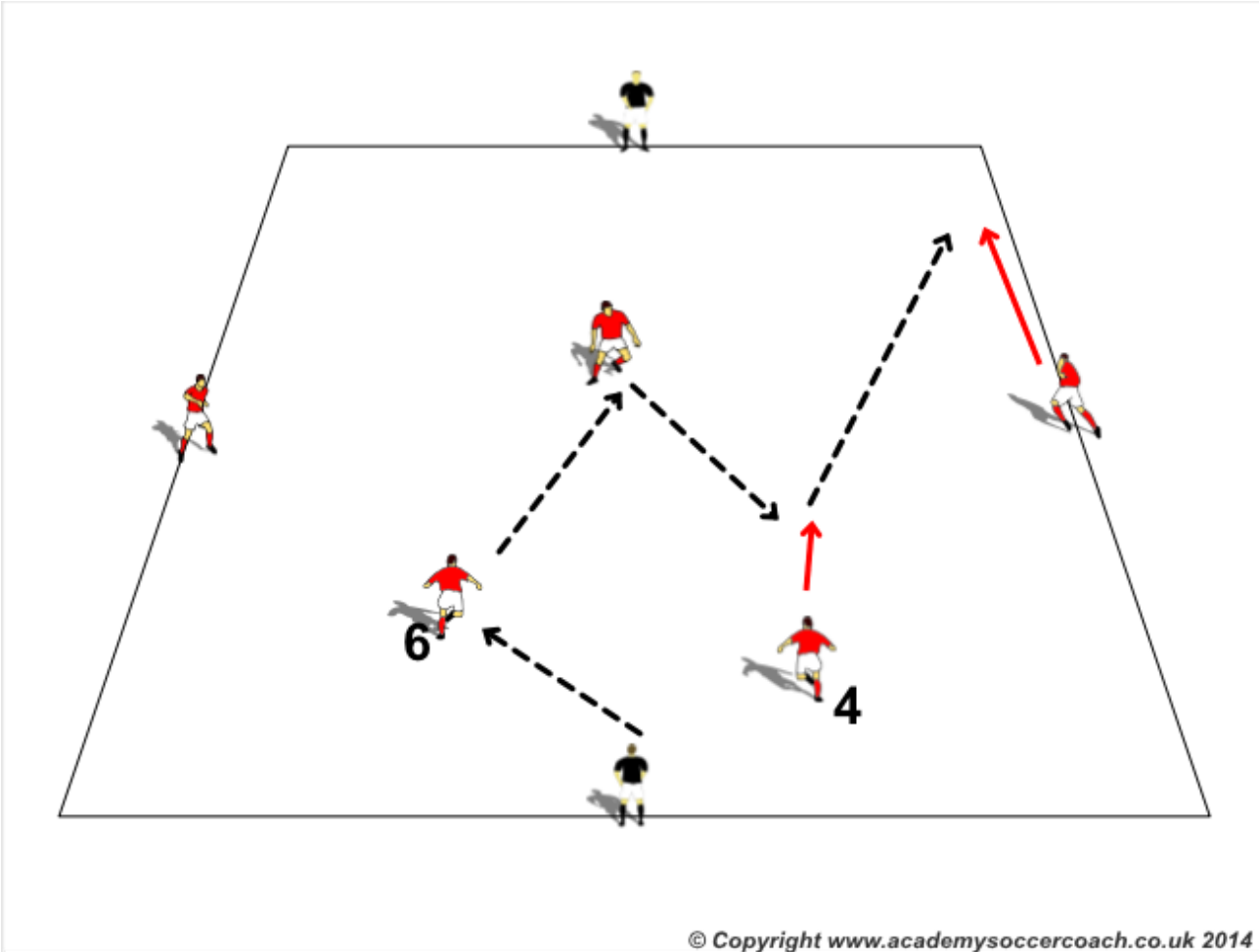
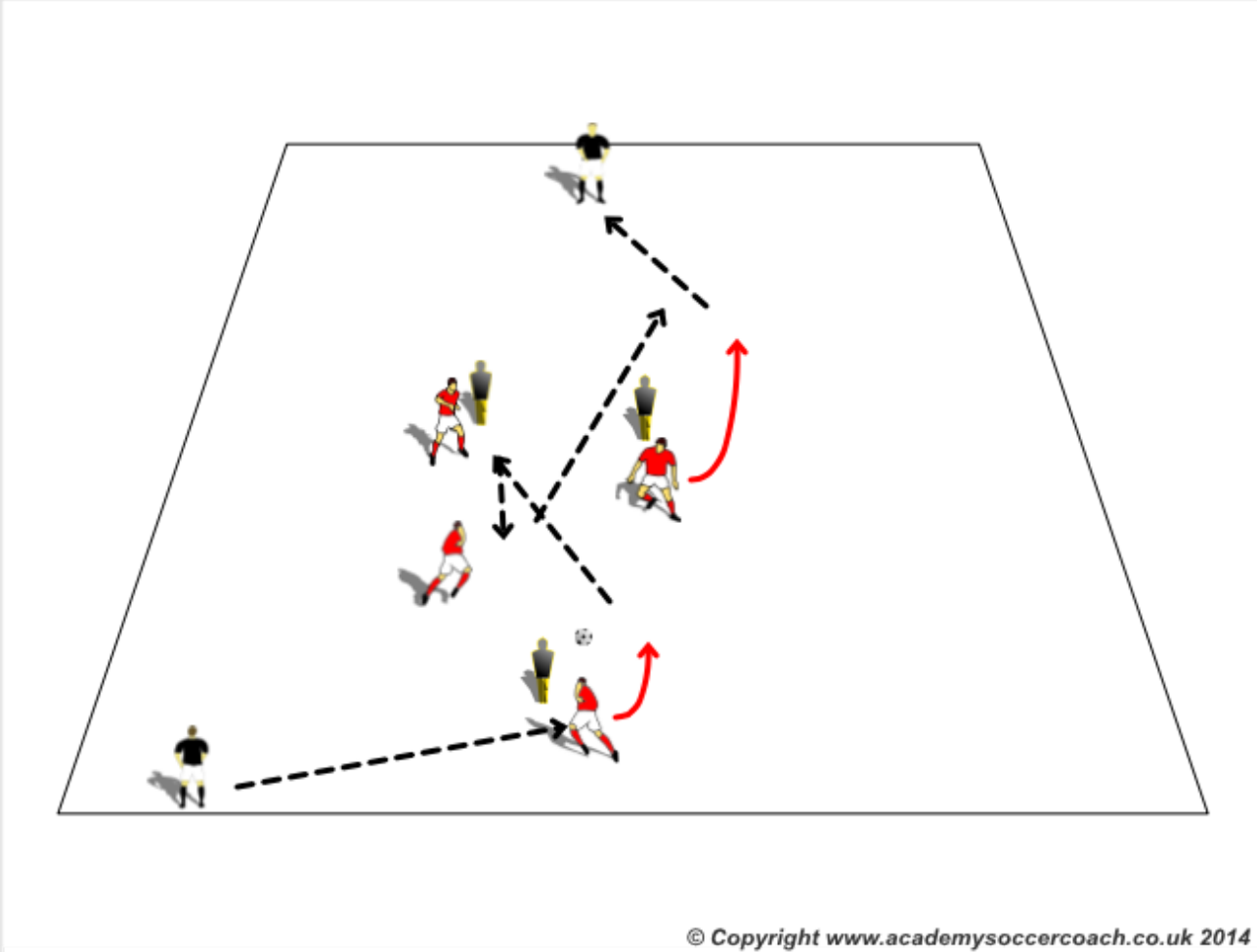
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All combinations first time, setup works same on both sides.

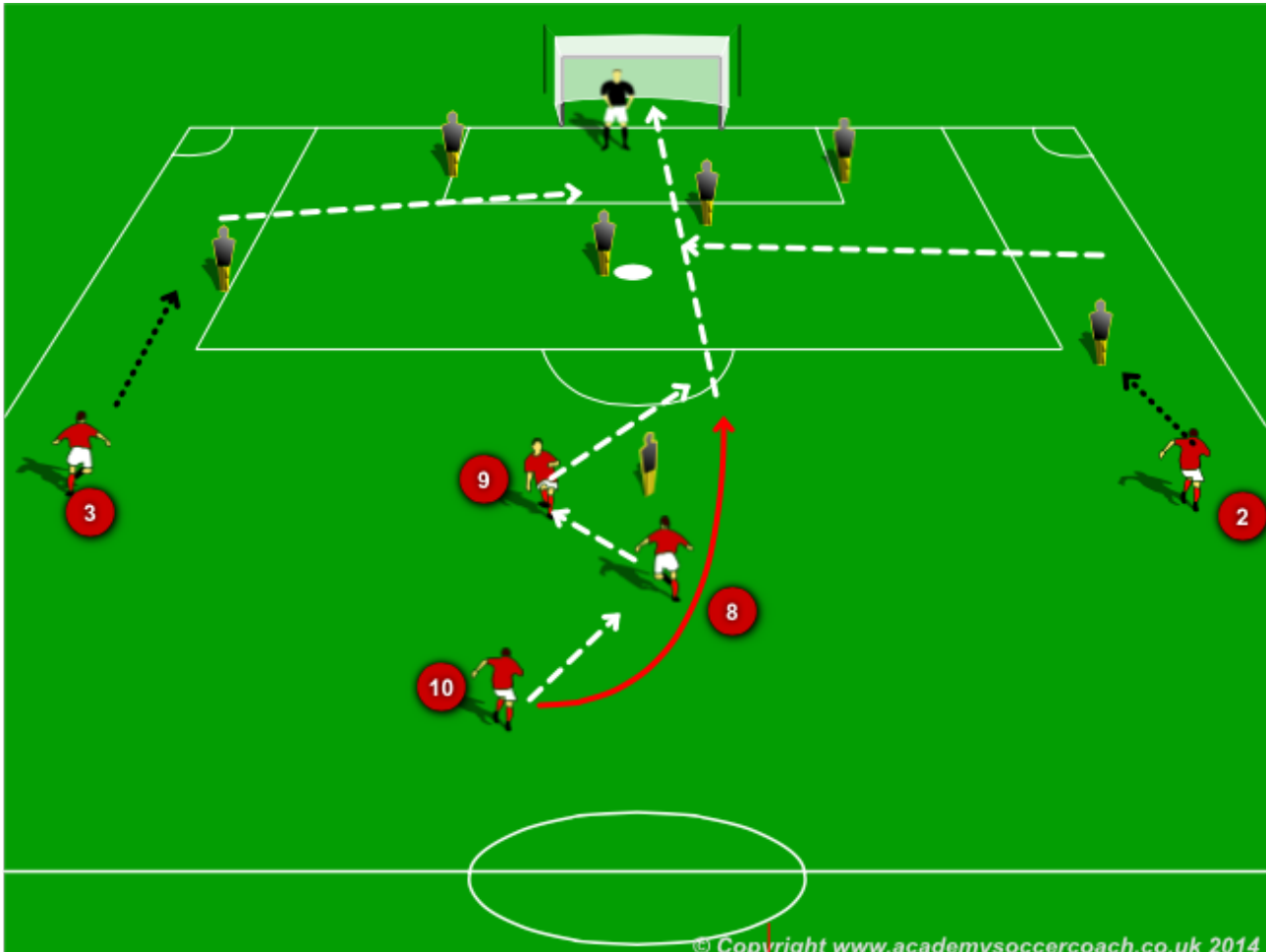
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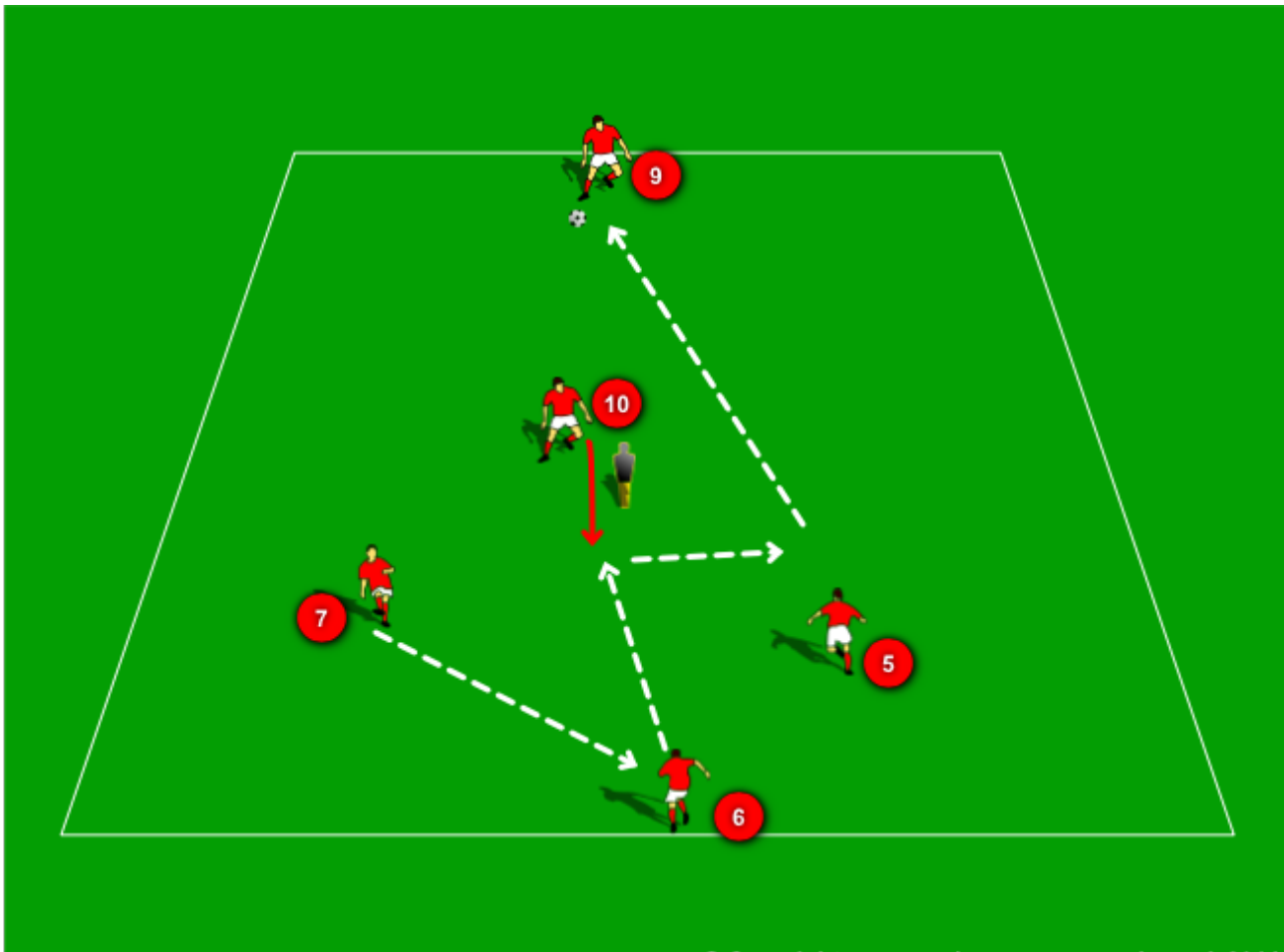
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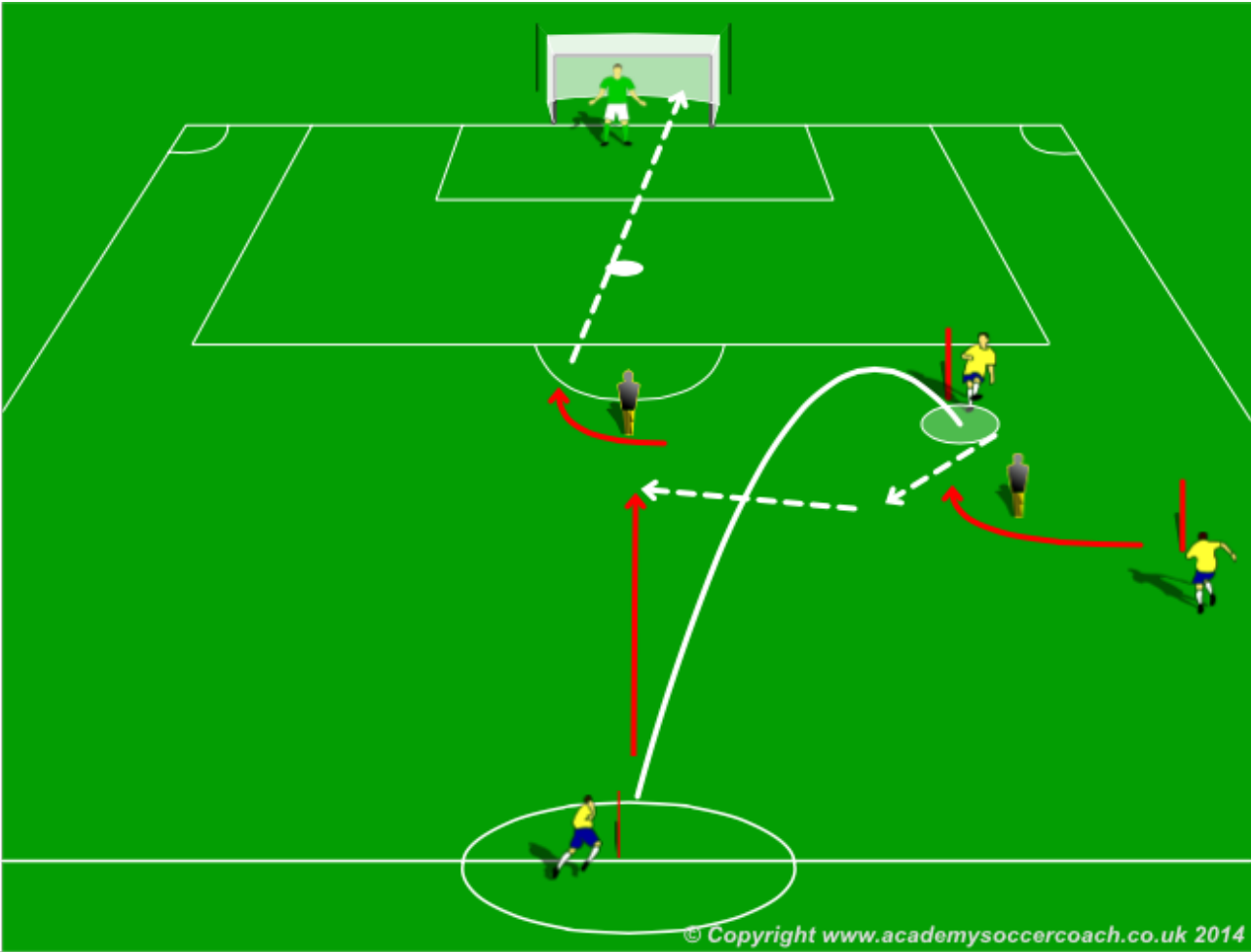
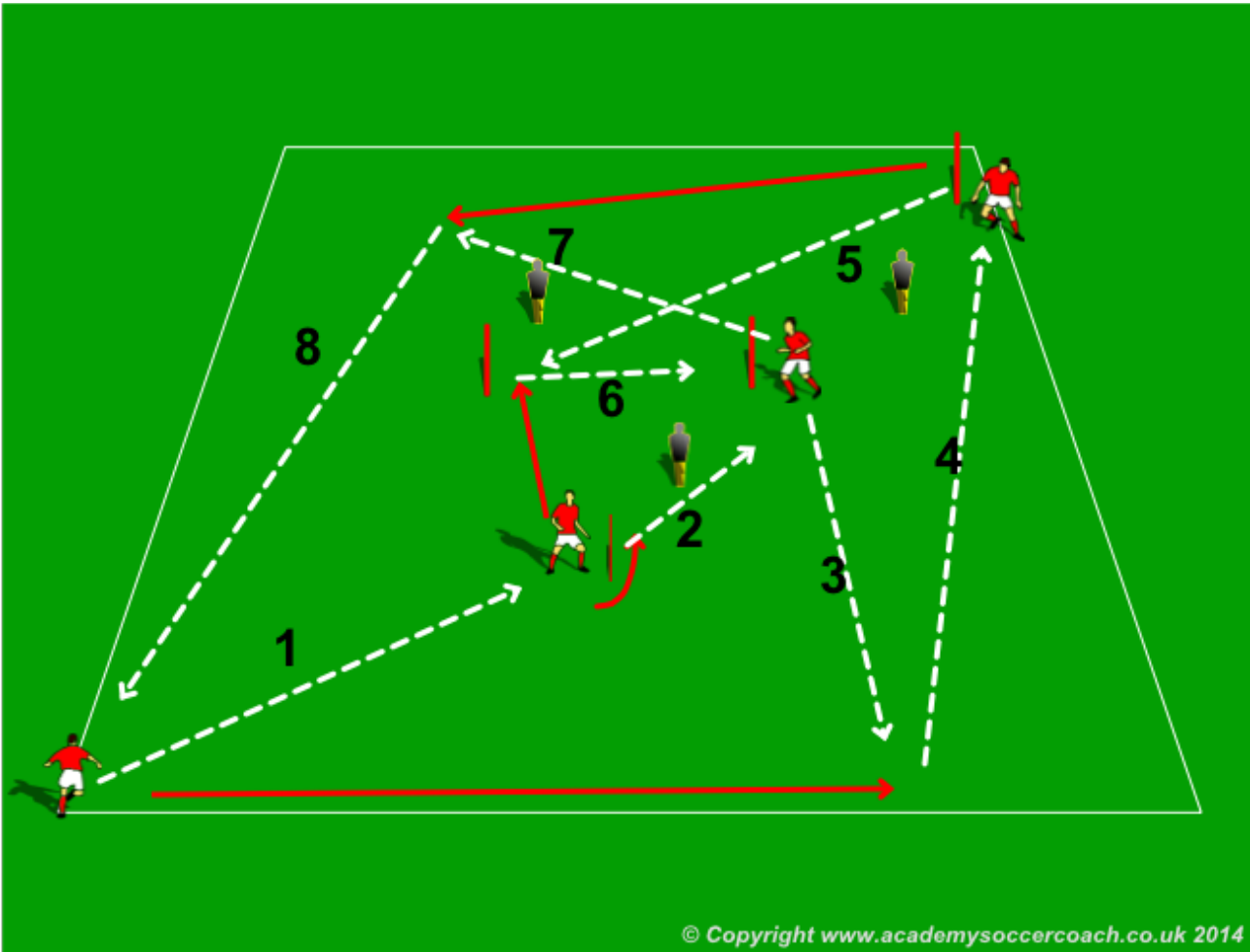
PASSING & REPEAT MOVEMENT PATTERNS



