

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: SWITCHING THE POINT OF ATTACK

PASSING PRACTICE – FINDING GAPS

SET-UP:

Using half a field

Define a line continuing from the edge of the penalty box to the half way line

Split players into two even teams with bibs

Position one wall player from each team on opposite ends of the square, as shown

EXERCISE:

1. Blue team will have a ball and pass to each other, likewise red.
2. The blue wall player passes to a teammate, who then combines with another, to eventually pass the ball to the opposite BLUE wall player.
3. The wall player that receives the ball then enters the area. The person that passed that ball replaces them. Continue.

4. Red does the same, at the same time.

There should be lots of moving parts all at once!

PROGRESSION:

5. Challenge the players to receive the ball BETWEEN two opposition players
6. Two touch maximum



8. Blue team vs Red team, however the defending team can only intercept the ball. Keep score each time the team reaches a wall player

COACHING POINTS:

Ensure players are using the correct passing technique.

Firm passes = locked ankle, balanced, follow through

Accurate = Avoidance of hitting other players

Movement – Players should be moving freely, providing the ball carrier options

Positioning – Players positioning should be to face forward on their first touch.

Encourage players to complete short and long passes

Introduce the **OVERLOAD** – When there are greater numbers of our players than the opposition this is called an overload. We want to quickly switch the ball towards this side!

In order to successfully switch the ball, we must have the following:

Depth – A 'pivot' player in the middle of the field that can receive the ball from one end and pass to the other. This may be a striker and a centre defender.

Width – Players positioned in wide positions. This would be the wing players

POSITIONING GAME – FOUR GOAL FOOTBALL

SET UP:

Using the above set up and teams.

Position four goals on each corner of the area
Set up players in roughly realistic positions – see *coaching points for required positions!*

EXERCISE:

1. Reds must score in the goals on half way, blue the opposite.

2. Allow the players to play

PROGRESSION OPTIONS:

3. Players must enter both wide channels before scoring

4. Players have a maximum of 3 touch

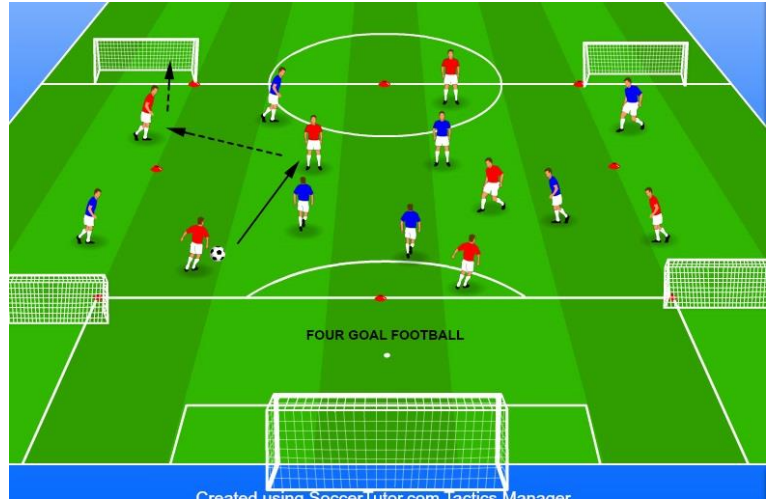
OBJECTIVE / TEAM TASK:

Can we create gaps in the opposition shape in order to score goals?

COACHING POINTS – See above.

Use a ‘stop – recreate – start’ method to show the players what a SWITCH looks like.

Ask questions – Are the players in the correct positions?



If players do not understand ‘overload’. Stop the game 1-2 times and ask players ‘Is there an overload?’

GAME TRAINING – HALF-FIELD GAME with WIDE CHANNELS

SET-UP:

Use the same set up as previous.

Place a normal size goal on the halfway line.

EXERCISE:

1. Blue team vs Red team

2. Place players in realistic positions

3. Rule – Play must enter a wide channel before a goal can be scored

PROGRESSION:

4. After 10 minutes or first to THREE goals, swap which direction each team runs.

5. Limit the amount of touches per player

COACHING POINTS:

Coach the OVERLOAD!

Ensure players body position is correct in order to SCAN and play a switching pass



GAME – NORMAL GAME

SET UP:

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

EXERCISE:

1. Using the same teams

2. Allow the game to play, no rules.

COACH REFLECTION:

Do you see players trying to switch the ball when appropriate?

Have players improved their body positioning?

Are playing switching the ball quickly?

Which players may need some 1 on 1 explanation or support?