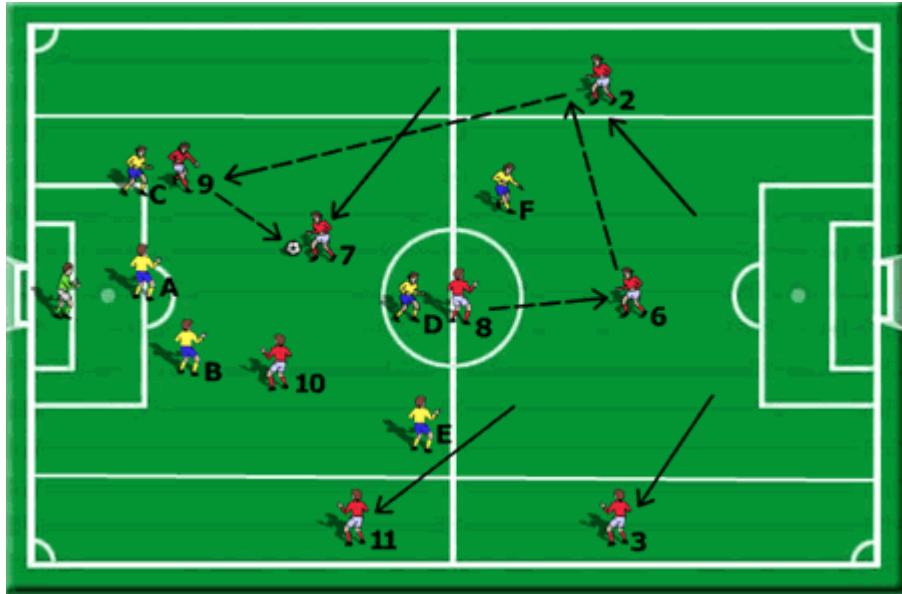
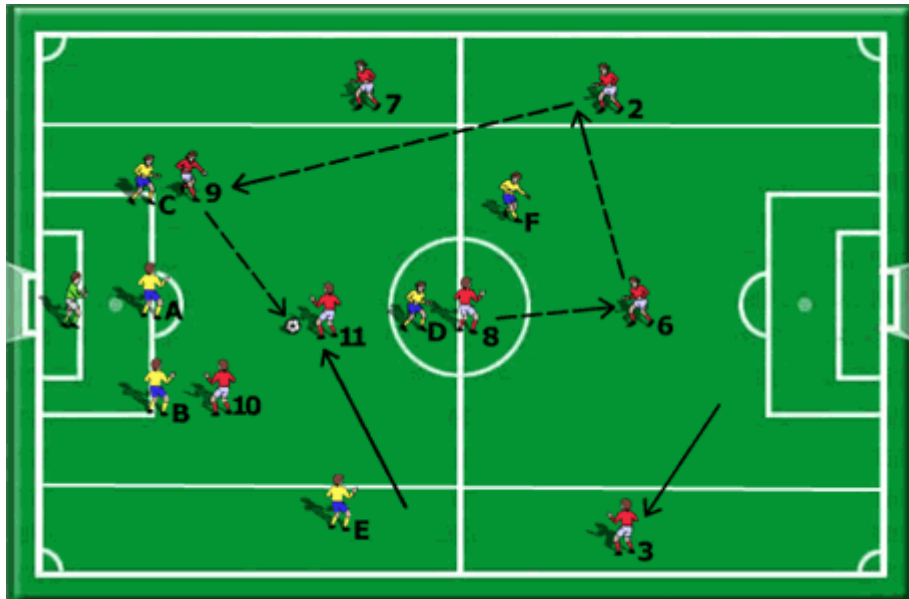


PLAYING OFF THE STRIKERS WITH EARLY OFF THE BALL MOVEMENT



1. Play with channels / lanes on the outside.
2. Passing and moving as usual but the wide player can't come inside until the ball goes into the striker. Wide player must make the movement as the ball is traveling not waiting until the striker has it at their feet when the movement will be too late.
3. Defenders can't go into the outside lanes so need to shadow the wide players until they come inside.
4. Or; have the defenders stay in the outside lanes marking the wide players but can't follow them inside, thus emphasizing the success of the movement.



1. (11) Breaks inside and receives a pass off (9). The support does not have to come from the same side, though the support run may be longer and thus have to happen earlier.
2. For the success initially of the session defender (E) can't track (11) inside.
3. Progression:
 - a) Defenders can track inside with the **off the ball** runner.
 - b) Introduce more defenders.