Combinations from the 8, 9 and 10, followed by driving runs and cross balls from the 2 and 3.

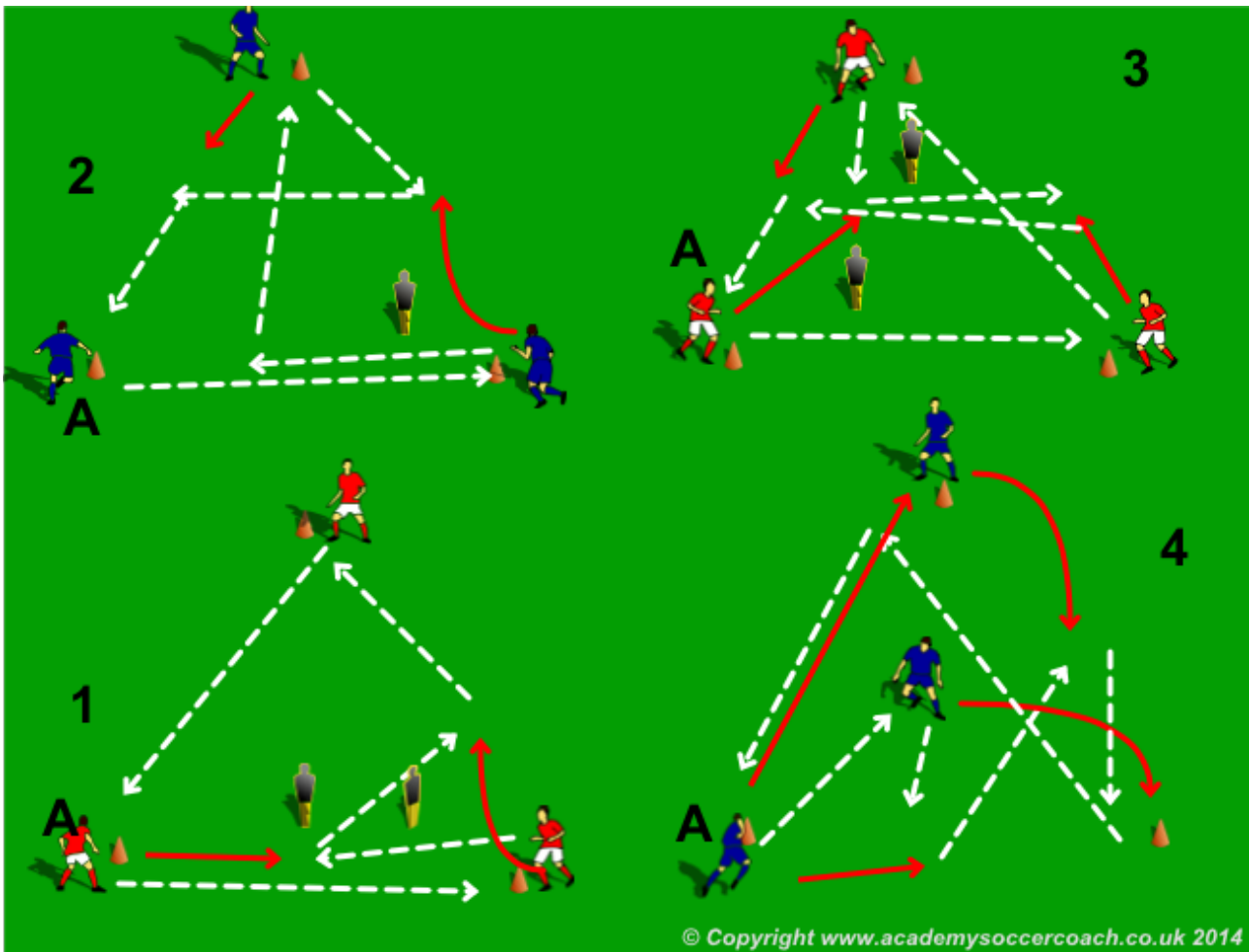


PASSING & REPEAT MOVEMENT PATTERNS

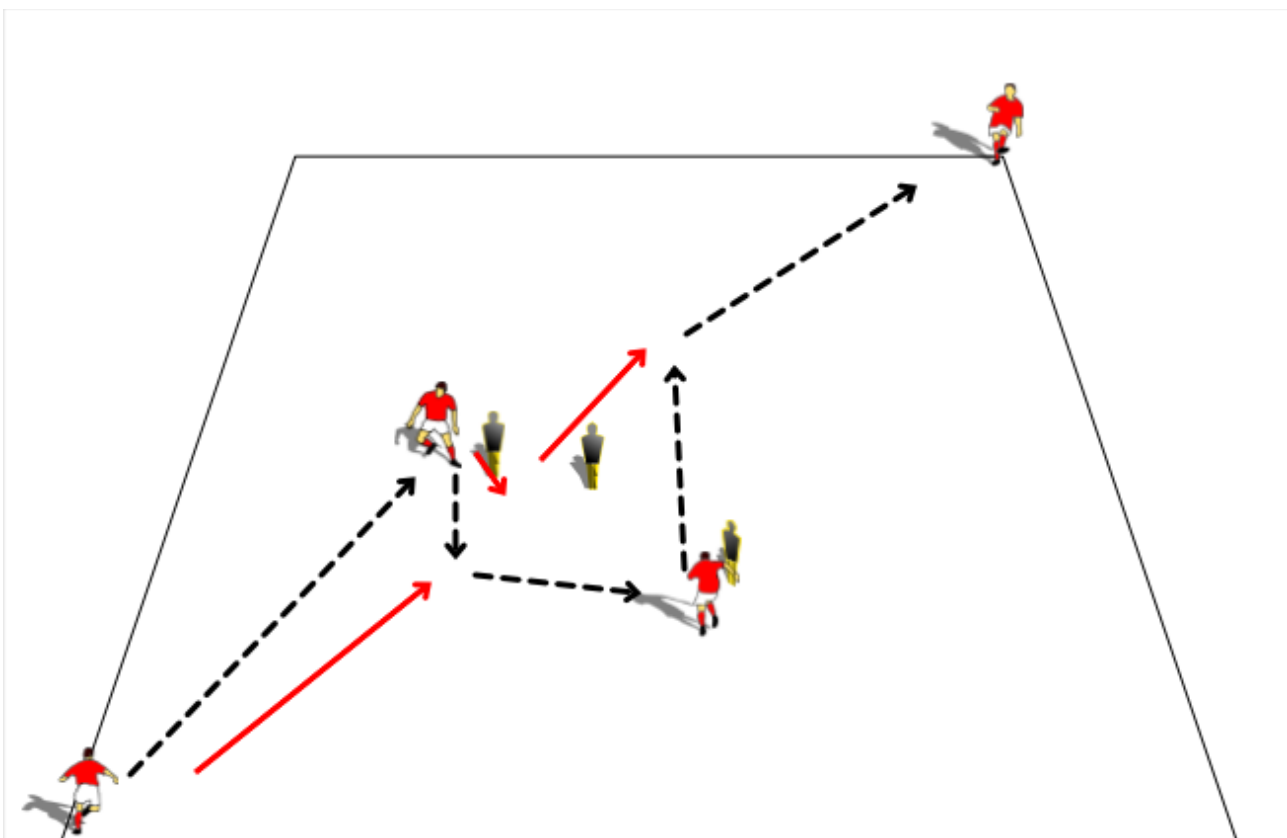


Same setup both sides.

