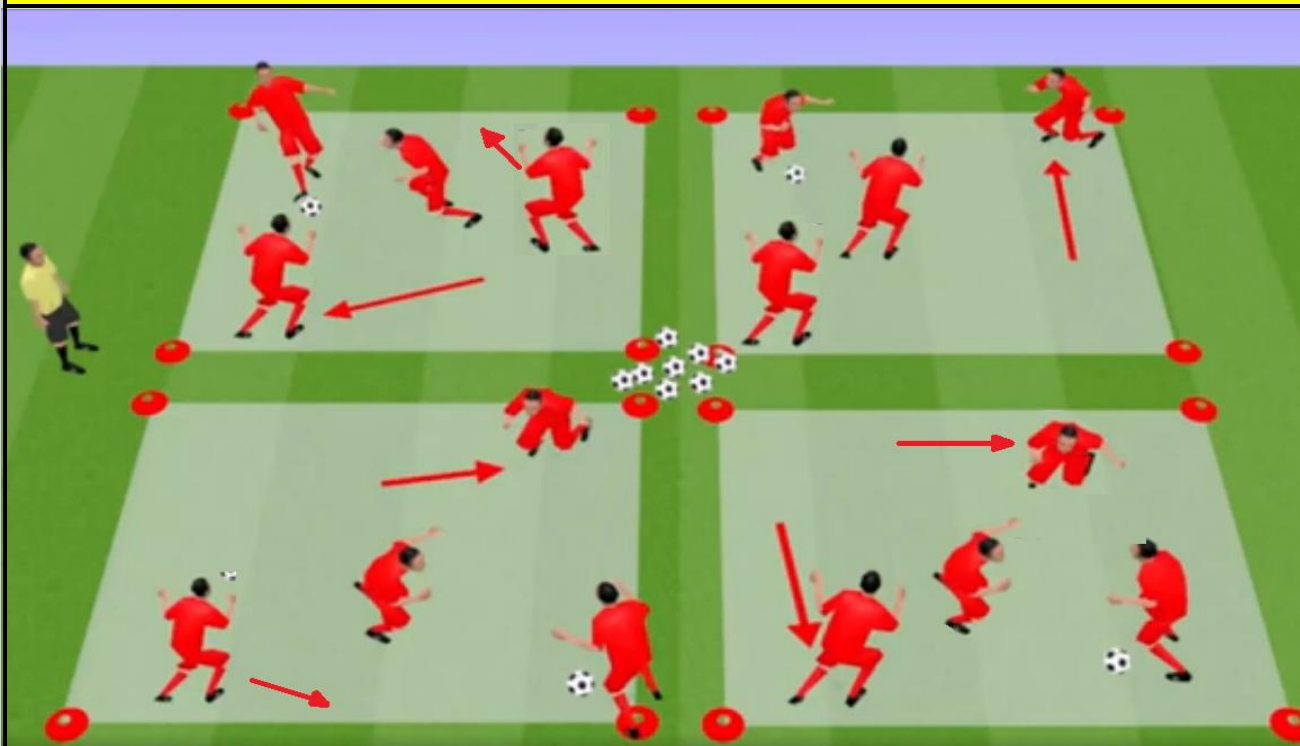


## Session Plan 4 – Topics: Forward Progression Through Mobility; Overlaps, One-Twos & the Equator Pass

### Rondo 3v1

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 8 x 8 yards or 10 x 10 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Three players try to keep the ball away from the defender. If a player gives the ball away they become the defender; a continuous 3v1.

**Coaching Points:**

- i) Moving away from the ball (Dispersal)
- ii) Timely flattening out (Mobility)
- iii) Recognizing pressure from defender with a First touch forward to elude defender's pressure
- iv) One-Two wall passes
- v) Shield & look for the option when under pressure

