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### **Skills Practice - Midfielders Receiving to Distribute**

Two players (one from each team) in each target box

The game starts with either colour eg. whites - That team are attacking

The ball must be played into the midfielders, who switch the ball to initiate an attack - once the strikers receive, they can break out of the target areas

Coach:

The attackers to move away to receive to feet or come short to play over the top

Midfielders to provide support and balance

If the opposition win the ball, they can initiate an attack in the opposite direction

Progression - SSG