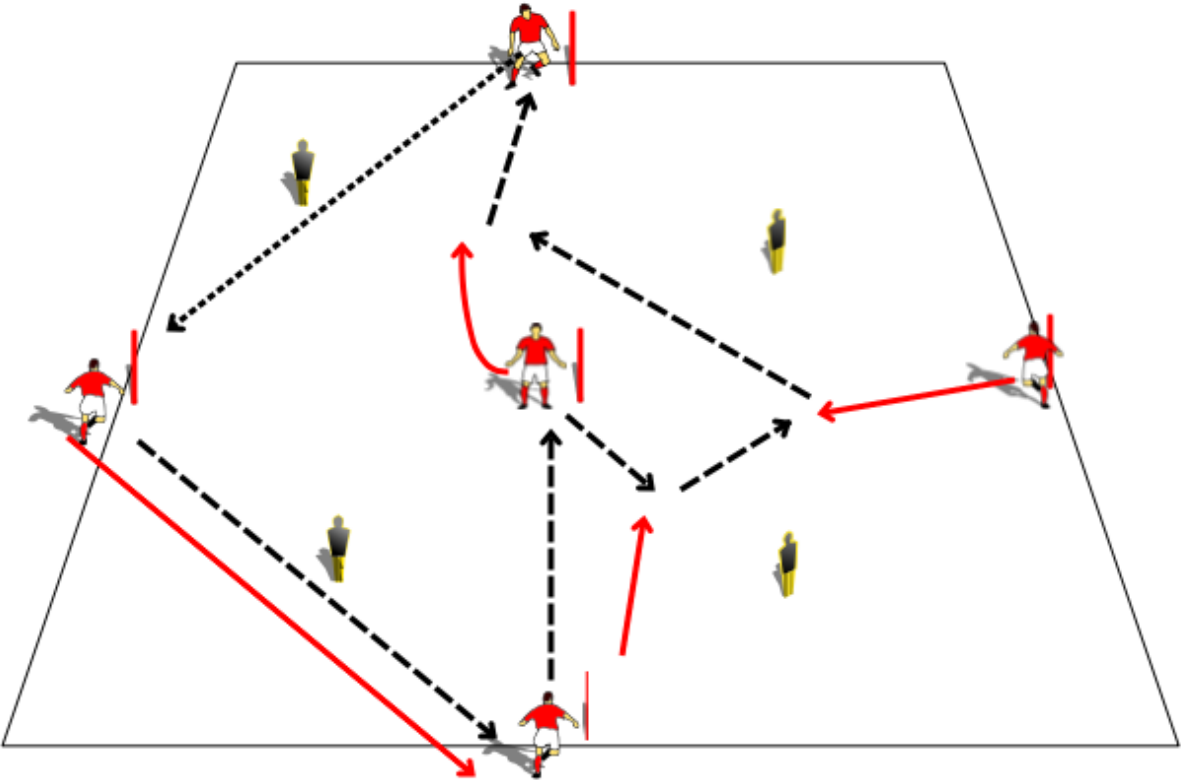
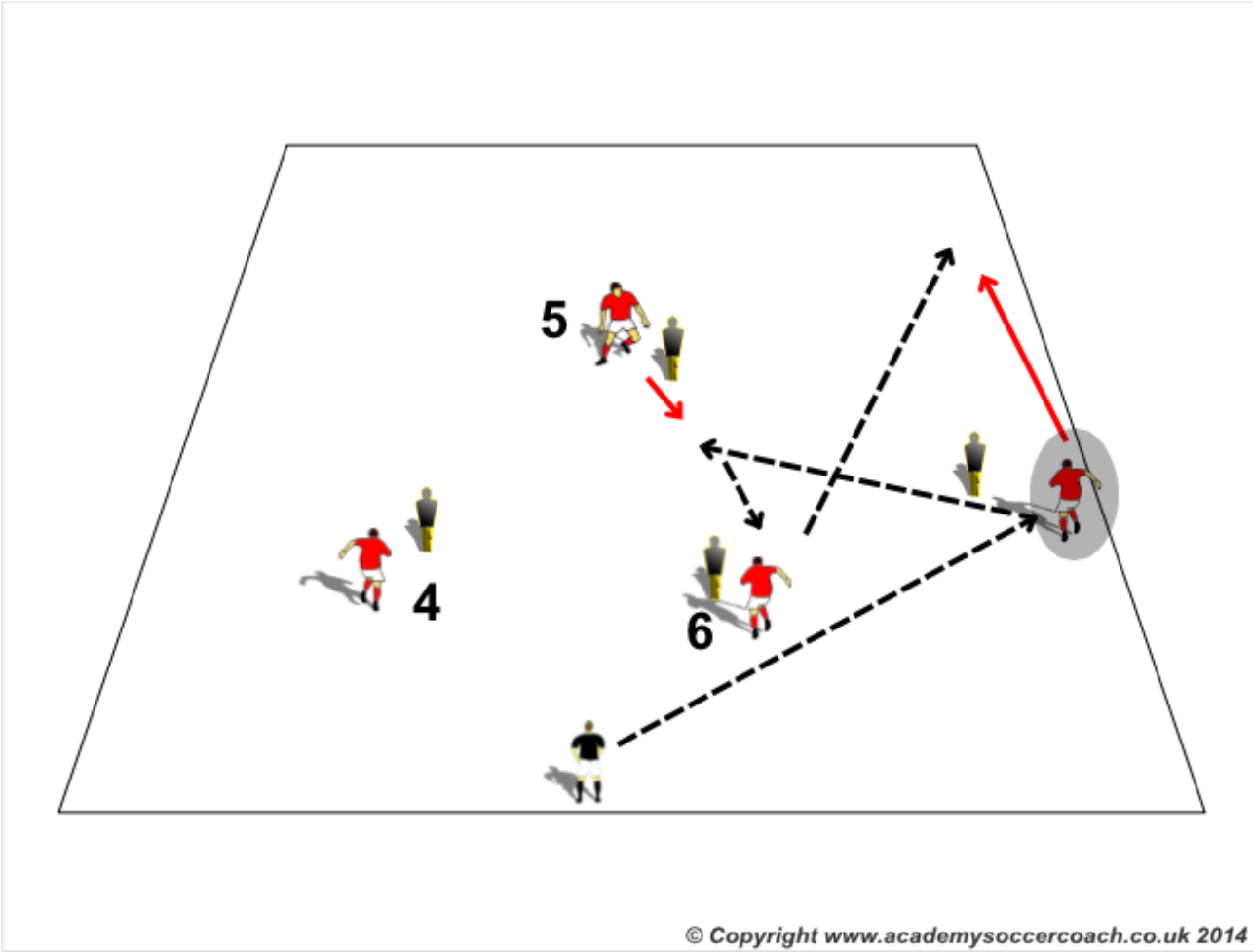
PASSING & REPEAT MOVEMENT PATTERNS



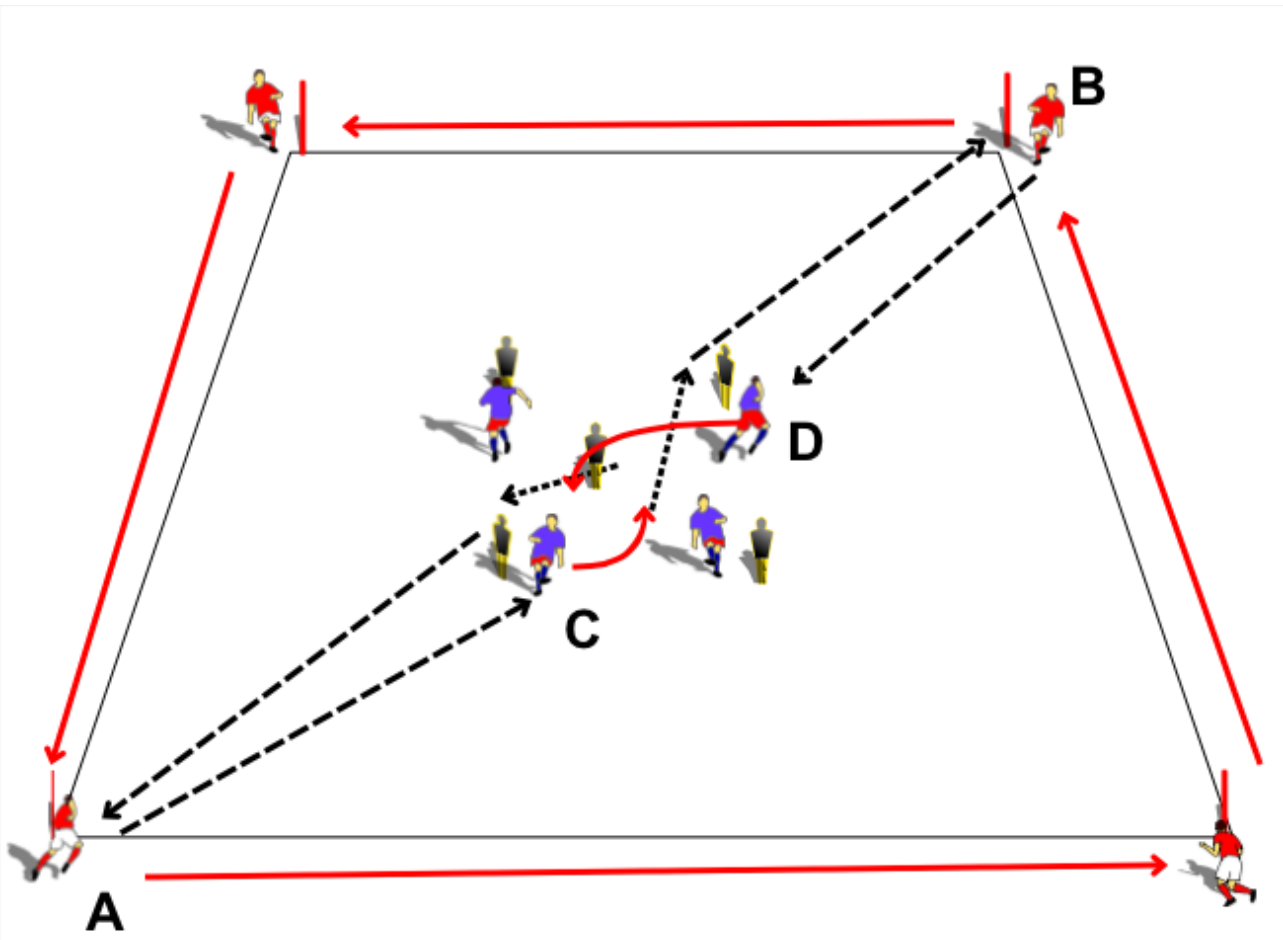
Setup always starts of player A and rotation is clockwise. Session progressed to one touch.