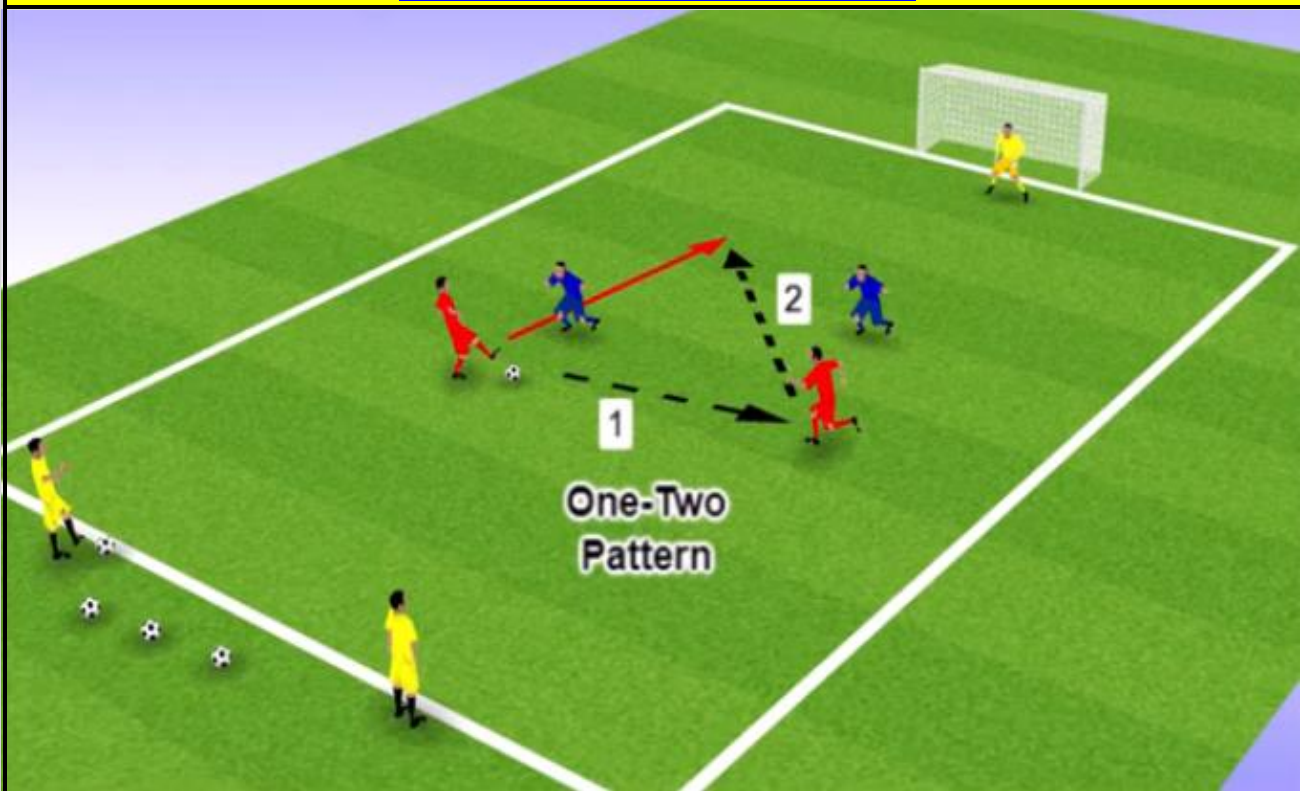
**Intervention Key Questions:**

- i) Why is it important & beneficial to move away from the ball when our team has it?
- ii) Where should my first touch go when you receive the ball?
- iii) How should I position my body before I receive it?
- iv) Once I've made the pass to my partner, when and where should I move?

**Constraints to Modify or Challenge:** Size of playing area. Touch restriction – 2 or 3, or 10-15 passes equals a point competition.

### Two Ways to Score

[VIDEO LINK CLICK HERE](#)



**Time:** 20mins

**Size:** 15x10 yards

**Organization / Equipment:** Cones, Balls, Pinnies & a Goal

**Explanation:** A 2v2 towards a goal. Focus on one-two wall passes and overlapping runs (ignore dribbling feints & incisive runs in the video). If the defending team acquire the ball they must find the target/next players. Either have two defenders defend for a period of time or alternate attackers to defenders each time. If you set up two or three of these mini fields, players can maximize participation, development and fun.

