

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: **STRIKING THE BALL**

ASPECT: **PLAYING FORWARD PASSES – Playing out from the back**

PASSING PRACTICE – RONDO

SET-UP:

Set up three 10m x 10m squares
Split players into small groups of 4, 6 or 7

EXERCISE:

For this exercise players will be playing a piggy in the middle. The groups can be divided as follows:

4 players = 3 vs 1

6 players = 4 vs 2

7 players = 5 vs 2

1. The attackers must keep the ball away from the defender(s)
2. If the defender wins the ball, they swap out with the person they tackled/intercepted
3. If the attackers make more than 10 passes, the defender must stay in for an extra round.
4. If the defender gets nutmegged, they must stay in for a second round.



COACHING POINTS:

- Ensure the correct striking the ball technique
- Encourage communication

POSITIONING GAME – PASSING TO MOVE FORWARDS

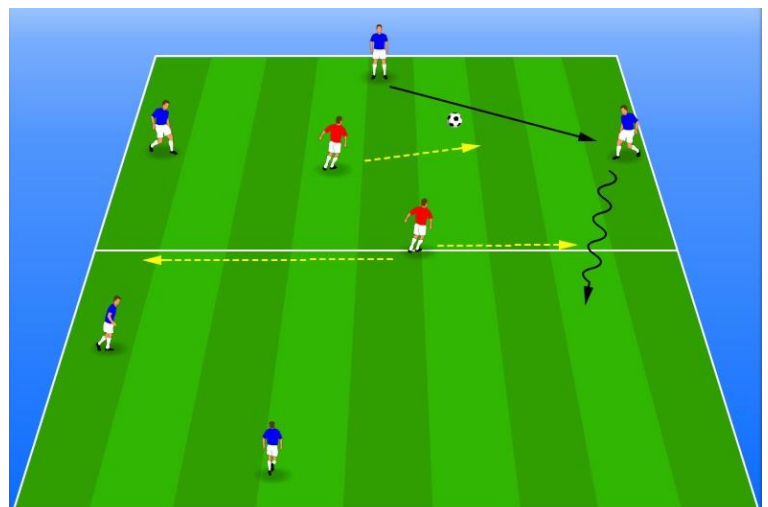
SET UP:

1 set up per 6 - 7 players

30m x 30m area, with clear half way line
Plenty of balls located on the outside of the area.
Split players in a 5 v 2 (*easier*) or 4 vs 3 (*harder*)

EXERCISE:

1. Blue players are split, with three players remaining in one half, and two in the other. The reds are positioned on the halfway line.
2. Blues start, attempting to successfully dribble the ball across the half way line. One red player is allowed to enter this half, whilst the other must move up and down the line trying to intercept
3. If blue successfully dribble across, the same activity continues on the other half, with the halfway line red player entering the half
4. Each red pair defend for 90-120 seconds



PROGRESSION:

5. Blue players must pass first time across the line
6. Red player swap out each time they win the ball

COACHING POINTS:

Positioning:

Width and depth is vital (Left, right and middle)

Supporting players (without the ball), must create passing options for the ball carrier.

Players must maintain an open body shape, in order to take their first touch forwards or drive across the line

Encourage quick ball speed to move the defenders, thus creating space and gaps!

Players should look to position themselves in order to take their first touch forward, across the halfway line

If there is free space, players should drive forward and/or commit a defender

GAME TRAINING – MOVING FORWARD IN POSSESSION

SET-UP:

Using half a field.

Create a line of cones defining a target zone along the edge of the centre circle to the sideline

Split the players into defenders (blue) and attackers

EXERCISE:

GK + 7 vs 6

1. Play starts with the GK.

2. Blue team attempt to get the ball into the target zone by dribbling or completing TWO passes in the zone with controlled possession.

3. Red team attempt to win the ball and score within 10 seconds in the main goal.

4. Start the ball from different areas of the field (ie. Throw-in, randomly playing in, GK in the air etc..)

OBJECTIVE / TEAM TASK:

Can we get one of our defenders into the target zone/middle third with controlled possession?

PLAYER TASKS:

Open body position to face forward

First touch forward into free space

Drive forward into free space or to commit a defender

Maintaining width and depth

Switch the point of attack towards overload



Starting positions:

Ensure the blue midfielders start in the target zone / middle third when the GK has the ball. This will create space for the defenders.

Wide defenders should aim to position themselves in line with their defender, to be able to beat them on their first touch

GAME – HALF FIELD MATCH

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 players take up the correct starting positions to allow our team to have space?

Do players maintain an open body position to see the whole field?
Do players take risks and play the ball forward?

Do players take the opportunity to drive forward into space when appropriate?

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