PASSING & REPEAT MOVEMENT PATTERNS

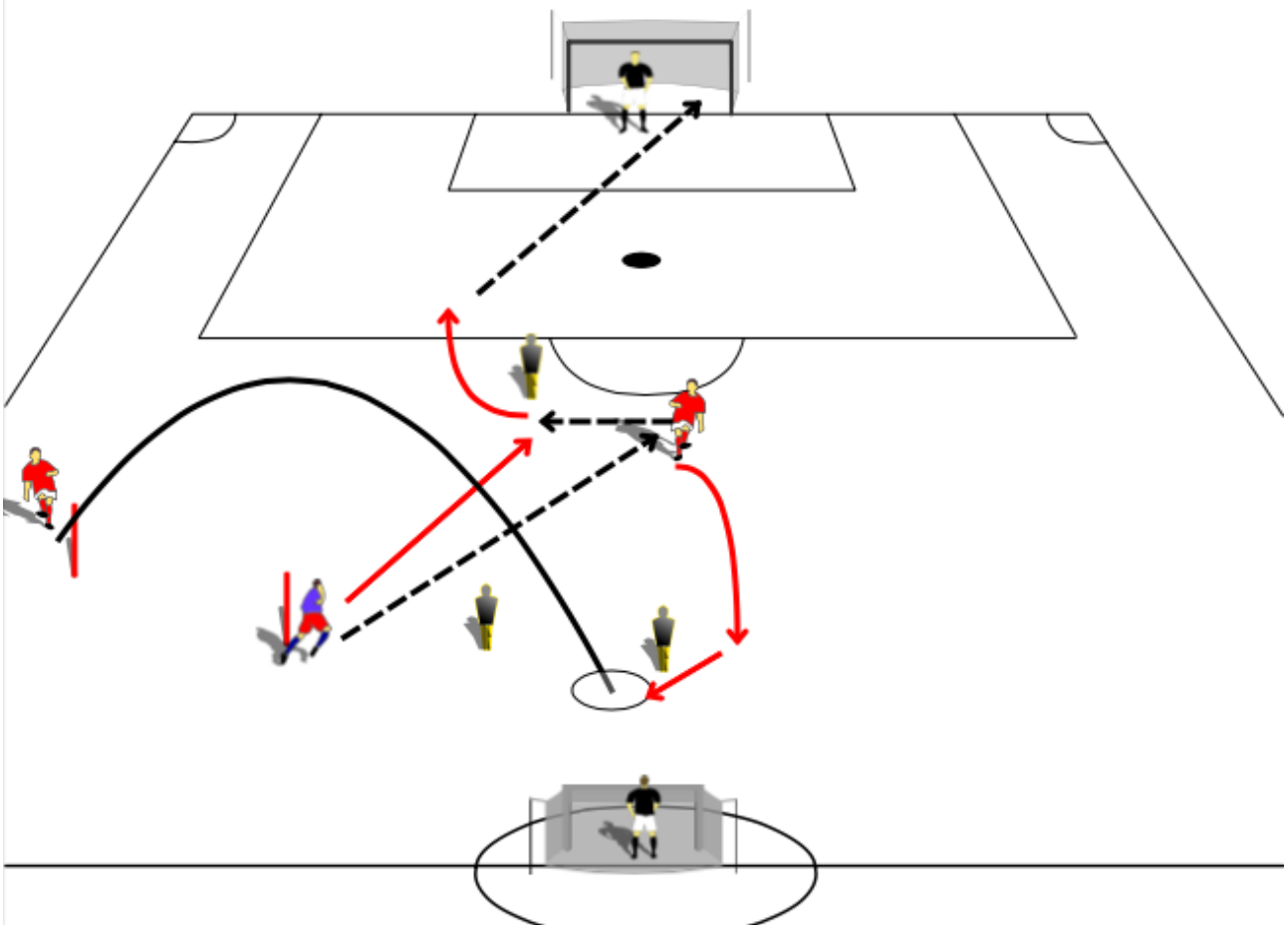


PASSING & REPEAT MOVEMENT PATTERNS

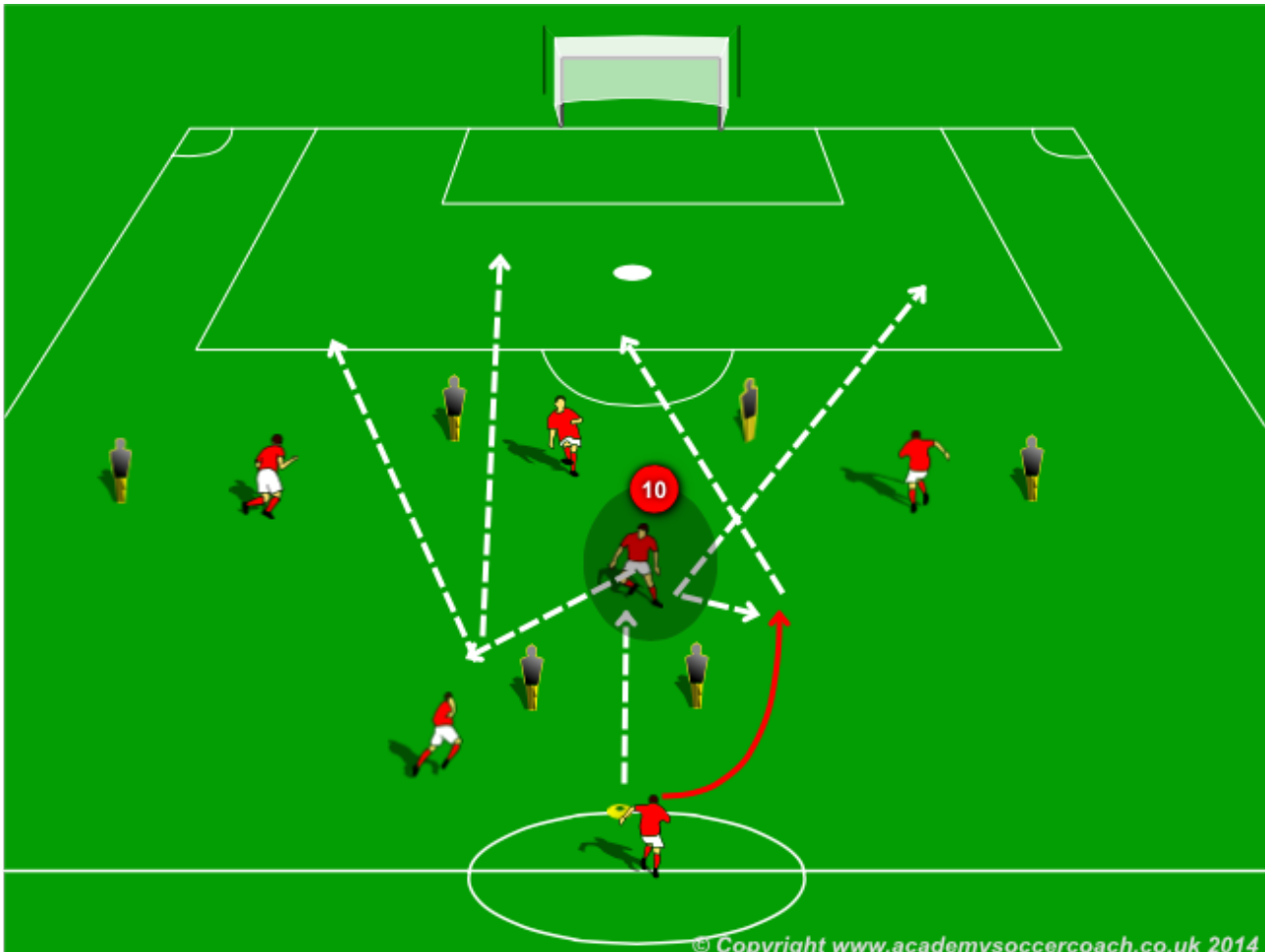


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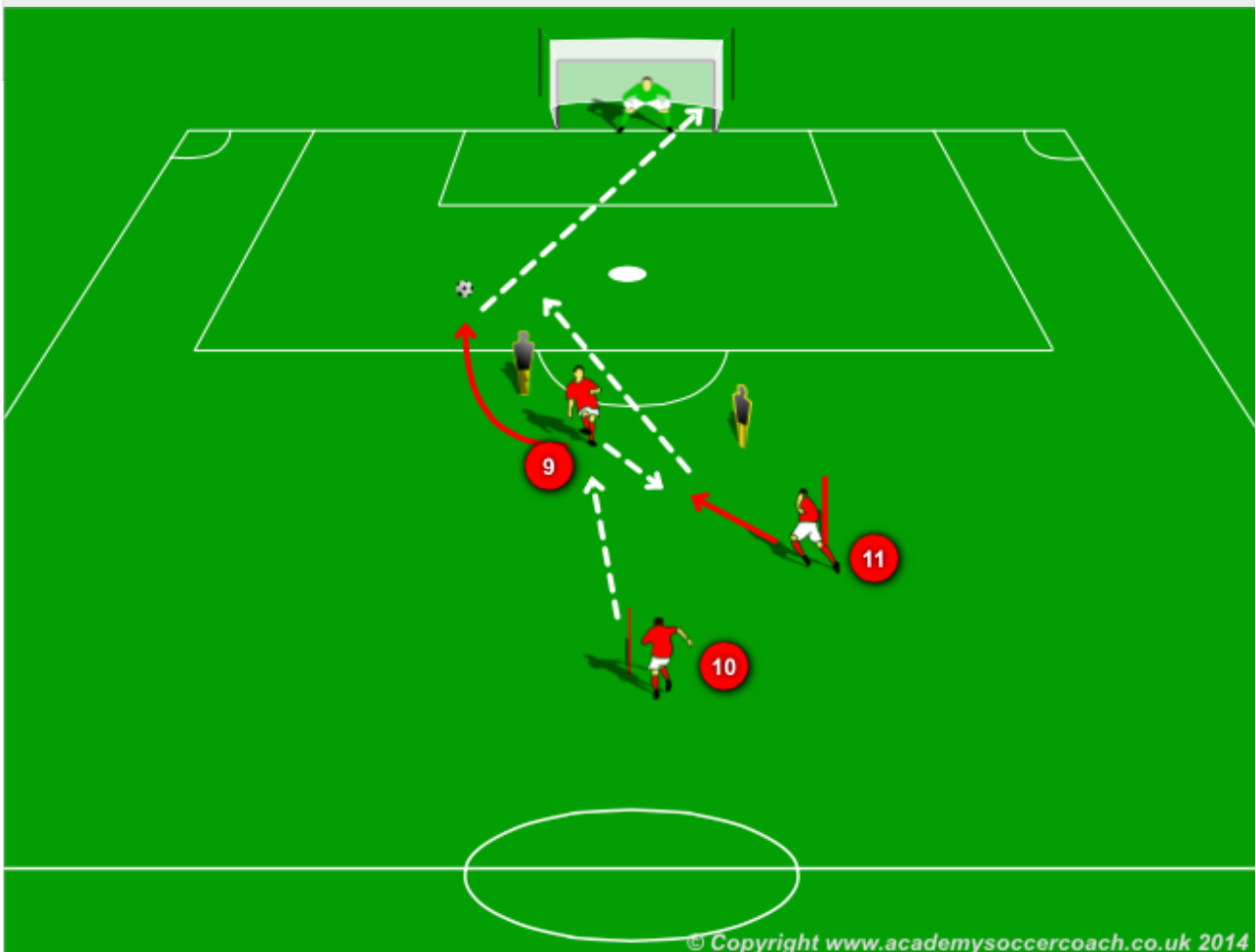
20x20 box, blue servers in middle zone with 5 mannequins as shown. Play is illustrated with only two reds working. A hits C who spins, feints round centre mannequin and fires to feet of B. A immediately moves clockwise to next station as shown.



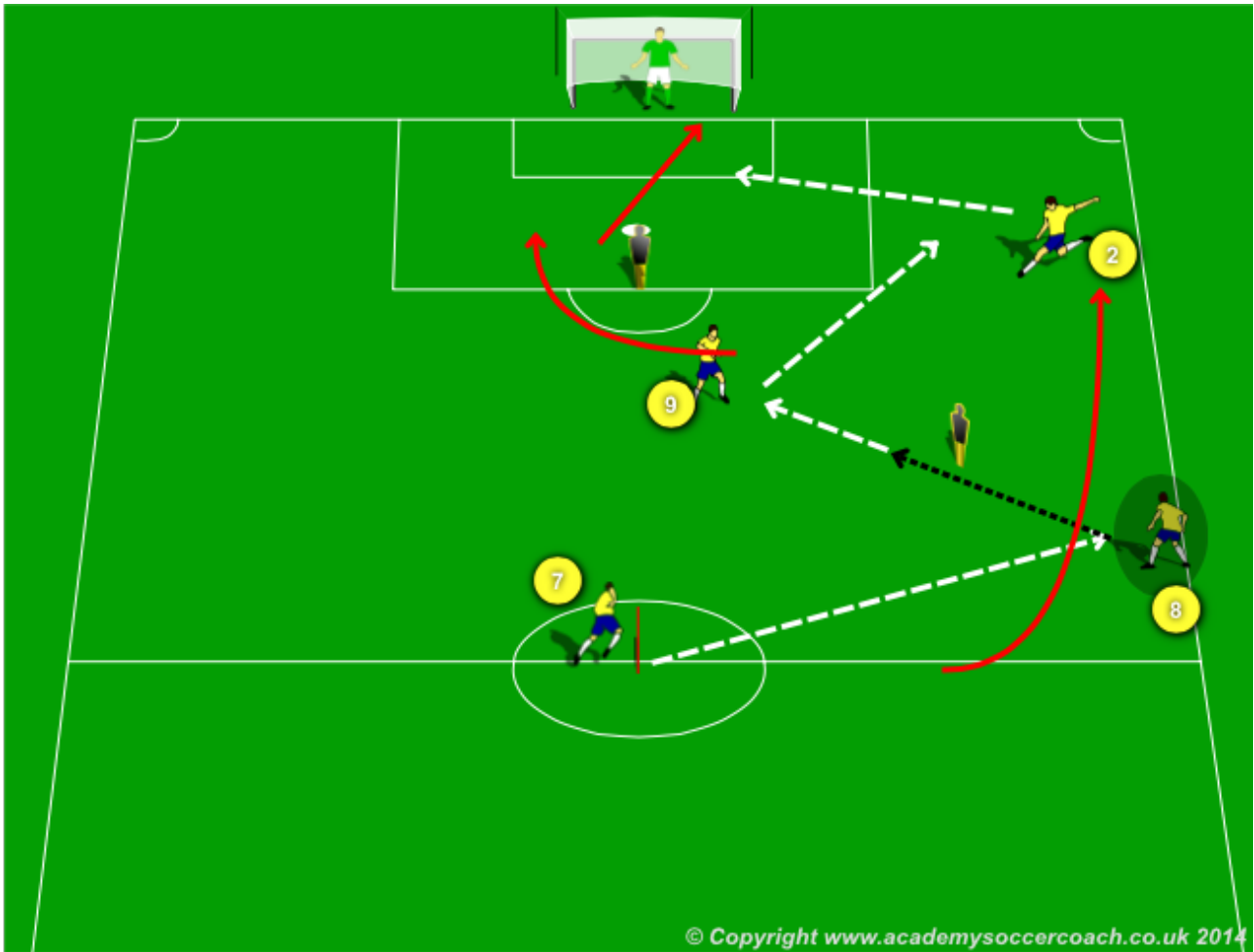
PASSING & REPEAT MOVEMENT PATTERNS



Various repeat movement patterns & passing options off set from 10 between lines.

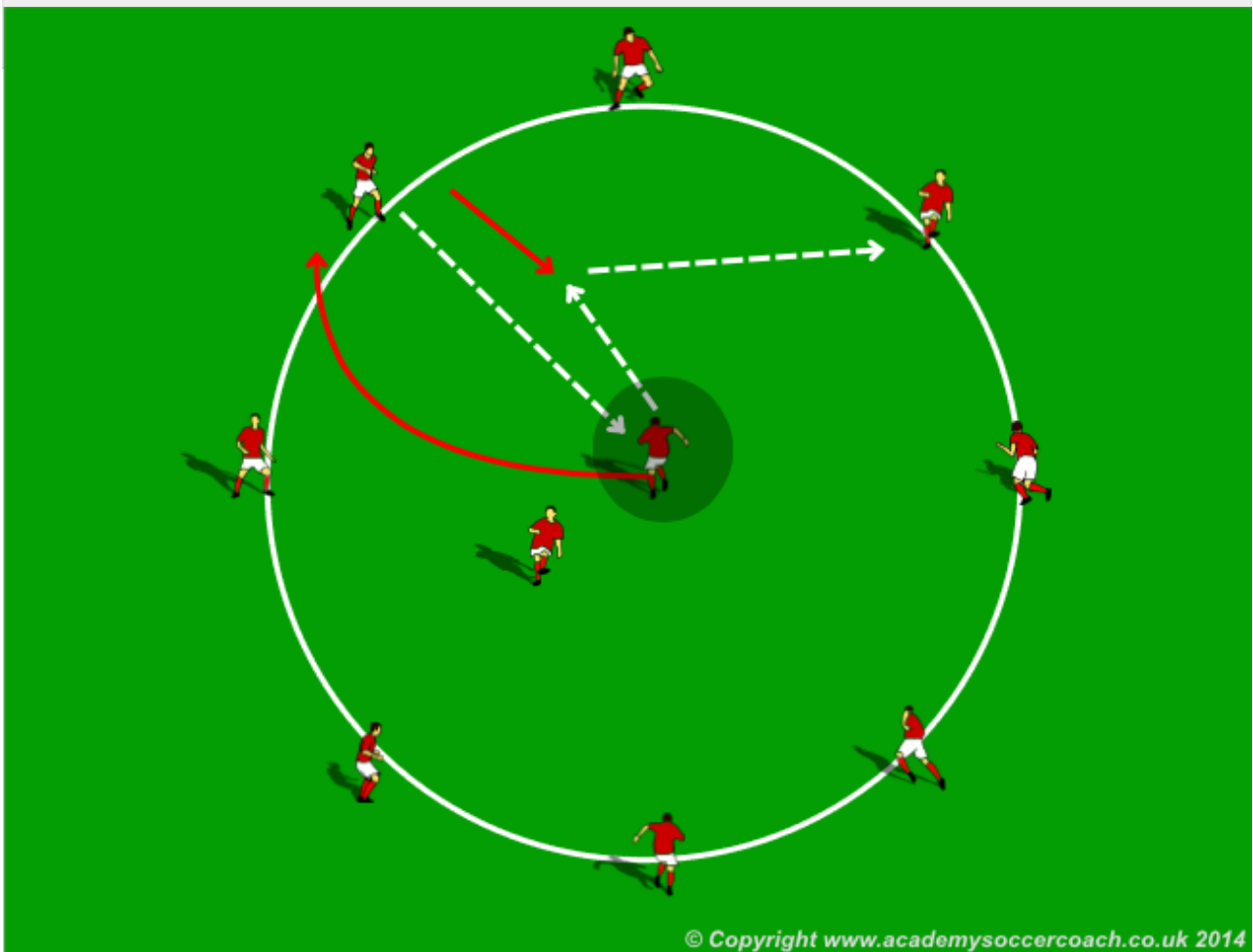


PASSING & REPEAT MOVEMENT PATTERNS



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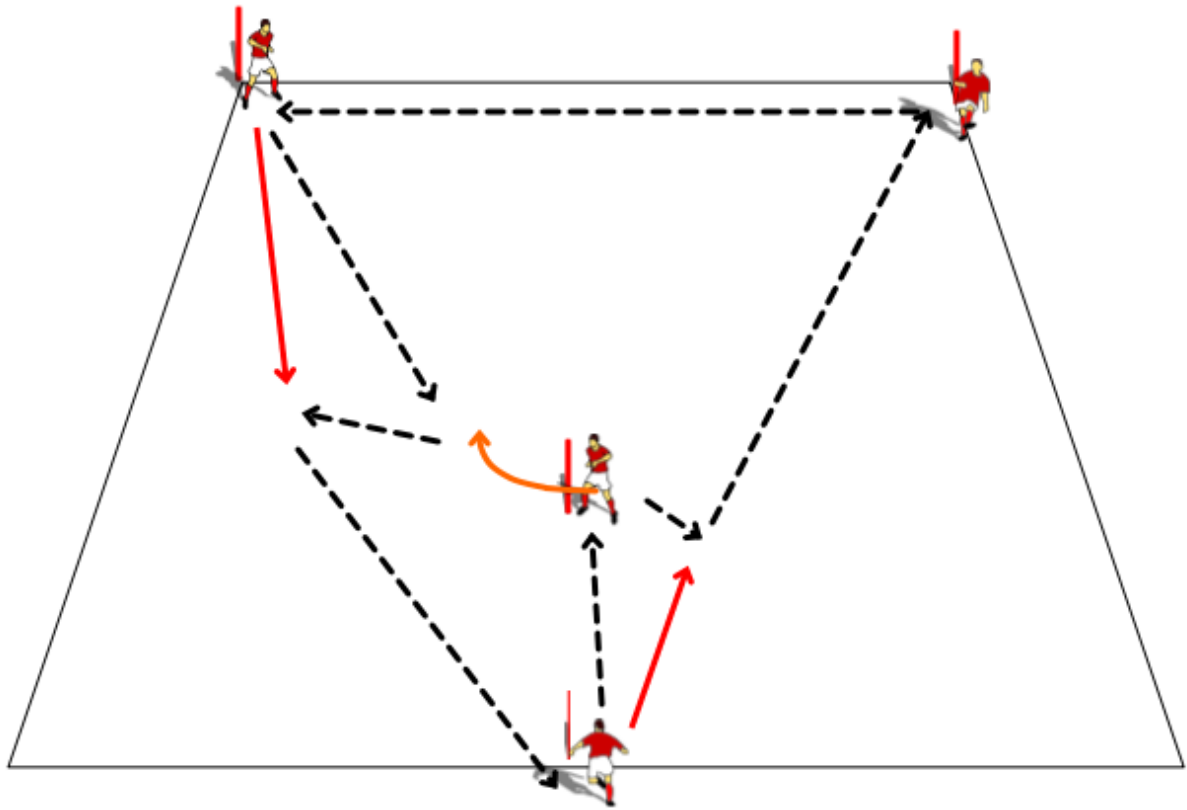
Basic movement pattern, 8 drives in, commits full back for 2 on the overlap, decision and variation on deliveries.