**Coaching Points:**

- i) Shape - Width between team mates while supporting player being in front (Mobility & Width)
- ii) Passing on the equator of the ball on the safe side
- iii) Mobility of passer to provide a forward option by either:
  - Overlapping run
  - Or One-Two (Combination Play) Wall Pass

**Intervention Key Questions:**

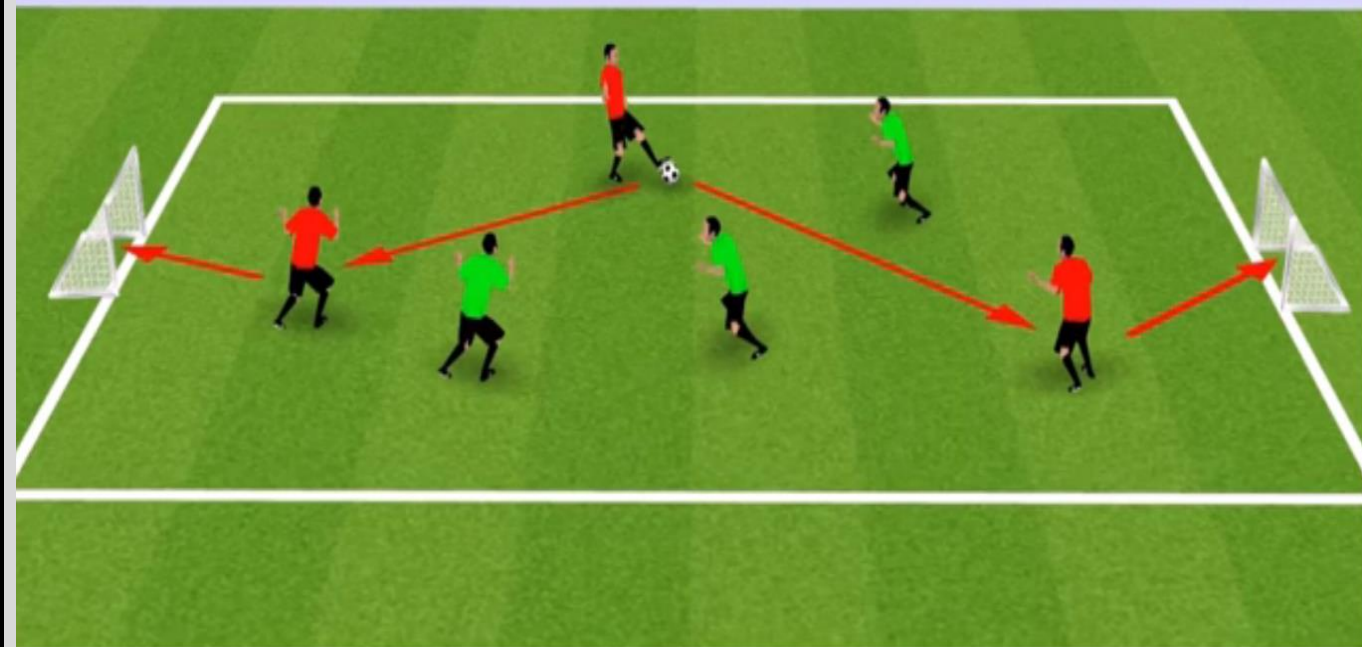
- i) When & how should I take my first step to support the player with the ball?
- ii) When my partner and I are close together does that make it easier or harder for the defenders?
- iii) Why is it always important to have forward passing options?

**Constraints to Modify or Challenge:** Size of playing area. Time constraint of 20 seconds to score.

## Session Plan 4 – Topics: Forward Progression Through Mobility; Overlaps, One-Twos & the Equator Pass

### WHICH WAY?

[VIDEO LINK CLICK HERE](#)



**Time:** 20mins

**Size:** 15 x 20 yards

**Organization / Equipment:** Cones, Balls, Pinnies & Goals

**Explanation:** The team in possession tries to advance the ball past the half way line and then can attack either goal. Incentivize the one-two wall pass or overlapping run goals by awarding 3 points if they score that way.

**Coaching Points:**

- i) Maximizing width / Flattening out
- ii) Forward movement/mobility to be an option.
- iii) Pass & MOVE! One-Two Wall Pass or Overlapping Run?

**Intervention Key Questions:**

- i) What can I do to influence the pass & show I'm an option?
- ii) Where & when should I 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) When should you make that penetrative run after passing?

**Constraints to Modify or Challenge:** Add a floater/ neutral player or modify the size of playing area

### EVEN SIDED SMALL SIDED GAME

3v3 or 4v4

(Regular FIFA Rules)

**Time:** 20mins

**Size:** May vary but ideally 15 x 20 yards or more

**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 questions

**Constraints to Modify or Challenge:** floater use or size of playing area