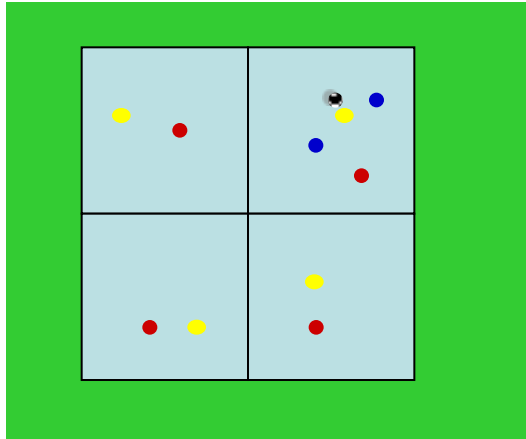


# West Bromwich Albion Academy In Service Drills



## Ball protection 1



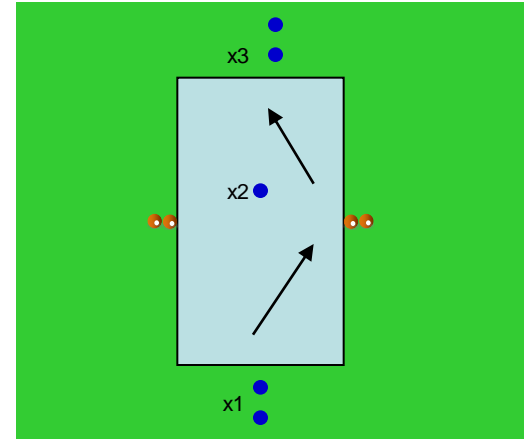
### Rules / Objectives:

The playing area is split into 4 grids, with a 1v1 in each of them. 2 neutral players can join the 1v1 to make a 3v1 and at least 5 passes has to be made, after the 8 passes the ball gets transferred to a different grid where the player must protect the ball until the 2 neutrals join him.

### Key Factors:

- Protecting/shielding the ball
- Strength on the ball
- Creating angles/options
- Quality passing & possession

## Ball protection 2


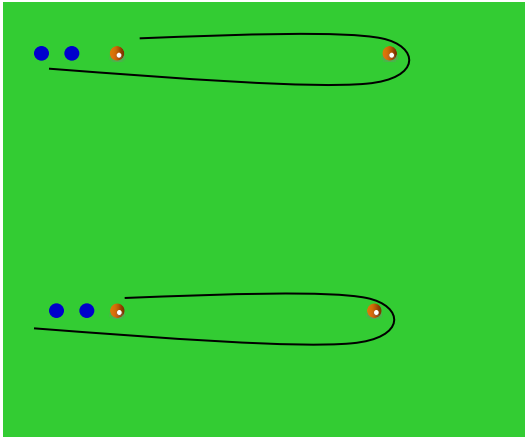
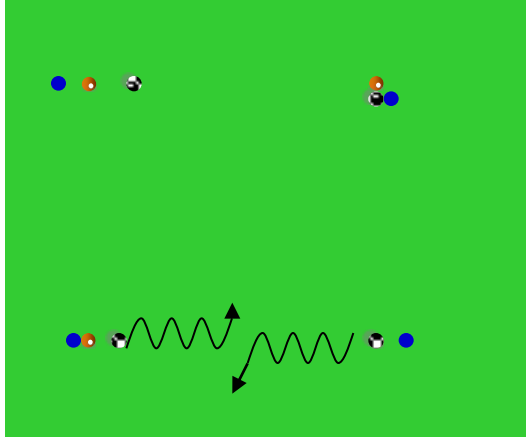


### Rules / Objectives:

X2 starts in between and behind the red cones, x1 plays pass towards red cones, x2 receives ball before hits cones shifts ball off and plays pass to x3. All players follow pass.