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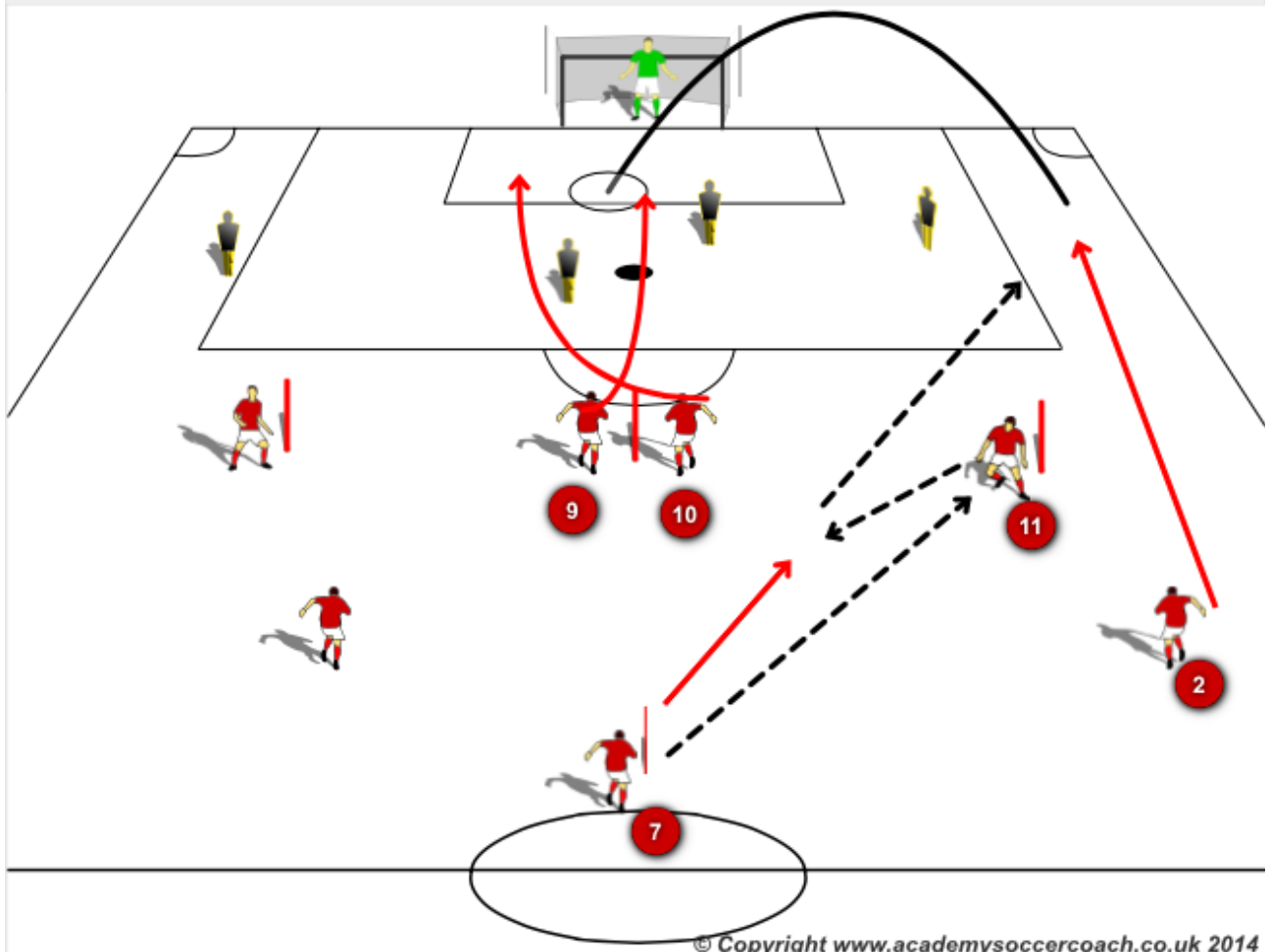
Very basic 1st time passing setup, pass, set long pass, outside player comes in, inside player takes his place, up to 3/4

PASSING & REPEAT MOVEMENT PATTERNS



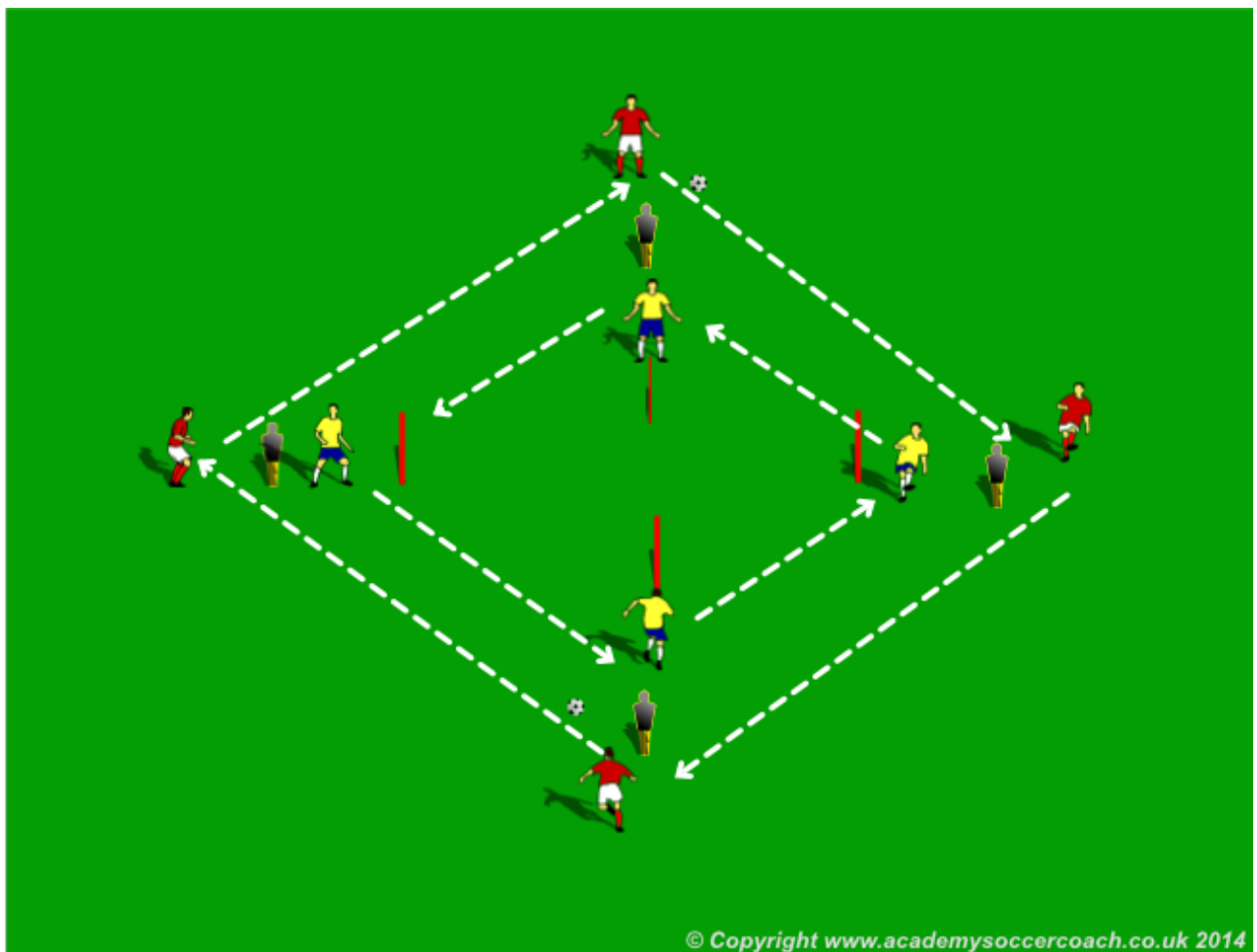
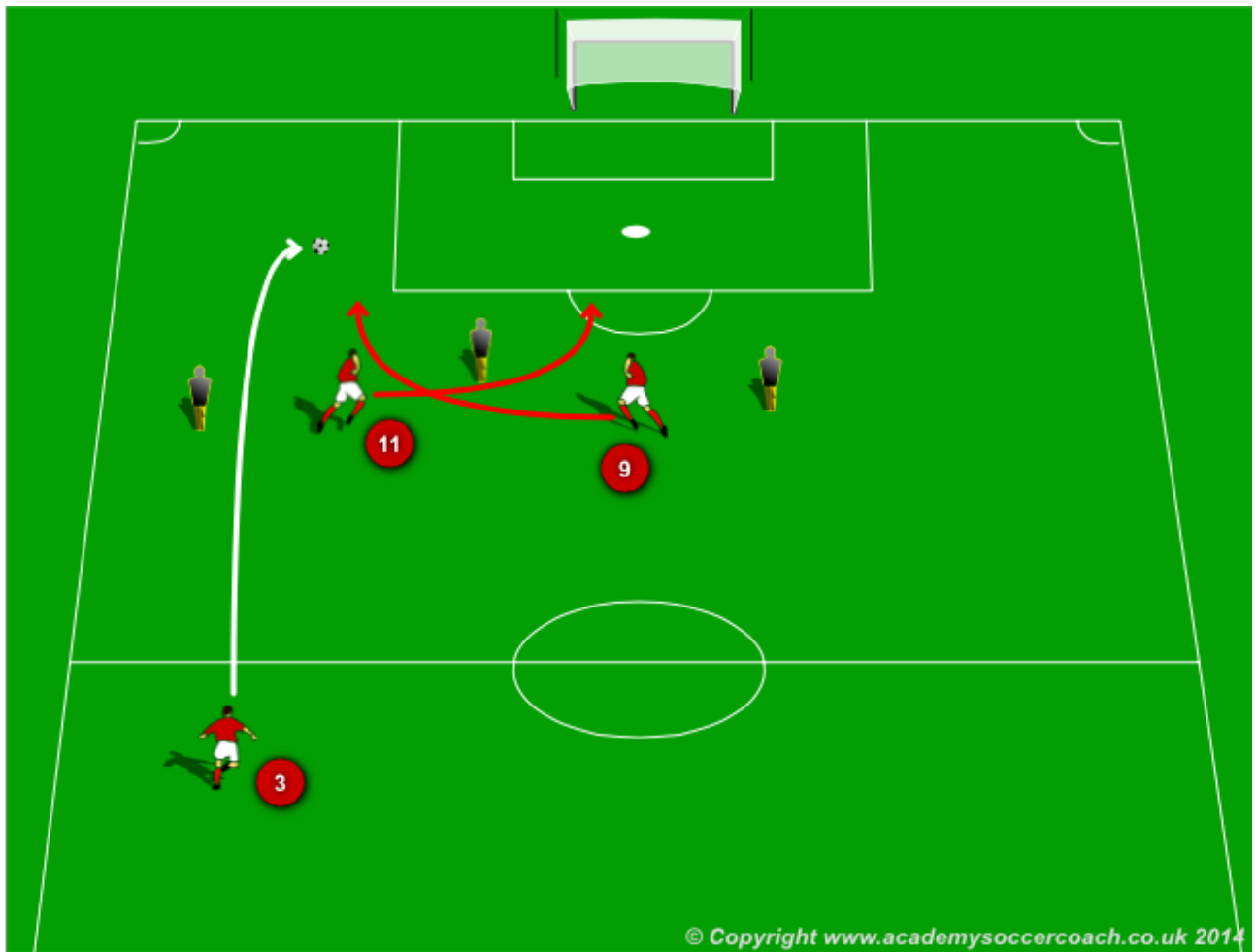
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Session notes...



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PASSING & REPEAT MOVEMENT PATTERNS



20x20 as shown, reds and yellows in 2 touch passing setup, reds clockwise, yellows anti clockwise. Receive on the half turn and drive with pace to next man. Session is more difficult than first appears given the tight dimensions and the constant flow of balls, start with 2 for each group. Players are rotated every 20 seconds.

PASSING & REPEAT MOVEMENT PATTERNS

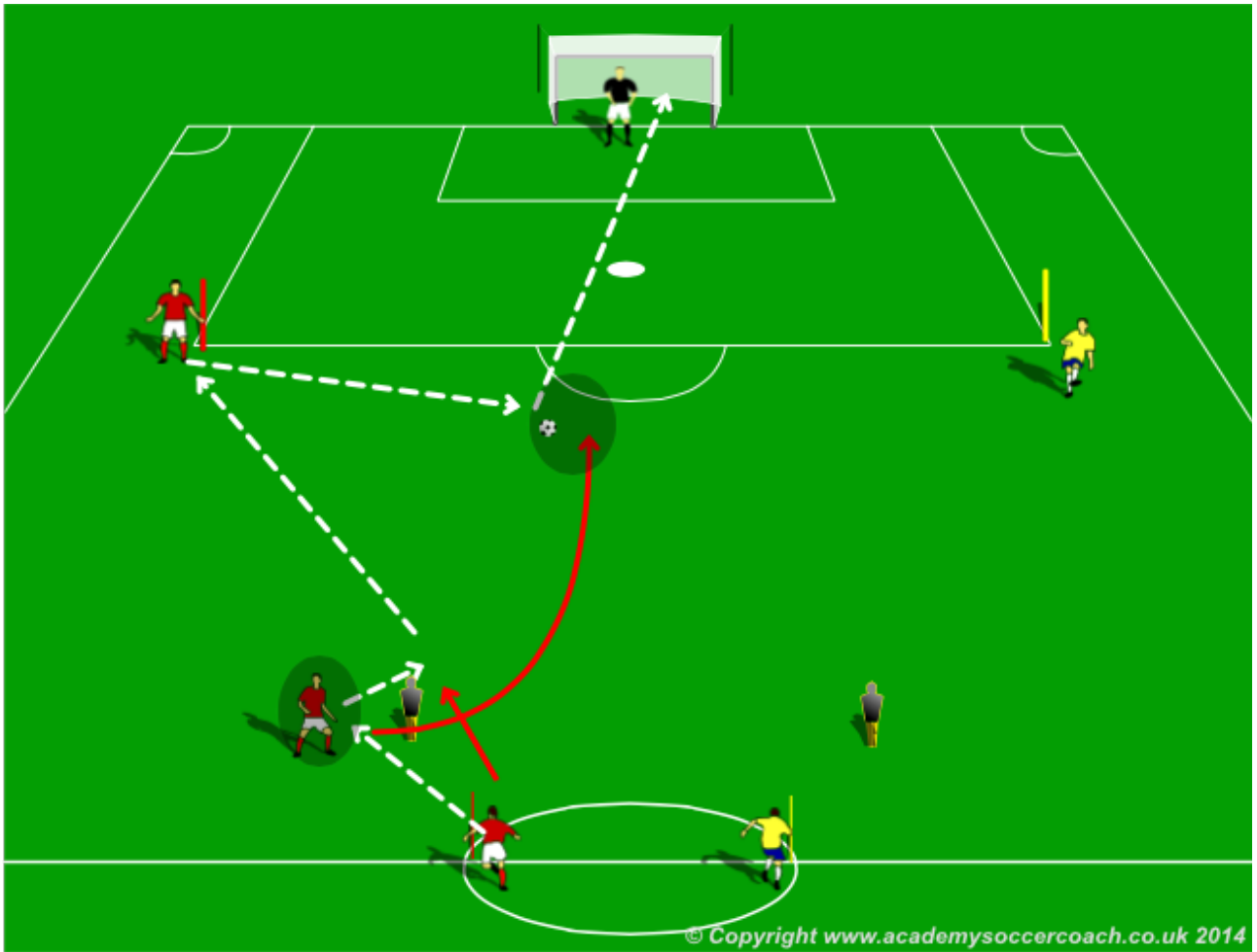


Yellows bounce first time and reds fizz to next man. 2 balls.

