

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

**Purpose:**

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

**AREA:** 1/3 – ½ field

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1 & STRIKING THE BALL

**ASPECT:** COUNTER ATTACKING

**ARRIVAL ACTIVITY – BALL MASTERY & SOCCER-RUSH**

### SET-UP:

Define a 30m x 20m area

Each player has a ball

### EXERCISE:

#### Ball Mastery – To Begin

1. Have each player dribbling around the defined area completing ball mastery This includes turns, feints, accelerations, stops and lots of touches of the ball.

2. After 5-10 minutes move into Soccer-rush

### PROGRESSION:

3. Have players line up on the base line with their ball.

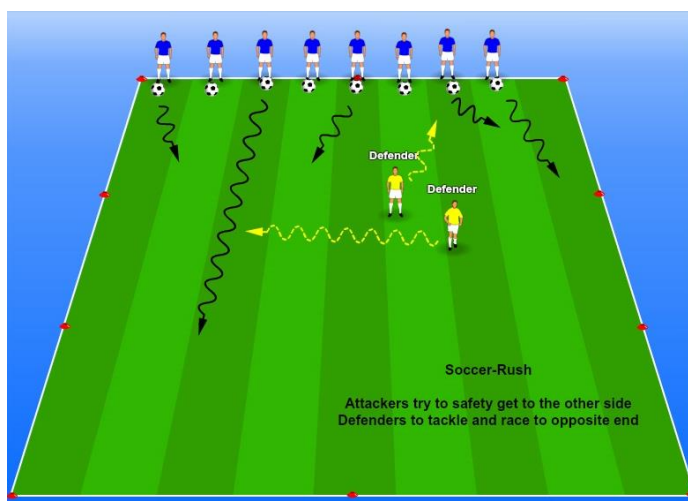
Position two players in the middle as defenders

4. On the count '**1...2...3...Soccer rush**', the attackers must attempt to dribble their ball to the opposite side of the area.

5. The defenders must try and steal an attackers ball, and run with it to the 'safe zone' on the other side.

6. If an attacker loses their ball, they can try to tackle the defender to get it back.

7. If the defenders makes it successfully to the safe zone, they become an attacker.



### COACHING POINTS:

Lots of little touches!!!

Close ball control whilst moving around (one touch per step)

Change of direction when approaching defender

Change of pace when getting away from defender

If you get tackled, win the ball back!!

### Question –

When dribbling, how do you know where to move?

### COACHING POINTS

#### 1 vs 1 coaching points -

Encourage players to take lots of small touches, each time they take a step.

Approach the defender and use a feint to get the defender **OFF BALANCE**.

Once the defender is off balance, **CHANGE DIRECTION and SPEED**.

**ACCELERATE** away from the defender

If you get tackles, **WIN THE BALL BACK!**

**Counter-attack coaching points –** (for Positioning Game / Game Training) Once your team has won the ball back;

Encourage players to make forward runs

Arc runs to create space between yourself and the defender to receive the ball

Encourage quick forward balls

Celebrate players that try 1 vs 1 / 2 vs 1's and attacking quickly!

Players must commit to the attack.

### POSITIONING GAME – COUNTER (DEFENCE → ATTACK)

#### SET-UP:

40m x 20m area

Position two small goals on one side, and one large goal on the other.

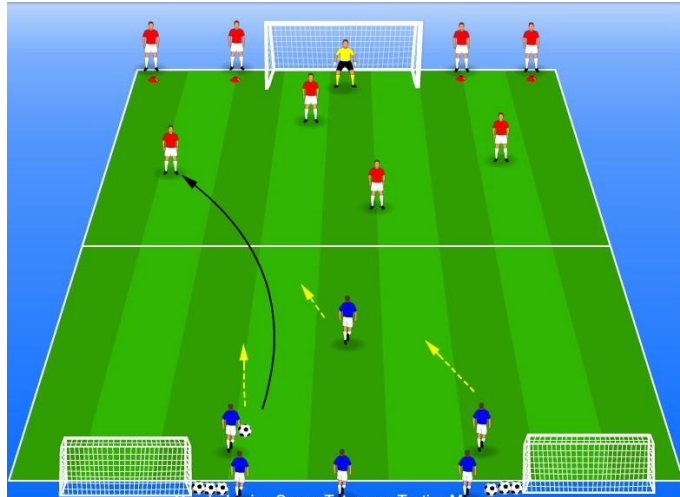
Split players into two teams (GK - 8 vs 6)

#### EXERCISE:

1. Players will be competing in a 4 vs 3
2. Blue team play the ball to reds, who then attack the two small goals.
3. Blue team must tackle the opposition and try to score in the large goal

#### PROGRESSION:

4. Swap blue and red teams
5. Use the coaching points above
6. Blues have 7 seconds to score



### GAME TRAINING – COUNTER ATTACKING

#### SET-UP:

Using half a field, set up an end zone spanning the width of the field from the centre circle.

Split the team into Attackers (blue) vs Defenders (red)

#### EXERCISE:

1. Red play out from the back (either GK, sideline throw in, or randomly from the coach)
2. Red team must try to dribble or receive the ball inside the 'end zone'
3. Blue team must defend the 'end zone'. If they win the ball, they must try to score in the goal

#### PROGRESSION:

4. Swap positions if needed
5. Place a 5-10 second time limit on blue to score

#### OBJECTIVE / TEAM TASK:

Can you score within 5 seconds?



Encourage players to attack the space in front of them

### 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.

#### PROGRESSION:

If a team scores within 5 seconds of retrieving the ball, they receive TWO points.