### Key Factors:

- Into line
- Use of hips & arms
- Select / prepare surface
- Relax
- Move ball off line
- Execute quickly

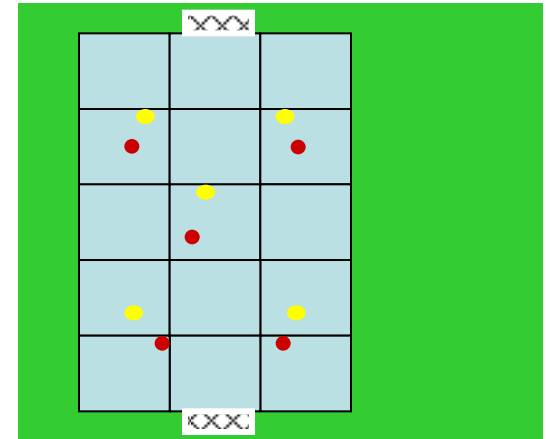
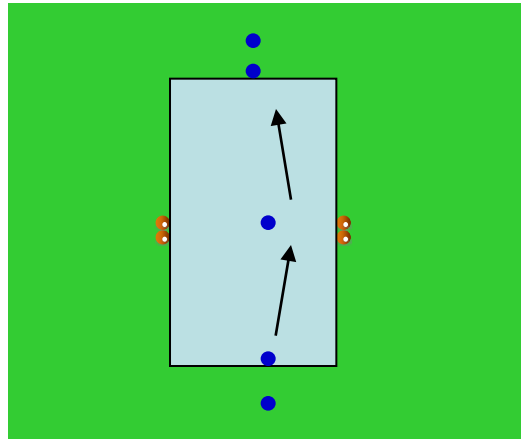
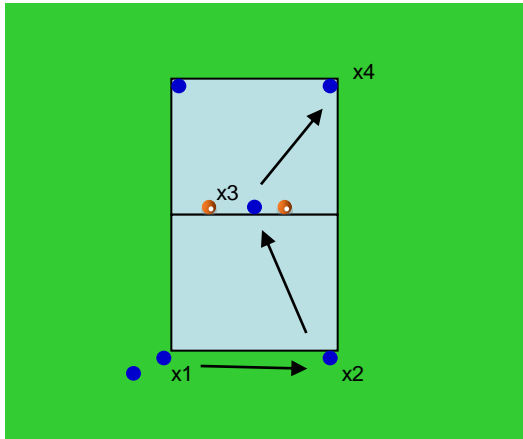
Warm up	Main Session	End Game
		
<p><b>Rules / Objectives:</b></p> <ul style="list-style-type: none"> <li>- Cut the ball with the instep in front of the body</li> <li>- Cut the ball with the inside of the foot underneath the body</li> <li>- Cut the ball with the outside of the foot and take ball away using inside of foot</li> <li>- Turning the ball under or in front of the body using toe cap of foot</li> </ul> <p><b>Key Factors:</b></p>	<p><b>Rules / Objectives:</b></p> <ul style="list-style-type: none"> <li>- Cut the ball back with the inside of the foot</li> <li>- Cut the ball back with the outside of foot</li> <li>- Cut the ball back behind the leg that stays still</li> <li>- Get the ball back on the inside of the same foot, and use the inside of the other foot to take ball away</li> </ul> <p><b>Key Factors:</b></p>	<p><b>Rules / Objectives:</b></p> <ul style="list-style-type: none"> <li>-Scissors</li> <li>- Double Scissors</li> <li>- Step over and step out in front of the ball using other leg</li> <li>- Step over and take ball with outside of other foot</li> <li>- Step over in front of the ball</li> </ul> <p><b>Key Factors:</b></p>

Mon 7 <sup>th</sup> July	Mon 7 <sup>th</sup> July	Mon 7 <sup>th</sup> July
<p><b>Rules / Objectives:</b></p> <p>The playing area is split into 4 grids, with a 1v1 in each of them. 2 neutral players can join the 1v1 to make a 3v1 and at least 5 passes has to be made, after the 8 passes the ball gets transferred to a different grid where the player must protect the ball until the 2 neutrals join him.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>- Protecting/shielding the ball</li> <li>- Strength on the ball</li> <li>- Creating angles/options</li> <li>- Quality passing &amp; possession</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>X1 plays to x2, x2 to x3, x3 to x4. All players follow pass.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>-Punch pass</li> <li>-Back foot receiving</li> <li>-Trigger and timing of movement</li> </ul>	<p><b>Rules / Objectives:</b></p> <p>3 zone game, (2v1,1v1,1v2) players must pass or run the ball into the next zone, one player can support ball in that zone. On losing possession defending team must organise shape (2 defenders, 1 midfielder, 1 front man) before engaging tackle.</p> <p><b>Key Factors:</b></p> <ul style="list-style-type: none"> <li>-Quality and detail of technique</li> <li>-Rotation, trigger and timing</li> </ul>

Tue 8<sup>th</sup> July

Tue 8<sup>th</sup> July

Tue 8<sup>th</sup> July



**Rules / Objectives:**

X1 plays to x2, x2 to x3, x3 to x4, all players follow pass.