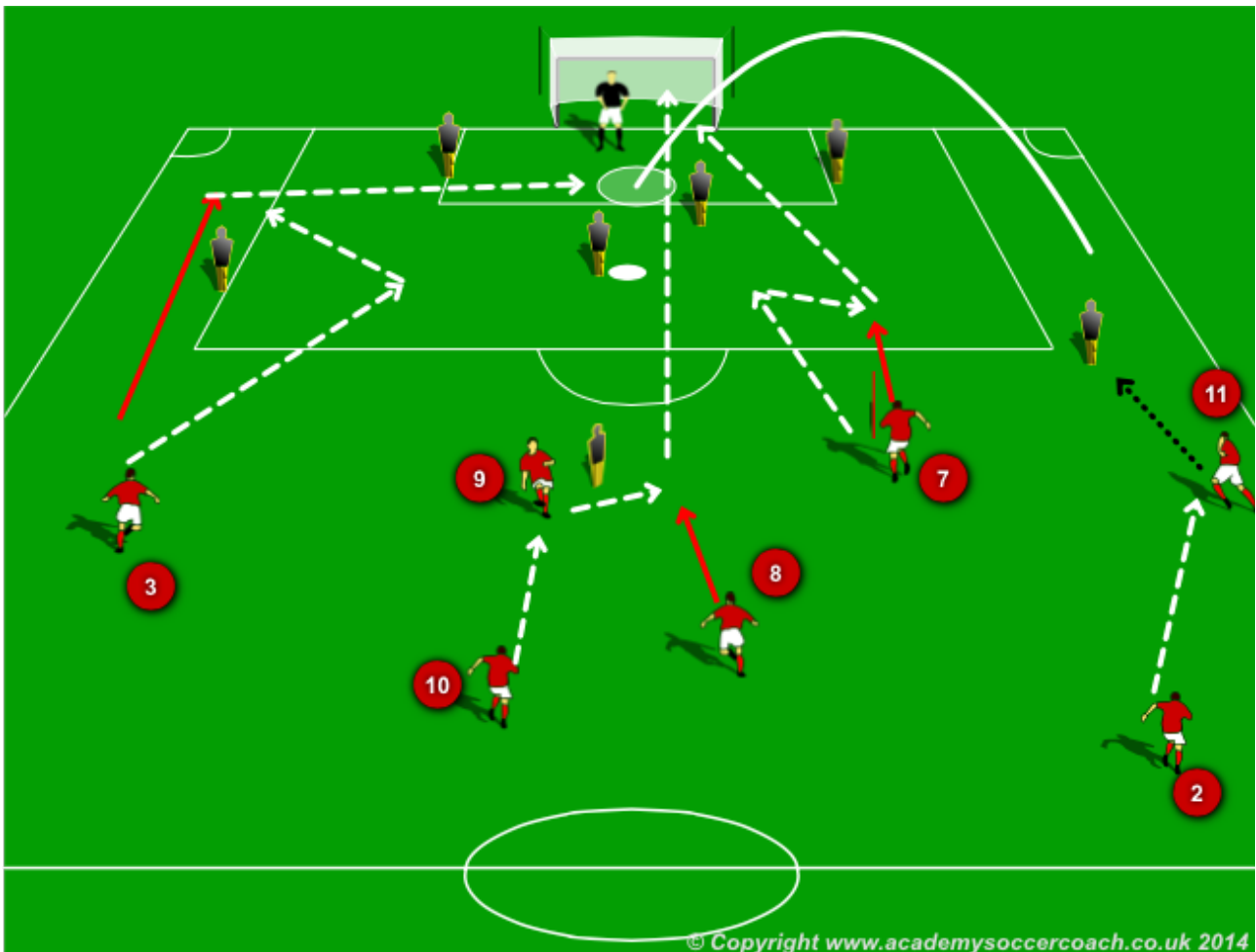


3 players each end, reds work combination play to blues and setup begins again, session replicated for full squad.

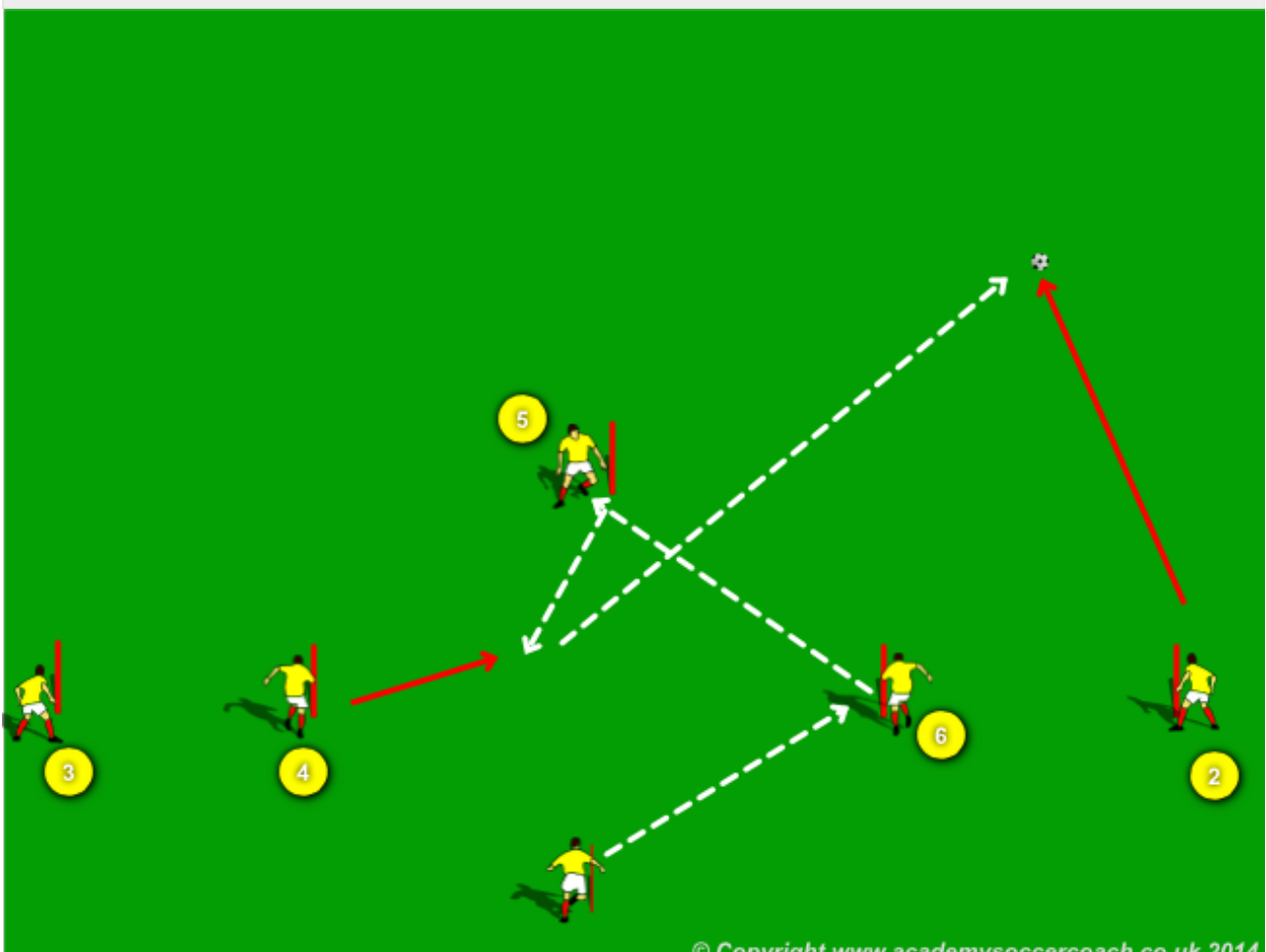
PASSING & REPEAT MOVEMENT PATTERNS



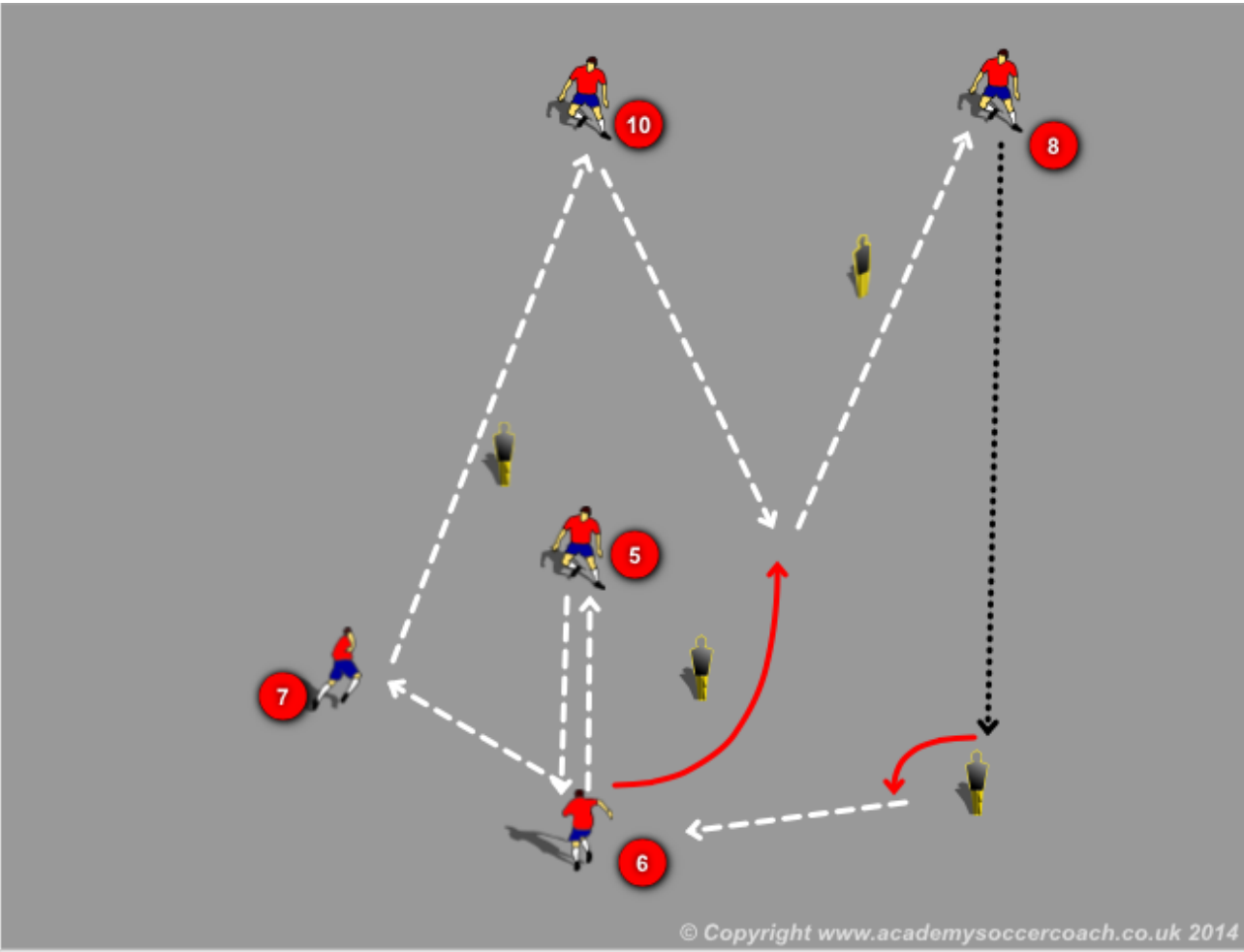
PASSING & REPEAT MOVEMENT PATTERNS



10 plays to feet of 10 who sets 8 for a strike on goal. 2 passes to feet of 11 who drives at mannequin before delivering into the box, 3 plays a return pass with either 8,9 or 10. 7 sets of 8,9 or 10 for a strike on goal, all players sprint to opposite goals within 8 seconds.

