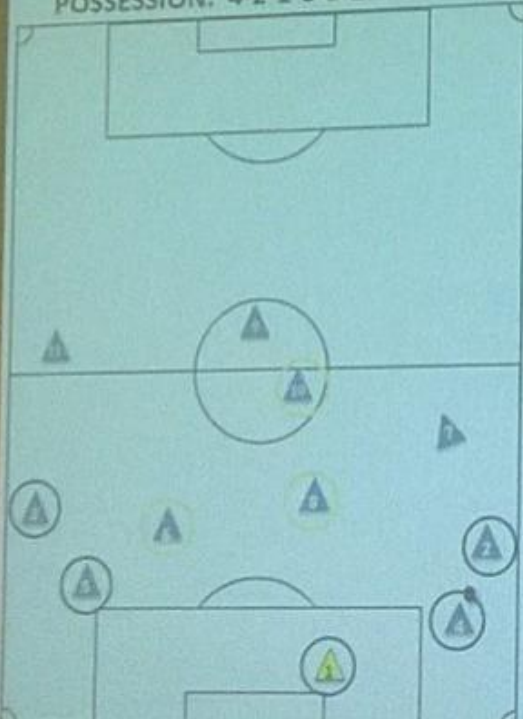


**C- Game Moment**  
**Topic: Possession to Penetrate**

**TRANSLATION: Game Moment into a Training Design**  
**POSSESSION: 4-2-1-6-8-2-6-X**



**OBJECTIVES:**

1. Coordinate the movement of the 6, 8 and 10 in order to increase central passing opportunities.
2. Improve the technical functions of the 1, 4 and 5 in the initial build-up of attack.
  - Short/Intermediate passing mechanics of the 1, 4, 5
  - Re-directing and serving mechanics

**PRINCIPLES:**

1. Width depth, support and mobility of the 6, 8 and 10 in order to increase central passing opportunities. Define specific roles in the build-up.
2. Rhythm of ball movement by defining the proper weight, distance and quality of passing. Resolve passing v dribbling opportunities, playing forward vs. playing back or sideways.

**QUESTIONS:**

1. Where can you move to safely receive the ball behind the opponent (1<sup>st</sup> line of confrontation)?
2. What technique may be used to get the ball there safely but quickly?
3. Where can you run to open space for your teammate?
4. What visual cue can you provide to communicate to your teammate that you do not want service here?
5. How would you turn your body to see the arrival of the ball and your options going forward?
6. If your teammate runs here, where may you move to take advantage of a different space? When would you move there? (How?) What