Movements:

- go to show
- defoe
- pull shoulders, diagonal run

**Key Factors:**

- Punch pass
- Tight 1<sup>st</sup> touch
- Trigger and timing of movement

**Rules / Objectives:**

Three sessions in one:

- 1) Receiving 3 touch rule (open)
- 2) Receiving closed /safe
- 3) Hips across to protect to turn

**Key Factors:**

- Into line
- Select / prepare surface
- Relax
- Execute quickly

**Rules / Objectives:**

8v8. The hole playing area is gridded. Players must not pass to a player in the same channel as them (horizontally or vertically, see diagram: = good pass, bad pass).

**Key Factors:**

- Correct lines of pass
- No straight / square passes
- Movement to create good angles to receive the ball
- Choice of pass (to feet or space)

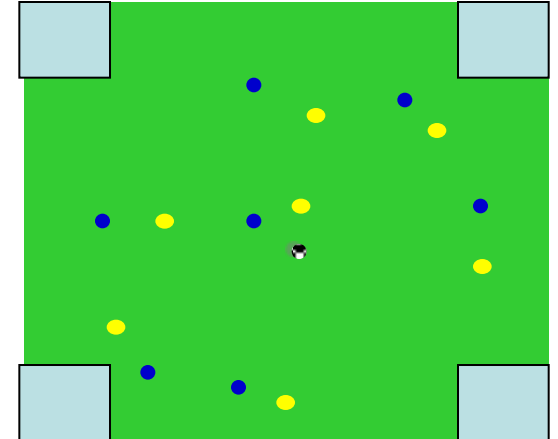
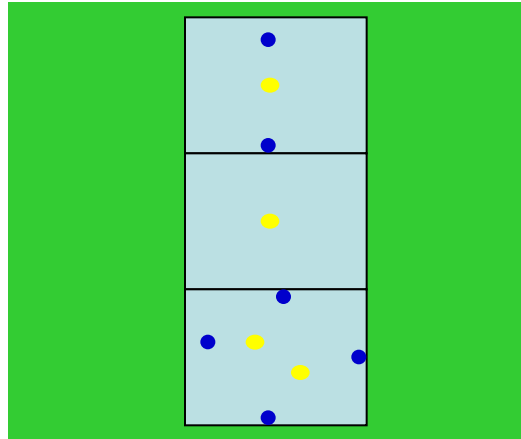
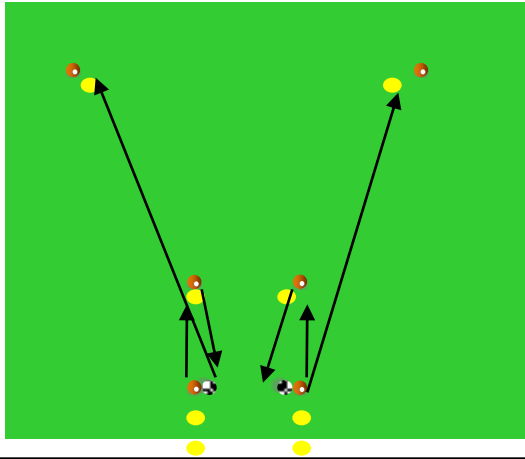
# West Bromwich Albion Academy Drills



Thu 10<sup>th</sup> July

Thu 10<sup>th</sup> July

Thu 10<sup>th</sup> July



## Rules / Objectives:

### Ajax Passing:

In set transfer, all players follow pass, last player receives and runs ball back to start.

### Key Factors:

- Punch pass, lock ankle, contact point
- Soft weighted set, relax surface, guide pass
- Long driven transfer, prepare, lock, contact, bodyshape, follow through

## Rules / Objectives:

4v2 in bottom grid, blues look to complete 4 passes before transferring to top to blues, on transfer of pass 2 blues join in and the yellows adjust to make a 4v2 in top box, 1 in the middle and 1 in the end box.

### Key Factors:

- Quickly or carefully
- Passing channels
- Quickly with quality
- Type & execution of pass

## Rules / Objectives:

Blue v Yellow in the big area, points are gained when a player receives a pass in the corner zones (ball arrives man arrives). When point is scored team retain possession and must score in any other 3 squares before scoring in the one they just have.

### Key Factors:

- Play in the future
- Provide passing channels
- Where's the space
- Know the correct pass, know the correct technique

Key Skills