

Session Plan 13 – Topics: Recognizing Pressure; Start Again Pass & Switching the Point of Attack

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) Shield & look for the option when under pressure

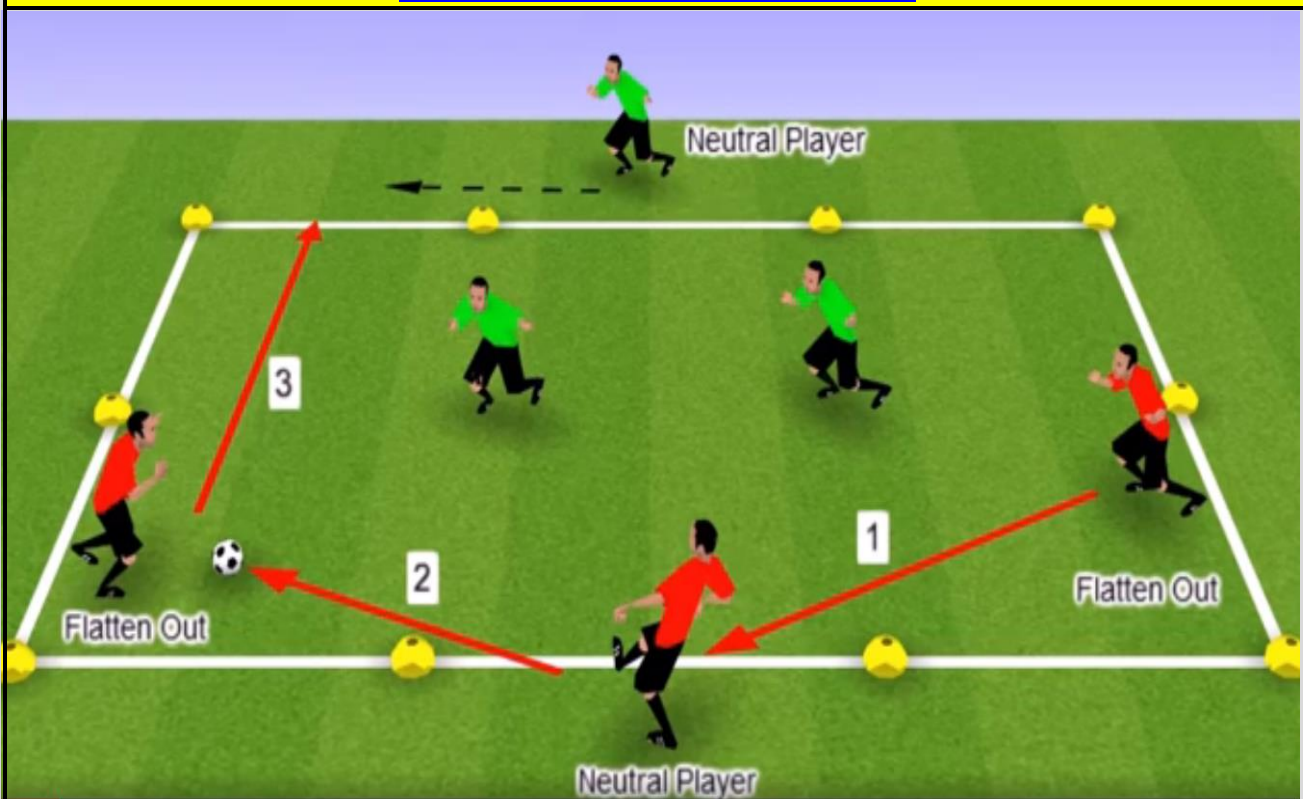
Intervention Key Questions:

- i) How do you know what the best option is?
- ii) If we can't go forward or to the side safely, where is the best option?
- iii) Where should my first touch go when you receive the ball?
- iv) How can you protect the ball?

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

2v2+2 Directional Possession

[VIDEO LINK CLICK HERE](#)



Time: 15mins

Size: 15x10 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A 2v2 in the rectangle with the end players acting as floaters. Players work the ball one way and then back in the opposite direction.

