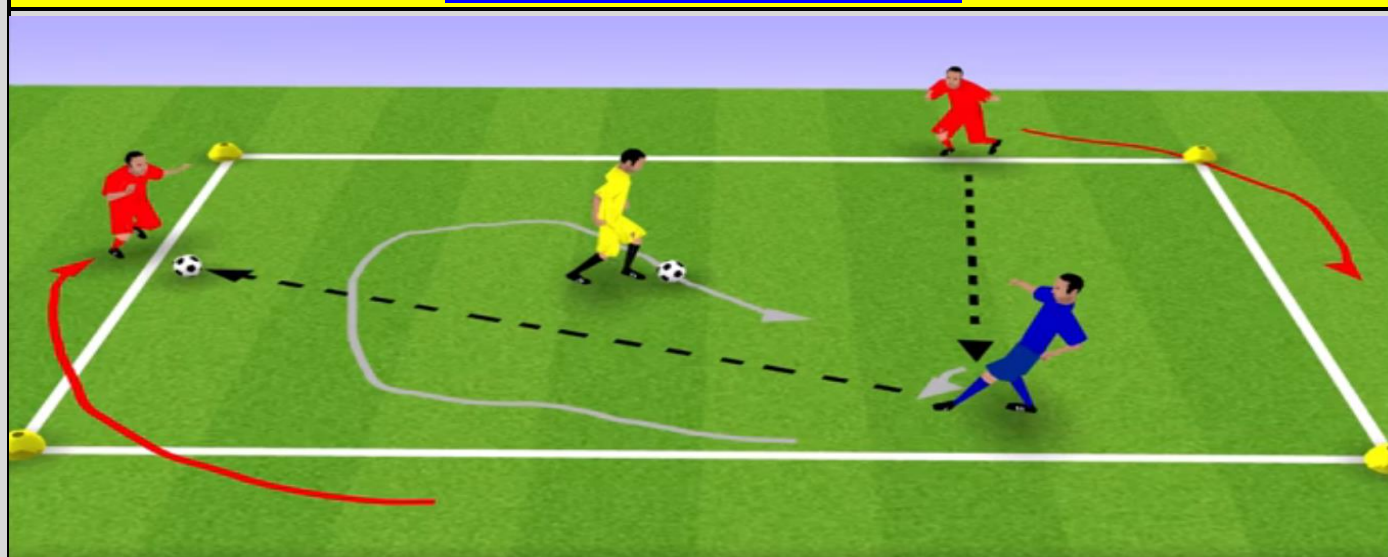


Session Plan 11 – Topics: Team Shape & Switching the Point of Attack with a Constraints-Led Approach

Front Foot - Connector

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Two players outside the square pass and receive to the pivot player in the middle while a dribbler runs interference

Coaching Points:

- i) Moving away from the ball (Dispersal)
- ii) Timely flattening out (Mobility)
- iii) First touch toward the target

