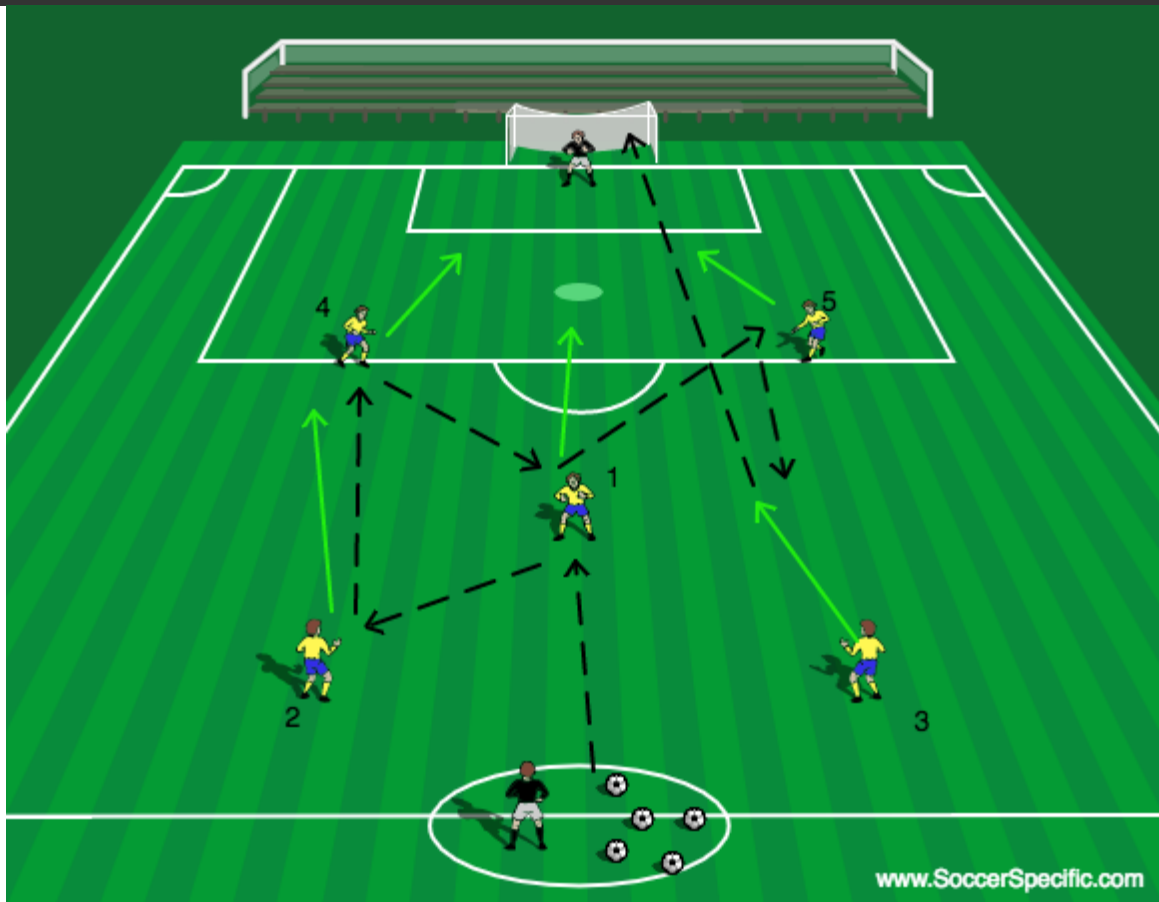




# Mourinho 5v1

Date: Jul 14, 2016 | Team: SoccerSpecific | Duration: TBD



1

⌚ TBD ↗ As shown

**Setup:** 5 attacking players working on half the field. Keeper in goal. Coach on half way line with a supply of balls. Players 4 and 5 on 18 yard line the width of the six yard area apart. Players 2 and 3 level with the tip of the center circle and the width of the six yard area apart. Player 1 in the middle of the four players.

**Instructions:** Coach serves the ball to 1 who lays off to 2 or 3. 2 plays 4 or 3 plays 5. 4 can play to 5 and vice-versa or 4 and 5 can play back to 1. 2 and 3 make forward runs in support. Any player facing the goal can look to finish. Players can change positions. Patterns can vary based on the movement of the players - Coach to 1 to 3 to 4 to 2 for finish.

**Coaching Points:** Pace on the pass. Quality one and two touch passing. Play the way facing. Quality and pace of support. Finishing.