Coaching Points:

- i) Shape - Timely flattening out (Mobility & Width)
- ii) Recognizing pressure and lack of options by using visual exploratory behaviour (VEB) to avoid pressure
- iii) Start again pass on the equator of the ball
- iv) First touch towards next option & switch the point

Intervention Key Questions:

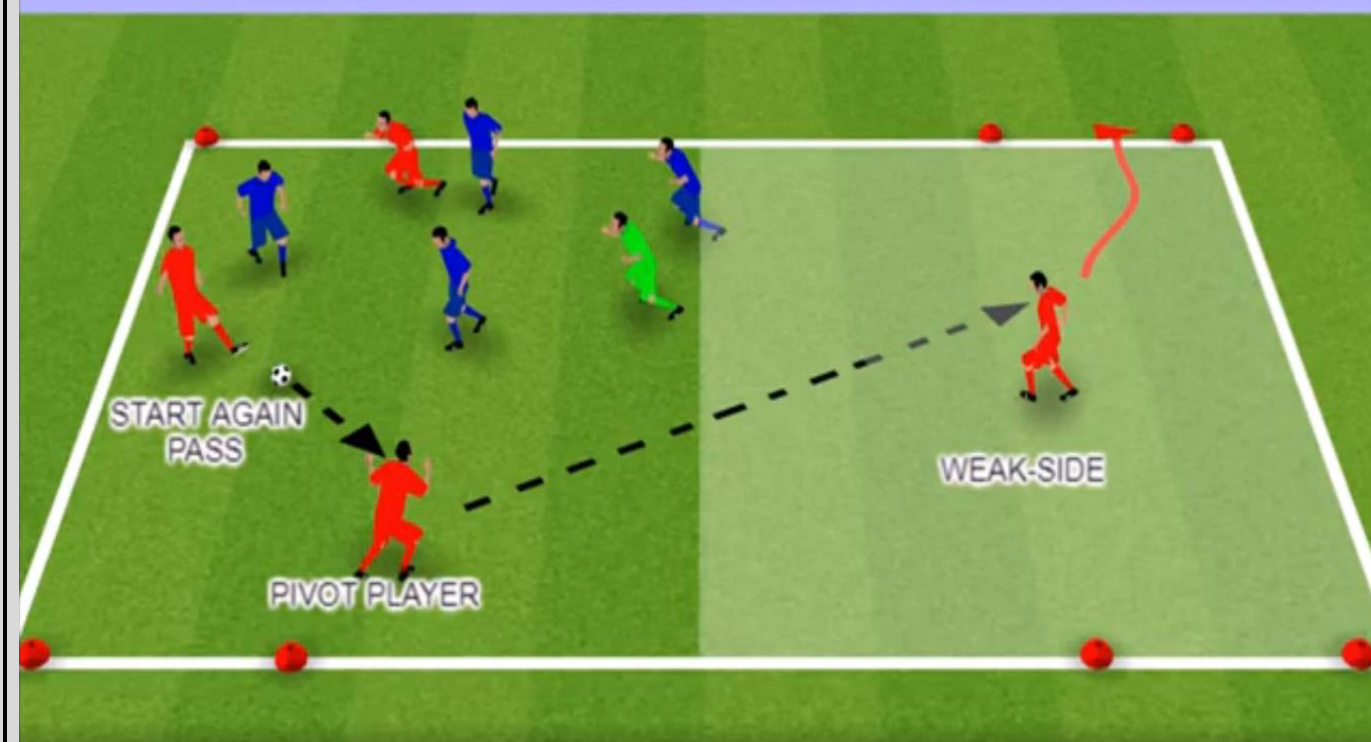
- i) How do you know what the best option is?
- ii) If we can't go forward or to the side safely, where is the best option?
- iii) Where should my first touch go when you receive the ball?
- iv) How can you protect the ball?

Constraints to Modify or Challenge: Size of playing area. There and back equals a point.

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4 Goal Game – Switch the Point

[VIDEO LINK CLICK HERE \(1min 53sec in Video\)](#)



EVEN SIDED END GAME (Regular FIFA Rules)

Time: 15mins

Size: 30 x 25 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: Can be played as a 3v3, 4v4, game and even include a neutral player / floater. If the team can switch the point from one side to another, they get two points.

Coaching Points:

- v) Shape - Timely flattening out (Mobility & Width)
- vi) Recognizing pressure and lack of options by using visual exploratory behaviour (VEB) to avoid pressure
- vii) Start again pass on the equator of the ball
- viii) Lead the pivot player in the correct direction with the pass
- ix) First touch towards next option & “switch the point to the weak-side”

Intervention Key Questions:

- v) How do you know what the best option is?
- vi) If we can't go forward or to the side safely, where is the best option?
- vii) Where should my pass lead the pivot player?
- viii) When we switch the point what tempo of play should we have? Why?

Constraints to Modify or Challenge: Size of playing area – wider or more narrow to challenge? # of floaters/neutral players

Time: 20mins

Size: May vary but ideally 30x40 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