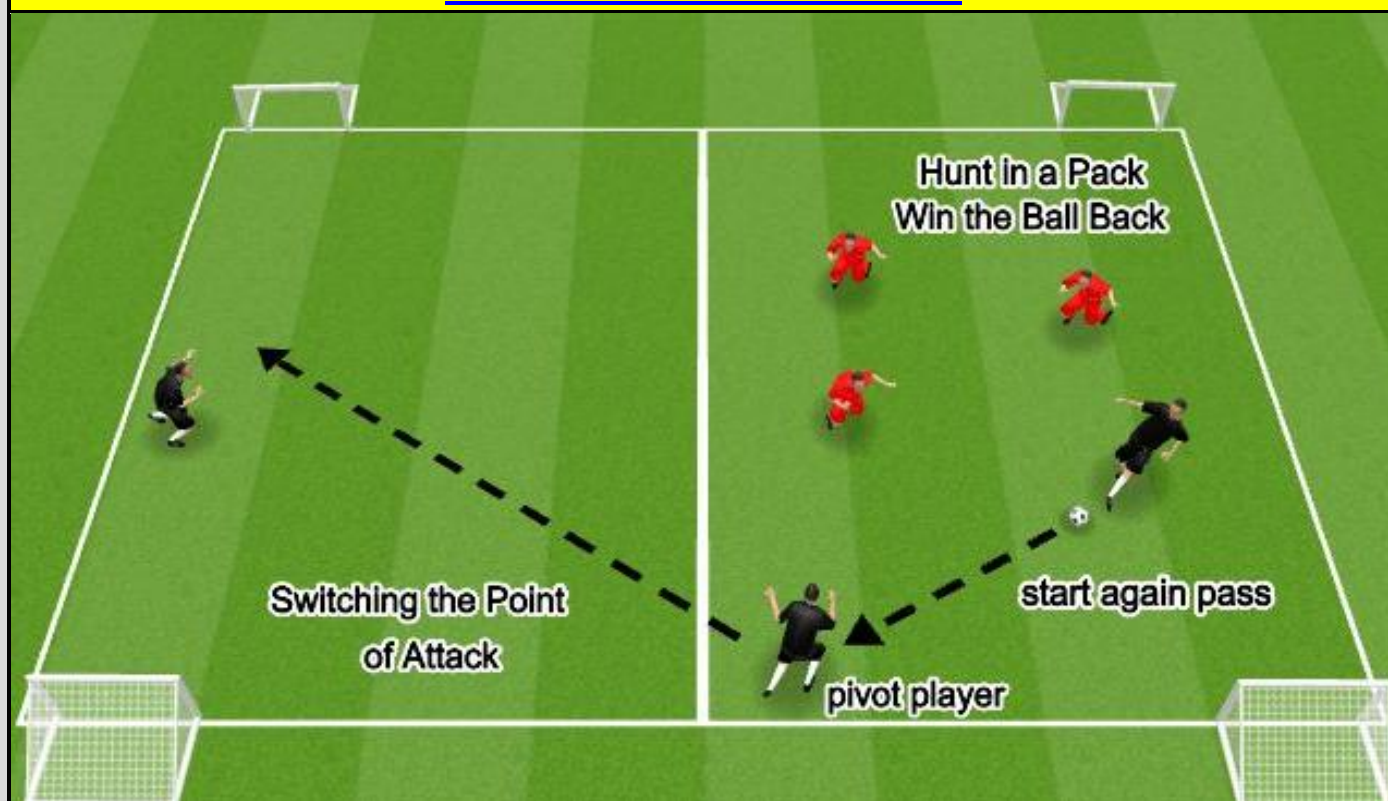
Intervention Key Questions:

- i) Where & when should I support the player with the ball?
- ii) What can you do to let the player know you're an option?
- iii) How should you position your body when you receive the ball?
- iv) Where should my first touch go when you receive the ball?

Constraints to Modify or Challenge: Size of playing area / length of pass. Number of dribblers.

3v3, 4v4, or +1 Four Goal Switching the Point of Attack

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 30 x 25 yards

Organization / Equipment: Cones, Balls, Pinnies, & Pugg-Nets

Explanation: With a constraints-led approach, constrain the defenders to be in the half where the ball is. In doing so, two behaviours will emerge. Defensively, the team will be more compact while try to stop the other team from switching the point of attack. Offensively, the team in possession will spread out more and begin to switch the point of attack without any coaching intervention

Coaching Points:

- i) Maximizing width & depth (Shape)
- ii) Flattening out to support
- iii) Start-again pass & backwards and lateral support when closed down
- iv) Switching the point and leading the player to the goal to eliminate defenders

Intervention Key Questions:

- i) If all the players are on one side, where should we attack?
- ii) Where & when should you move to support a player with the ball?
- iii) Where should I look when I am receiving the ball? When I have the ball?
- iv) Where should your pass lead the receiver?
- v) Where should I look when I am receiving the ball?

Constraints to Modify or Challenge: # of defenders or size, add a floater or decrease or increase the area.

Session Plan 11 – Topics: Team Shape & Switching the Point of Attack with a Constraints-Led Approach

2v2+2 Directional Possession Game

[VIDEO LINK CLICK HERE](#)



EVEN SIDED END GAMES
Small Sided 3v3 or 4v4
(Regular FIFA Rules)

Time: 10mins

Size: 15 x 20 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: The team in possession tries to advance the ball from one end to the other. If the other team intercepts, they then try to keep possession and advance possession to and from the two floaters at either end.

Coaching Points:

- i) Maximizing width & depth (Shape)
- ii) Flattening out
- iii) Break lines by looking forward first to eliminate defenders (keep the defenders honest!)
- iv) Start-again pass & backwards and lateral support when closed down
- v) Defensive points: Two jobs of defenders (Mark a Lane & Mark a Player)

Intervention Key Questions:

- i) Where should I look when I am receiving the ball? When I have the ball?
- ii) How does getting wide influence the defenders?

Constraints to Modify or Challenge: # of defenders or size of playing area, or break lines for points

Time: 20mins

Size: 35 x 50 yards

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: Previous coaching points

Intervention Key Questions: Previous intervention key questions

Constraints to Modify or Challenge: Size of playing area