

Each session should be split into **FOUR MAIN** components:

Purpose:

PASSING PRACTICE	~10 minutes	Warm up, and introduction of session focus
POSITIONING GAME	~ 10 – 15 minutes	Possession game
GAME TRAINING	~ 20 – 25 minutes	Realistic match situation. Correct players and positions
GAME	~ 20 – 25 minutes	Game – Observe the players and team. Did the session work?

AREA: 1/3 – ½ field

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: FIRST TOUCH + STRIKING THE BALL

ASPECT: DEFENCE – COMPACT SHAPE

PASSING PRACTICE - ANTICIPATION

SET-UP:

Define the 30m x 20m area

Split players into two even teams with bibs

Number each player (#1-6) per team.

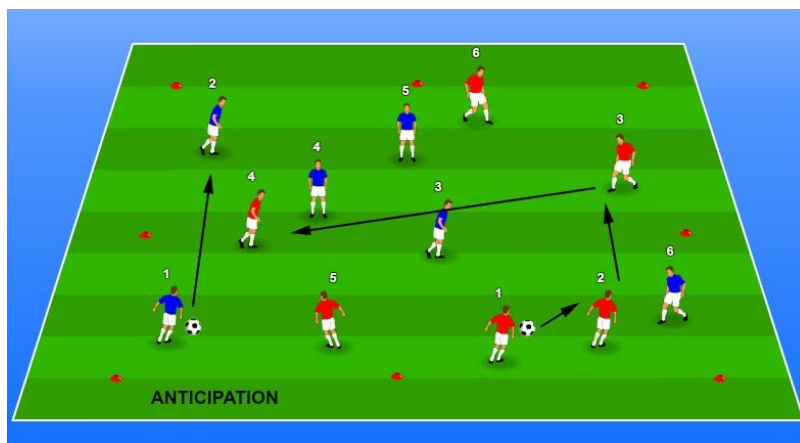
EXERCISE:

1. Players must pass in the numbered sequence (ie. #1 > 2 > 3...6 > 1 > 2....)
2. Both groups must execute at the same time, in the same field.
3. After each pass, the player must touch a cone that defines the area

This aims to create movement, as we want both teams moving in and out of each other!

PROGRESSION:

4. Reverse the direction (ie. 6>5>4 etc..)
5. Passes must be made between two opposition players (Splitting the defenders)
6. Place a touch limit on players ie. 3 touch max.



COACHING POINTS:

See below.

POSITIONING GAME – CROSS THE CHANNEL (RIVER)

SET-UP:

Define a 30m x 25m area, divided into THREE areas.

30m x 20m – Area 1 & 3 (Yellow and Blue)

30m x 5m – Area 2 (Red area)

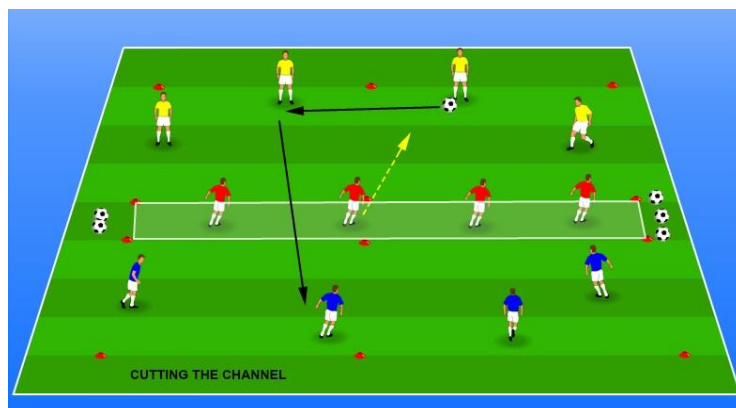
Split players into three even teams, each with bibs.

Allocate each team a section (Area 1, 2 or 3)

Yellow and blue must stay in their area, whilst red are the defenders.

EXERCISE:

1. The coach plays the ball to yellow to begin who must attempt to play the ball across the channel to the blue team. Each cross of the channel = 1 point
Red's are the defenders, attempting to win possession or stop yellow/blue passing through them.
2. Yellow players have possession, with one red defender moving into this area to apply pressure. (continued....)



4. The coach plays the ball in each time
- PROGRESSION:**
7. Swap the defending team. Can they get the least amount of passes through them?

Yellow must try and play the ball though red to the blue team

3. As the ball enters the blue area, one red enters to apply pressure to win the ball back. Remaining reds must try to cut off central pass, whilst staying in their area.

8. Continual – If the reds / defending team win the ball, they immediately swap with the team that lost the ball. The new defending team enter Area 2, and the game continues.

COACHING POINTS

IN POSSESSION:

Players must learn to take their first touch:

- Away from the defender
- Into free space
- To set up their next action (pass/shot/dribble)

Ensure players have an open body position, seeing the full field

DEFENSIVELY –

Players in the middle channel must stay **COMPACT** to avoid balls splitting them (1-2m apart maximum!)

If one player moves forward to **PRESS** the ball carrier, the other defenders must compact behind them, creating a 'V' looking shape

Defenders should **PRESS** the ball carrier when:

- They take a poor touch
- Receive a bad pass
- Their head is facing down / facing backwards

GAME TRAINING – HALF-FIELD GAME

SET-UP:

Using half a field, set up two small goals on the half way line.

Mark three channels as shown.

Split players into two even teams, with players in their usual positions (*defenders vs attackers*).

EXERCISE:

1. Blue team – Containing a back four, two midfielders and two wide players.
Red team – Containing a front three, midfield three and centre back (*or coach*)
2. Red team begin with the ball, trying to score in the big goal.
- Blue must win the ball and score in the small goal
3. Swap positions if required.



COACHING POINTS:

Defensively – As a team, try to compact the team structure to only take up **THREE width channels at a time**, surrounding the ball.

Pressing – The aim is to win the ball back immediately or force the opposition backwards

Press the ball carrier when they take a poor touch, receive a bad pass or have their head looking down

GAME – NORMAL GAME

SET UP:

Using half a field. Set up one big goal on the half way line.

EXERCISE:

Using the same teams, allow the game to play.

COACH REFLECTION:

Do the players understand when to press for the ball?

Can your players compact their shape as the ball moves?

Are players beginning to understand making the field SMALL when the opposition have the ball?

Can you **C . H . A . N . G . E . I . T ?**