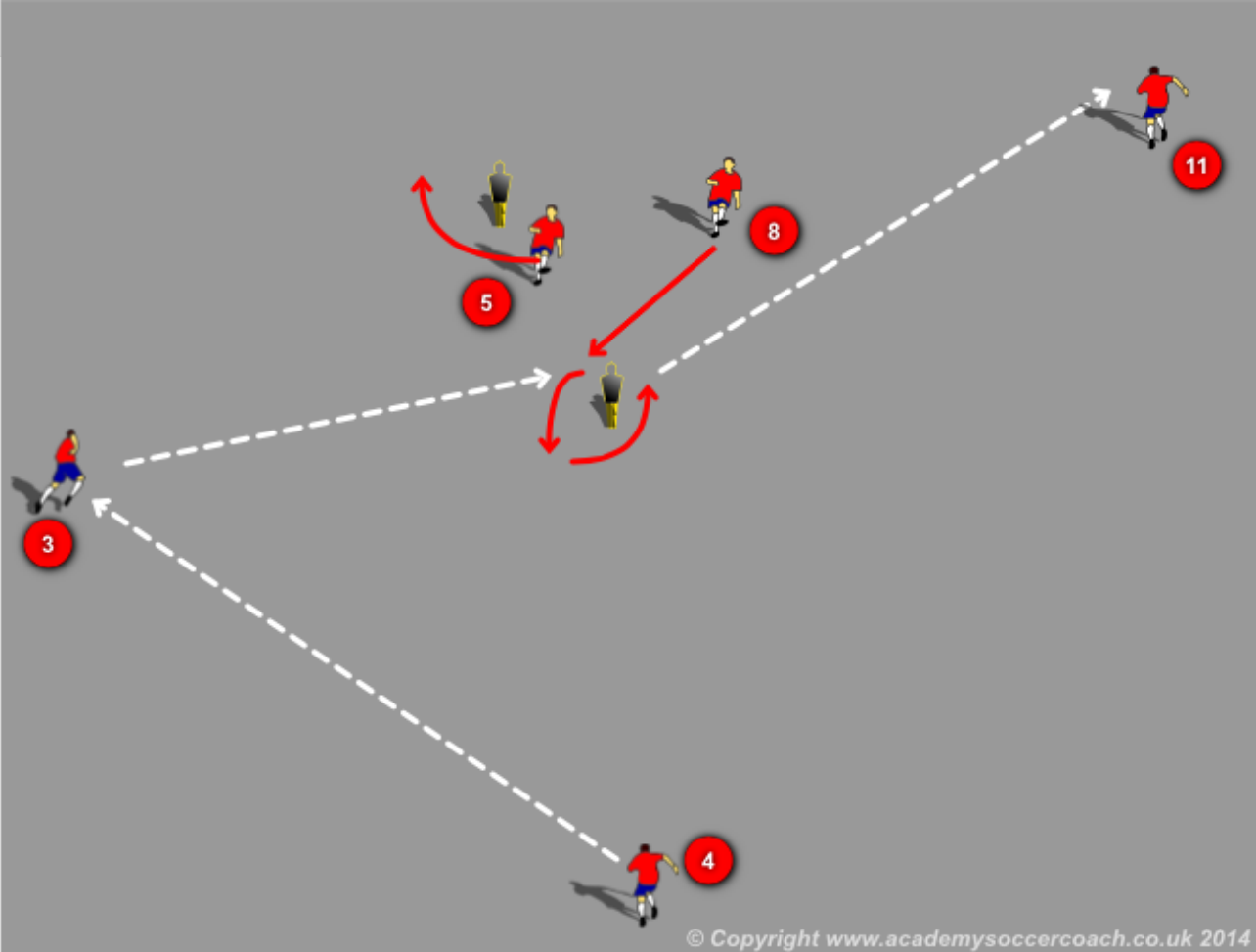


PASSING & REPEAT MOVEMENT PATTERNS



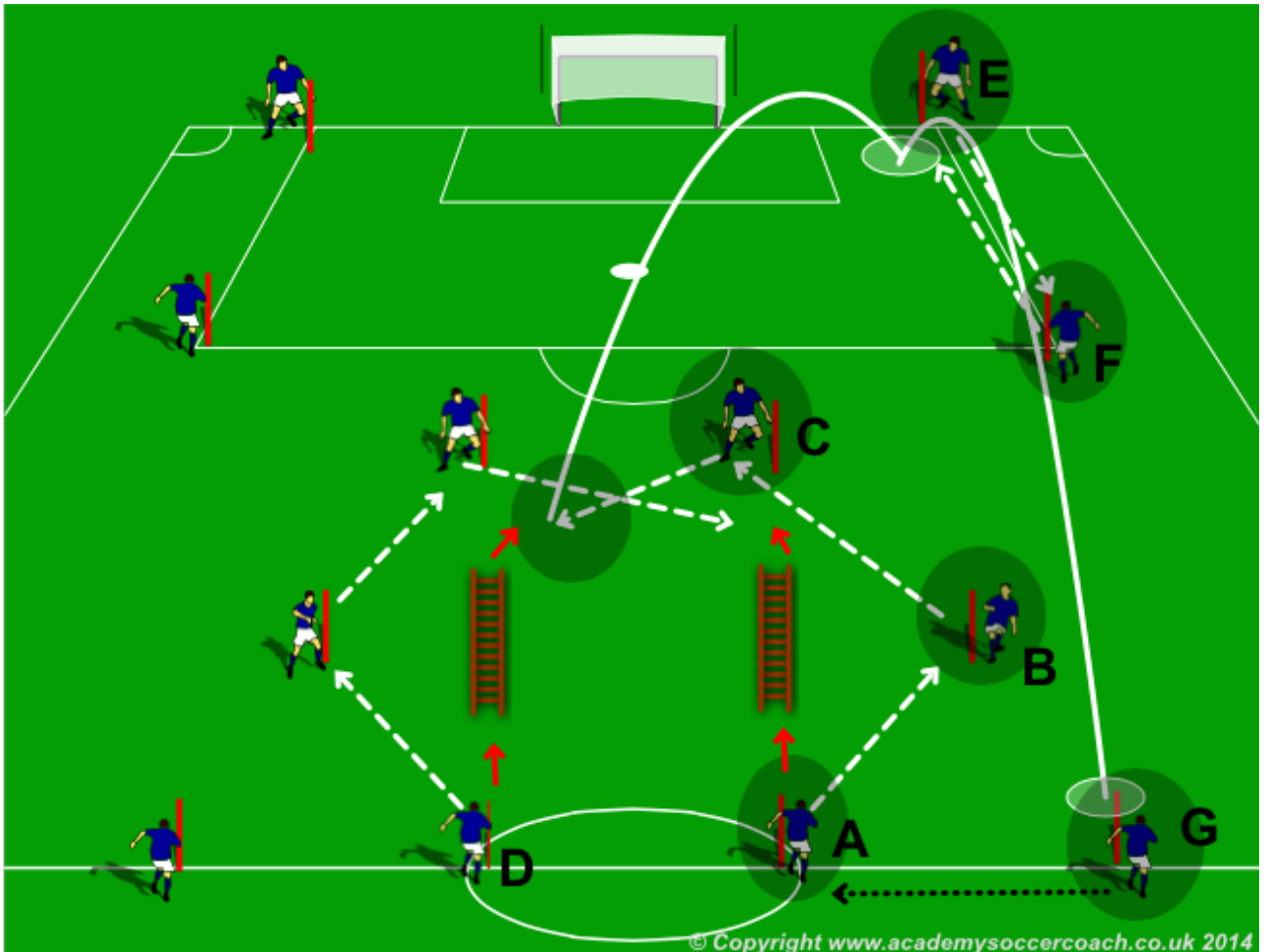
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6 bounces off the 5 and steps on and plays to feet of wide player in a top 3.

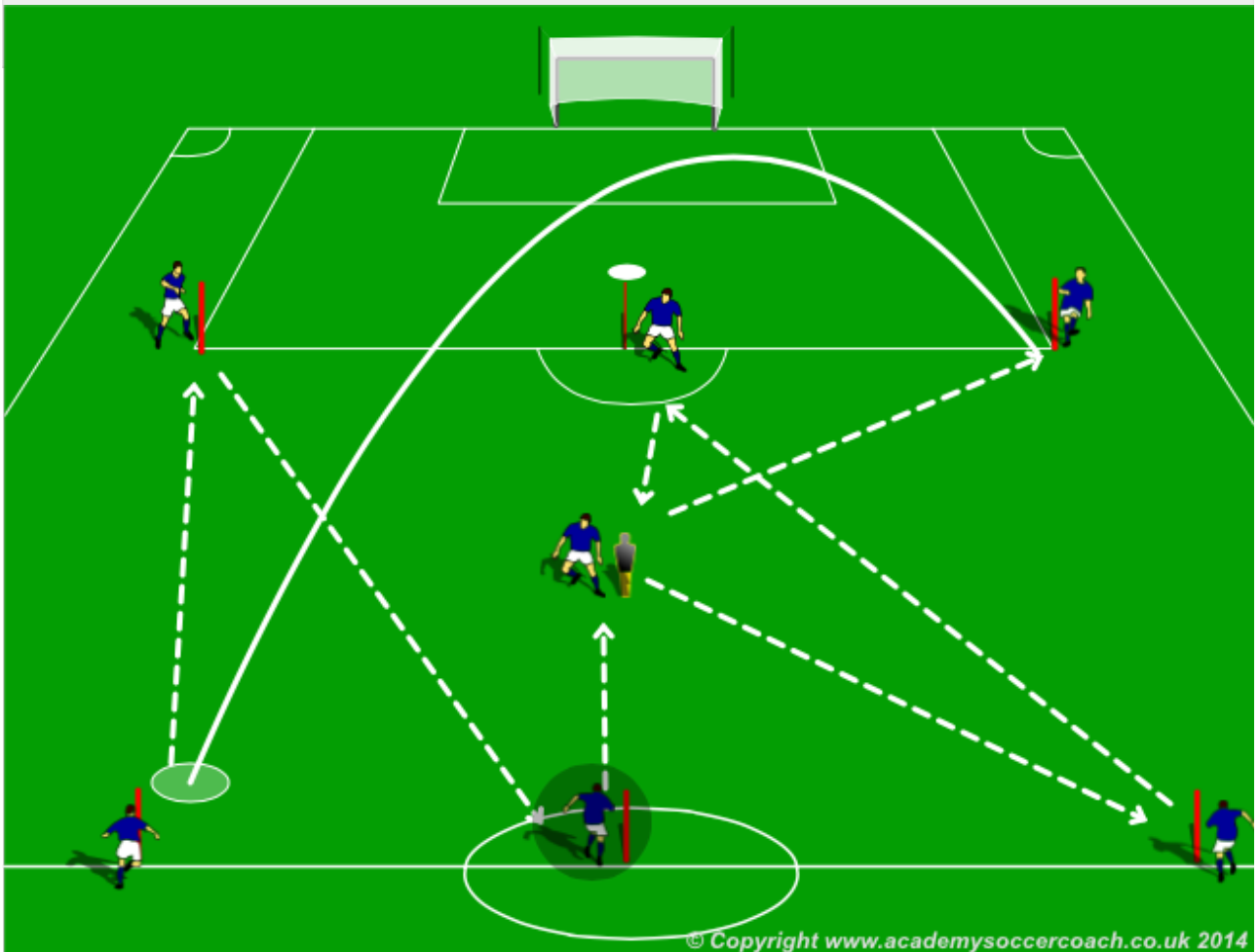


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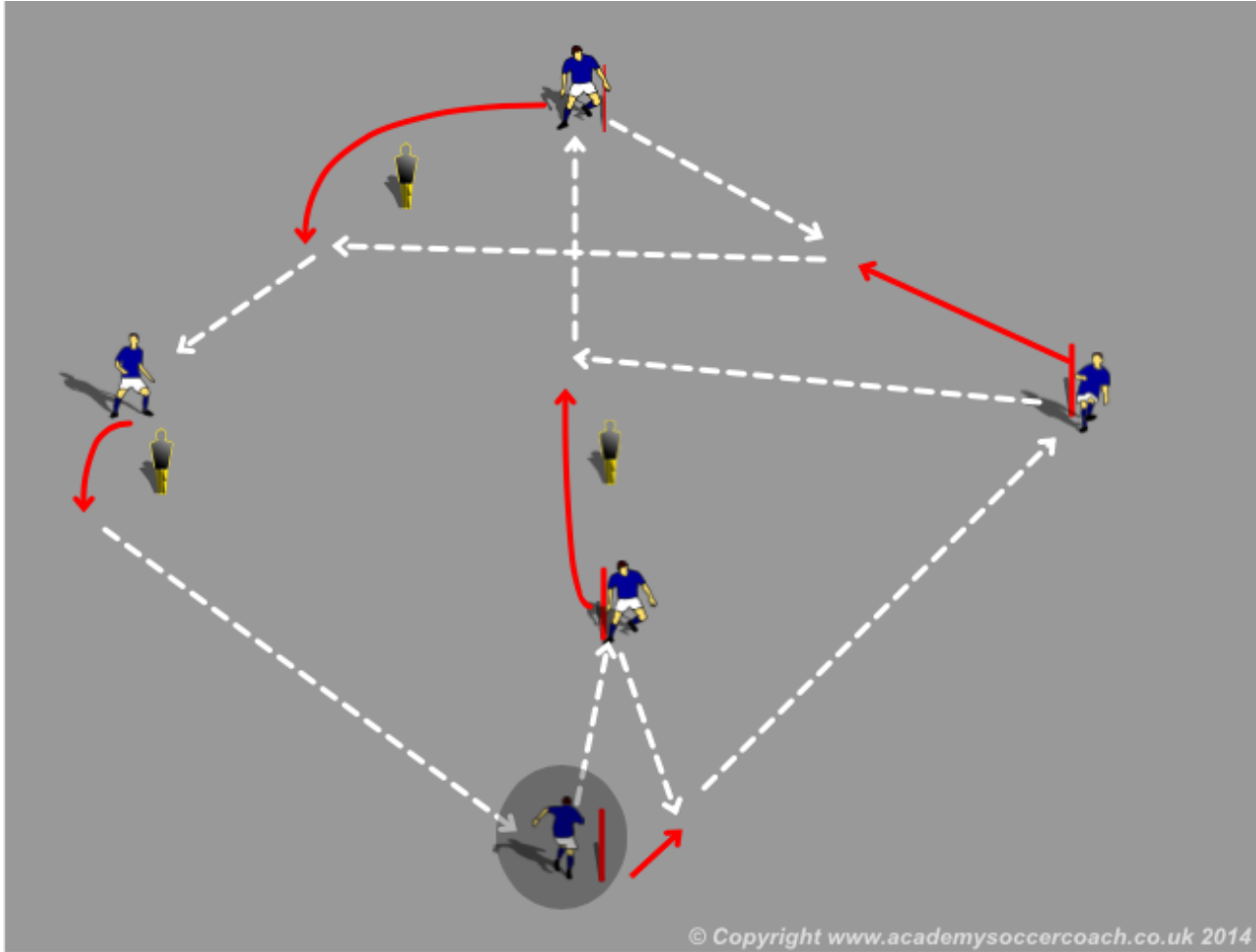
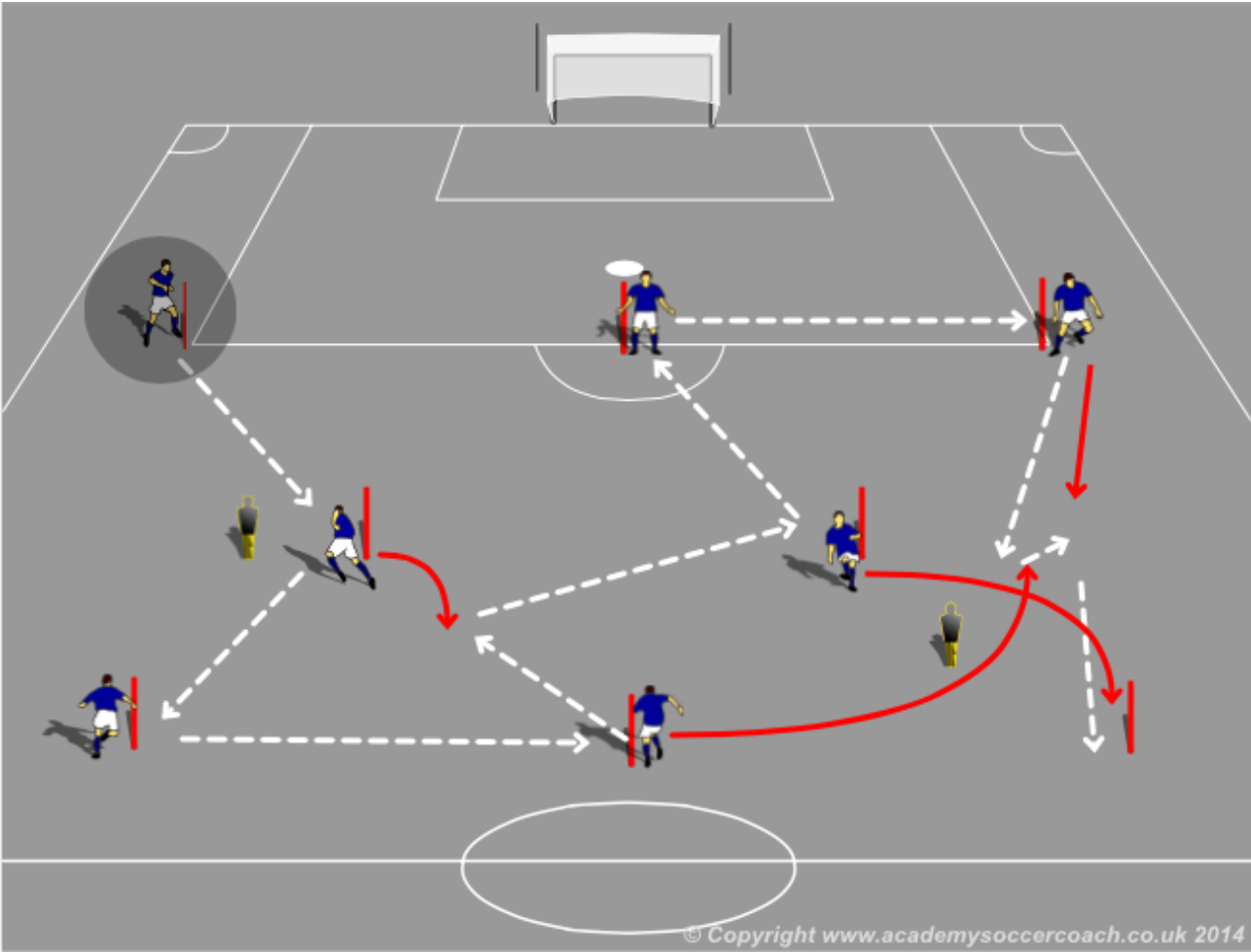
PASSING & REPEAT MOVEMENT PATTERNS



