

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: **COMBINATION PLAY TO MOVE FORWARD**

PASSING PRACTICE – RONDO

SET-UP:

Define 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.
5. Implement a touch limit. Max. 2 touch



COACHING POINTS:

Ensure the correct striking the ball technique (outlined below)
Encourage communication

POSITIONING GAME – LEVELS

SET UP:

Continue a line from the corner of the box to the half way line.

Split the area between the box and halfway line into two sections (Area 1 and Area 2).

Split players into defenders vs attackers (blue)

Area 1 – 4x Blue players vs 2x Red players

Area 2 – 3x Blue vs 3x Red players

Area 3 – 1x Goalkeeper (Red team)

EXERCISE:

1. Players must start in their allocated area
2. Blue start at the half way line.
3. Area 1 blue team must combine to play the ball into Area 2.



4. Once the ball enters Area 2, one Area 1 blue player can join in, moving forwards.
5. Blue must try to work the ball into Area 3.
6. Once the ball enters Area 3, one additional blue can join the attack, creating a 2 vs 1 + GK.
7. Blue attempt to score
8. If Red win the ball, they can score in the small goals at the half way line within 10 seconds

PROGRESSION:

9. Swap / rotate players positions
10. Allow more Blues & Reds to transition across each area
11. Implement a touch limit. I.e. Maximum 3 touches

GAME TRAINING - HALF FIELD GAME

SET-UP:

Using the same set up as the positioning game
 Allocate two jokers (yellow) to be located in the wide zones

Create one big goal on the half way line

EXERCISE:

1. Blue aim to score in the main goal. Red, the other
2. Only the jokers (yellow) are allowed in the wide areas
3. The Jokers only have 2 touch in the wide zones
4. Once a Joker has touched the ball, they can BOTH enter the field and join the attacking team.
5. Allow the game to flow.
6. Place a 3 touch maximum limit on everyone

OBJECTIVE / TEAM TASK:

Can we play balls beyond or between the oppositions defensive lines?



COACHING POINTS:

- Encourage balls being played forwards
- Encourage penetrating passes inbetween the opposition defensive line (in between two players)
- Quick combination play (1 / 2 touch)

COACHING POINTS – COMBINING TO PLAY FORWARD

Can your players play balls between two opposition players?

Encourage your players to use less touches, moving the ball around quicker to disorganise the opponent

Players should try to take up open body positions to see more of the field

Ensure players communicate to link up effectively

Ensure your players in possession spread out, creating space between opposition players

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.

