

## Session Plan 12 – Topics: Team Shape & Breaking Lines with Equator Passing

### Keep Away with Multiple Balls & Defenders

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 20 x 20 yards

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

**Explanation:** This game can be played with the feet or hands. Defenders try to steal or spoil possession. If they do this, they then change roles with the player that made the mistake.

**Coaching Points:**

- i) Moving away from the ball/dispersal
- ii) Flattening out as soon as possible
- iii) Being aware of your surroundings before you get the ball / visual exploratory behaviour
- iv) Looking forward first to break lines

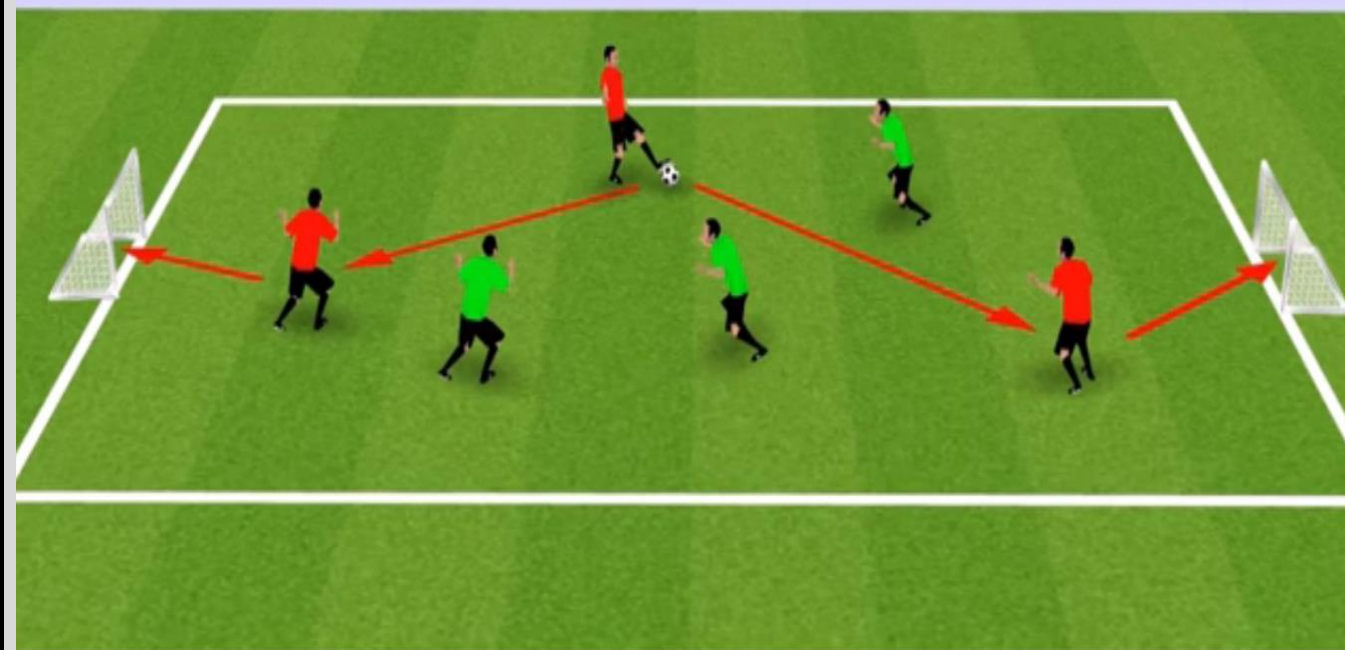
**Intervention Key Questions:**

- 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) Where should your first touch go?
- v) Where should I look when I am receiving the ball? When I have the ball?