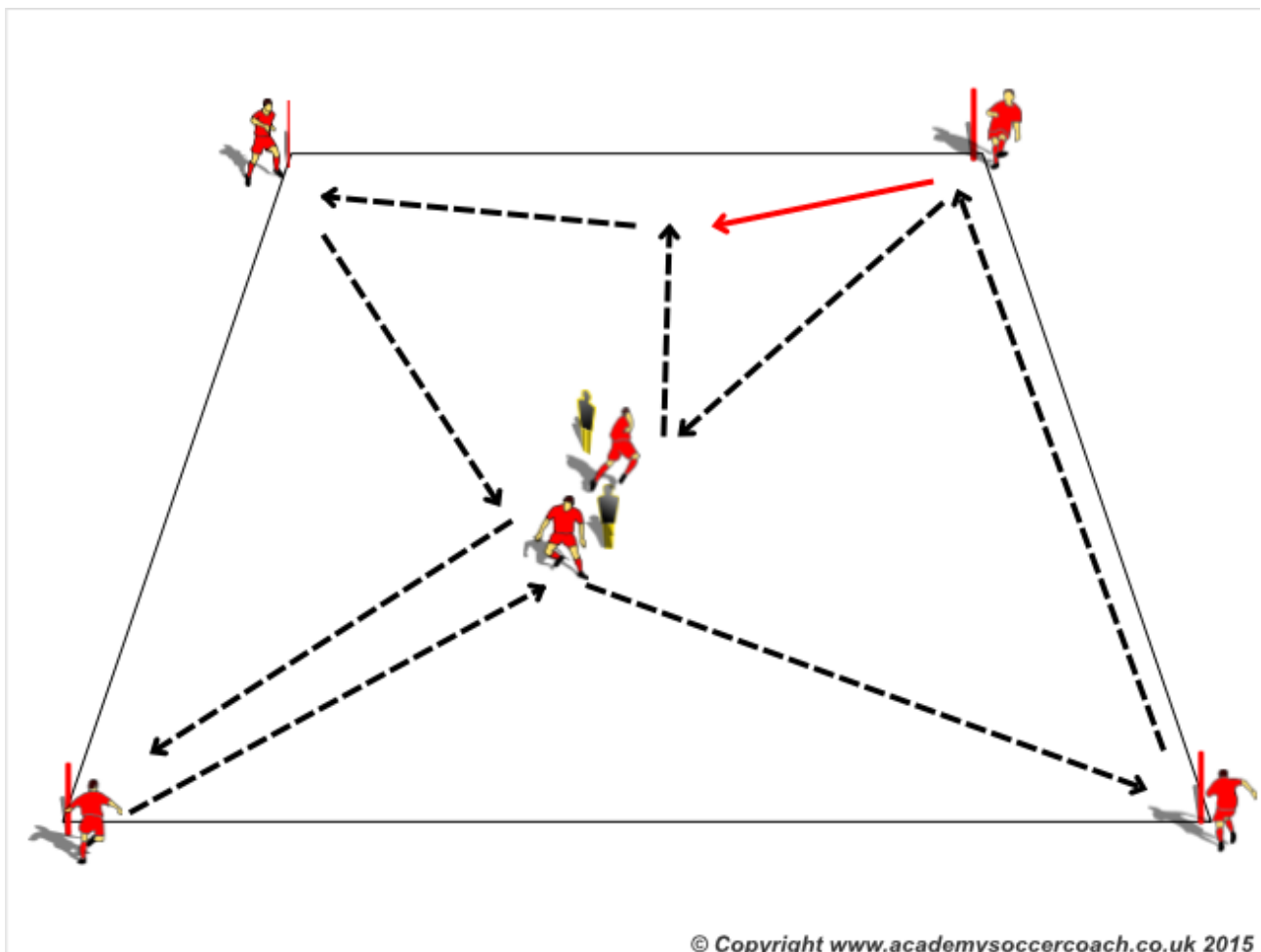
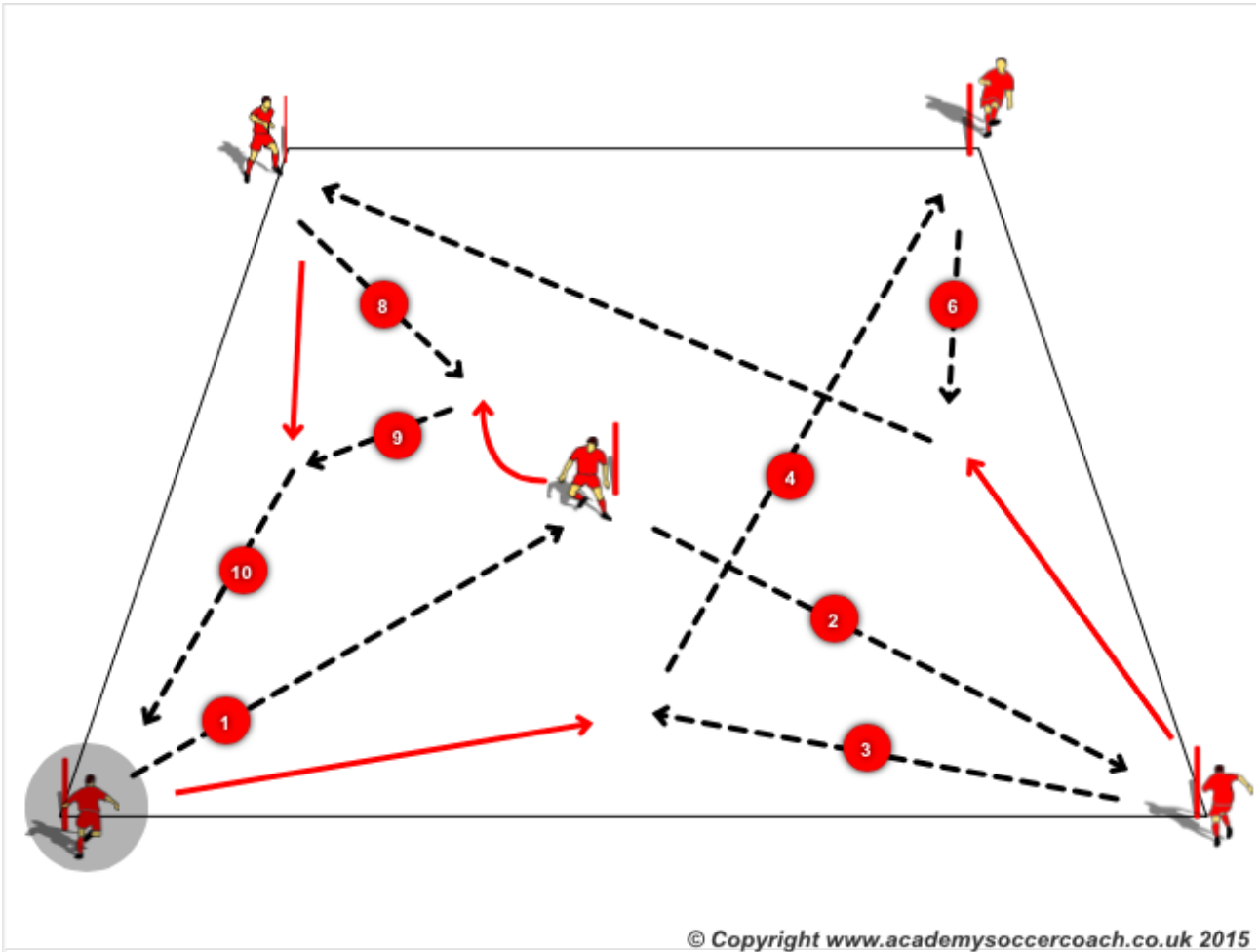
Setup works same both sides, 2 balls in play and session works parallel. One ball shown for illustration.



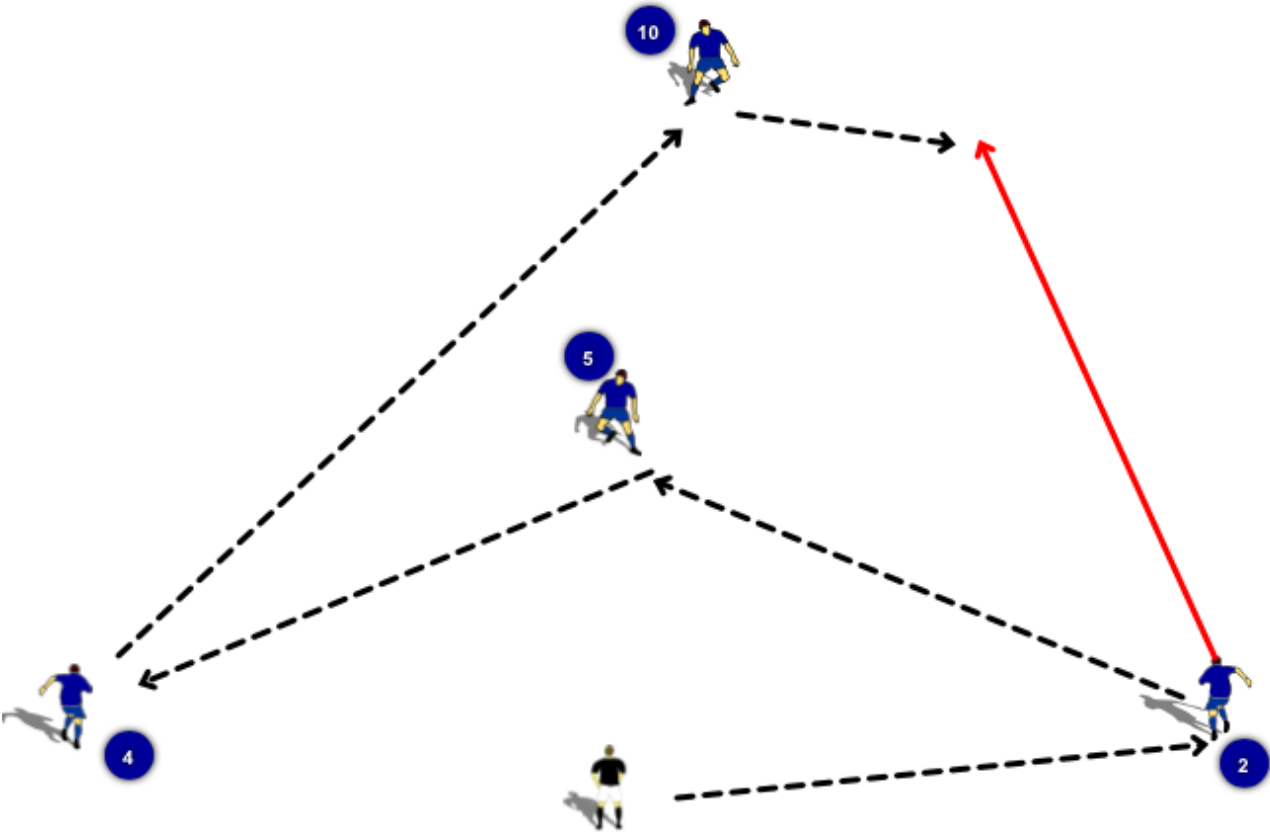
PASSING & REPEAT MOVEMENT PATTERNS



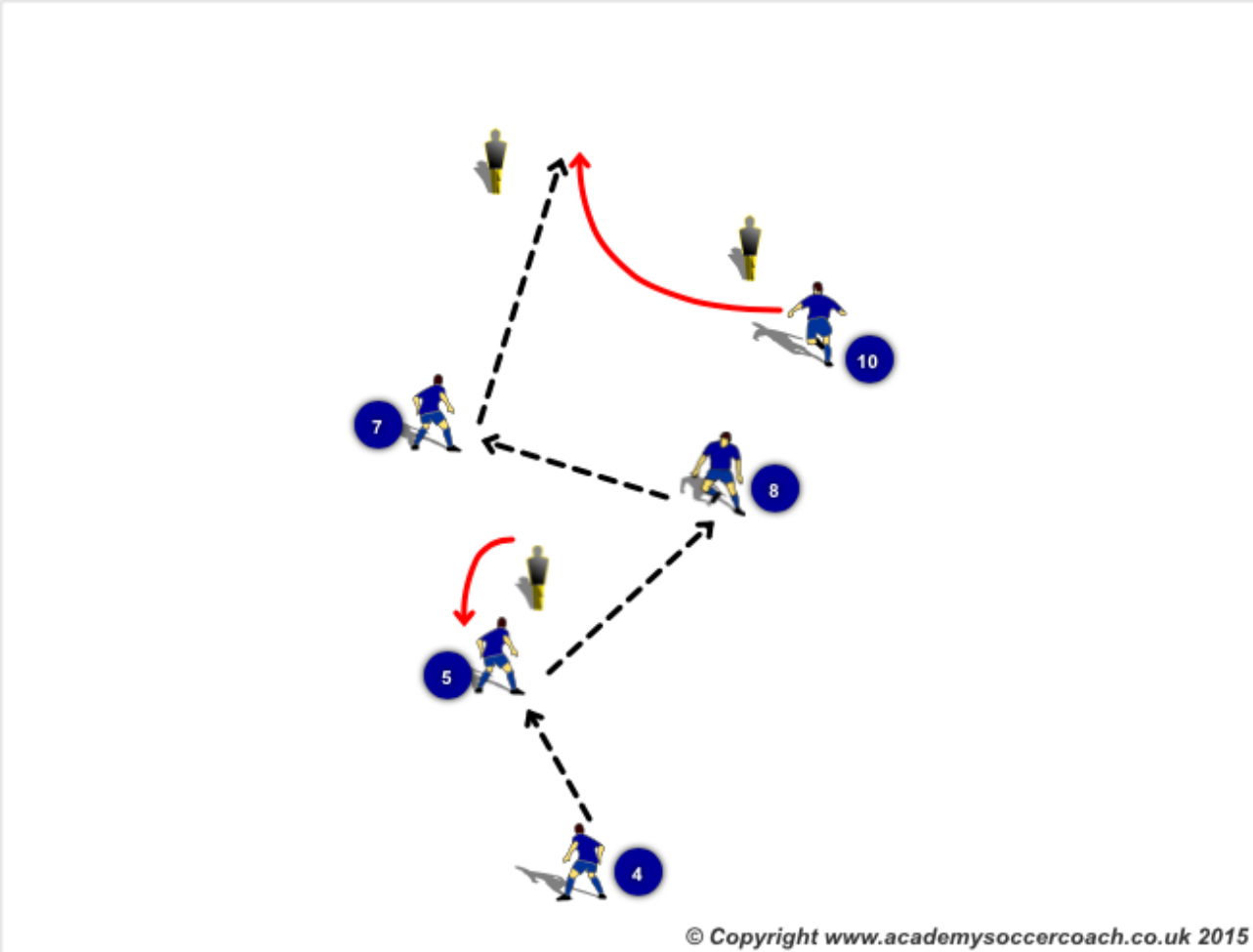
PASSING & REPEAT MOVEMENT PATTERNS



PASSING & REPEAT MOVEMENT PATTERNS

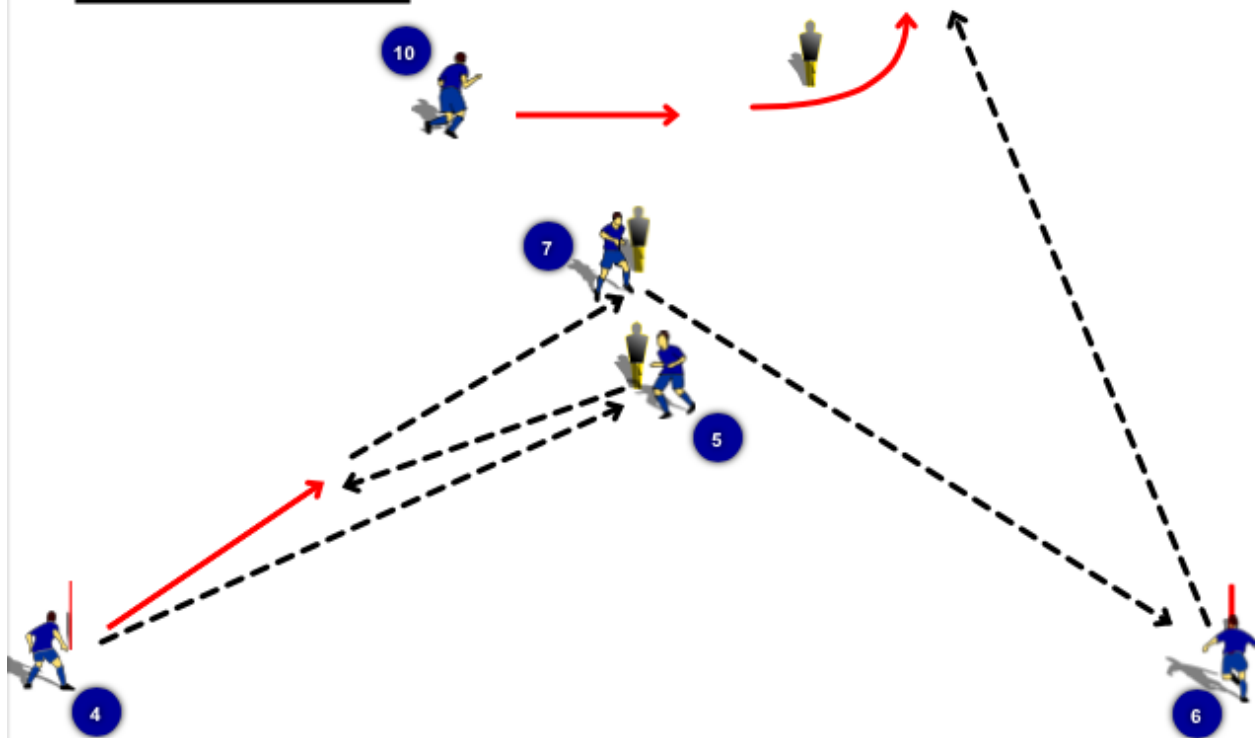


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10 DROPS IN &
COMES ACROSS THE
CM TO RECIEVE



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NEIL ADAIR