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

### 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.

**Coaching Points:**

- i) Maximizing width & depth (Shape). Forward movement to be an option.
- ii) Flattening out
- iii) Break lines by looking forward first to eliminate defenders
- iv) Start-again pass & backwards and lateral support when closed down

**Intervention Key Questions:**

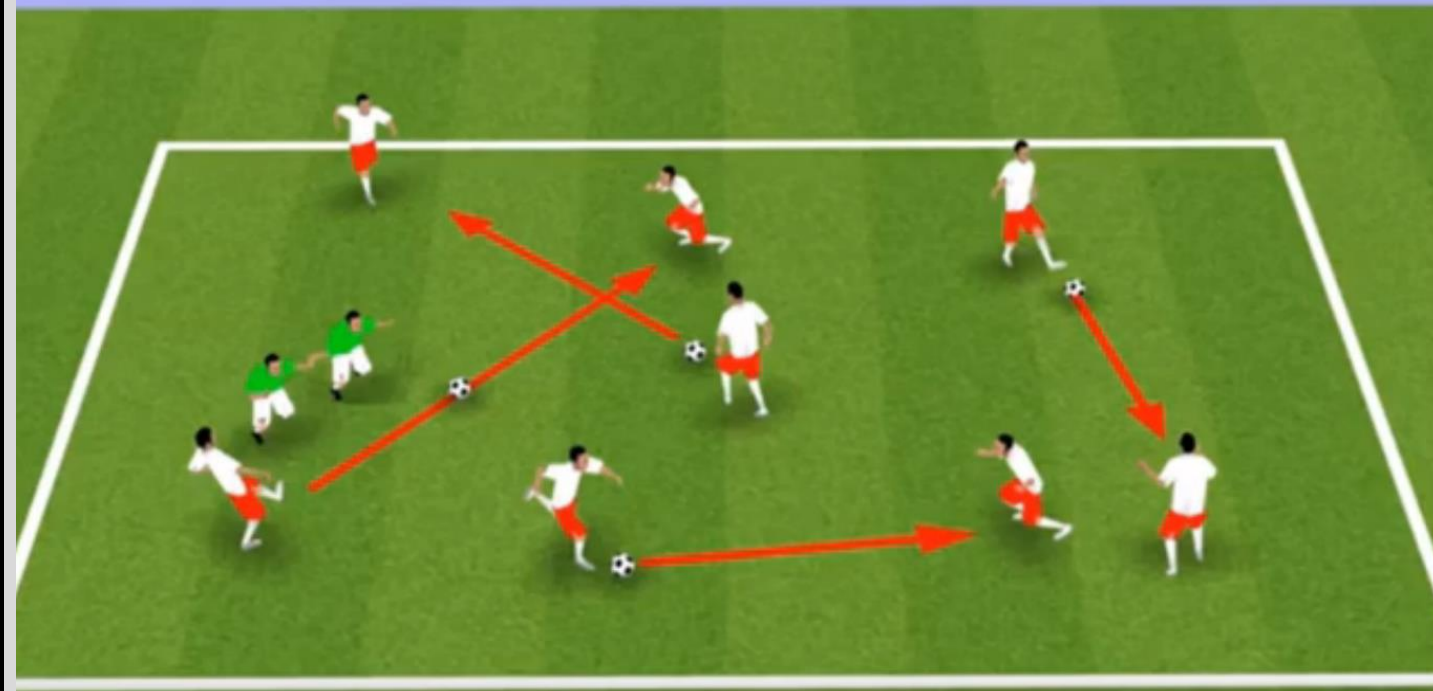
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**Constraints to Modify or Challenge:** # of defenders or size of playing area

### Great Glob Passing

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 20x20 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Partners try to keep the ball away from the Great Glob (coaches at first). Encourage players to pass and move away from the Great Glob. If the Great Glob captures a partnership's ball they then link arms and become part of the Great Glob.

**Coaching Points:**

- i) Passing and receiving on the equator
- ii) Moving away from the ball & pressure
- iii) Quick mobility to support

**Intervention Key Questions:**

- i) Where do we want to make contact with the ball when passing?
- ii) How can we make it easy to receive the ball?

**Constraints to Modify or Challenge:** # of defenders/Great Glob. Size of playing area.

### EVEN SIDED SMALL SIDED GAME

3v3 or 4v4

**Time:** 20mins

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

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

**Session Plan 12 – Topics: Team Shape & Breaking Lines with Equator Passing**

**(Regular FIFA Rules)**

**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