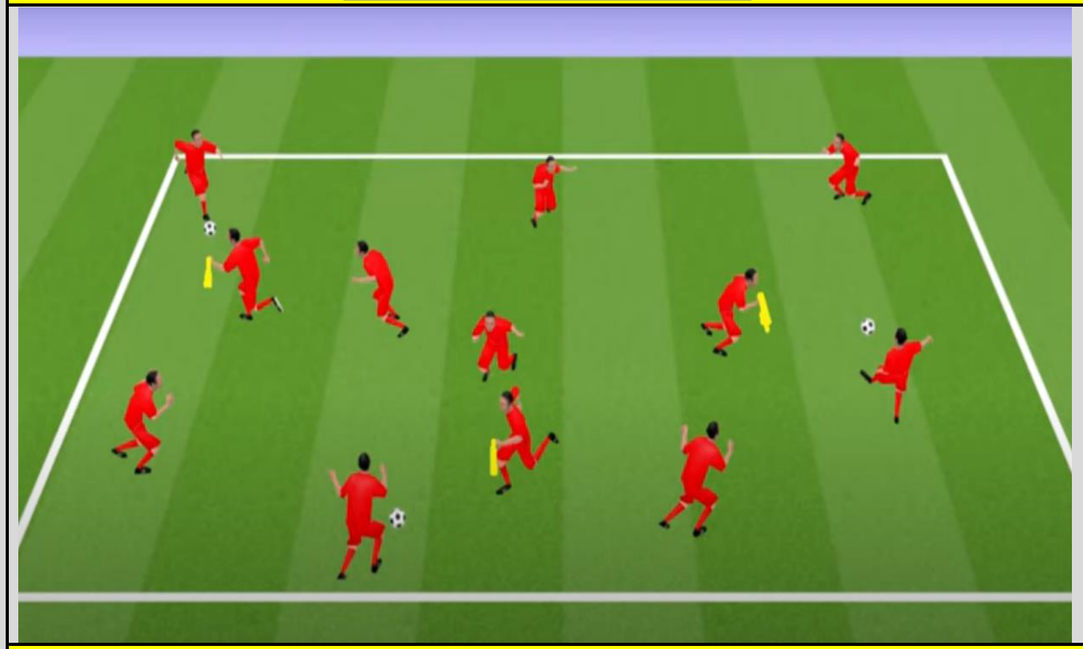
Session Plan 1 – Topics: Team Shape & Breaking Lines with Equator Passing

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

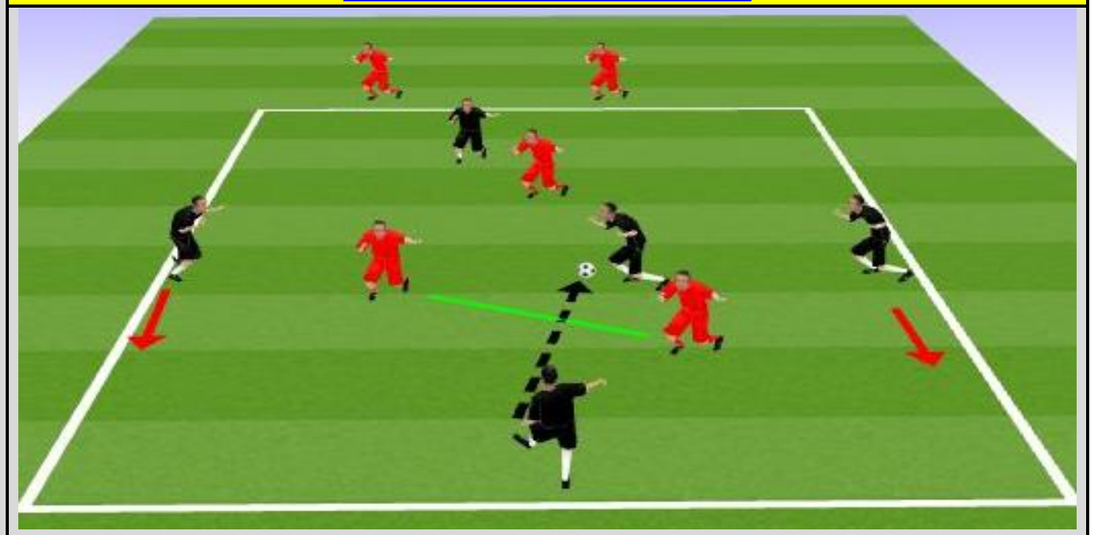
Intervention Key Questions:

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

5v2 or 3 Building Out of the Back

VIDEO LINK CLICK HERE



Time: 20mins
Size: 25 x 20 yards
Organization / Equipment: Cones, Balls, & Pinnies
Explanation: The team in possession tries to advance the ball from one side of the field to the other for a point. If the defenders acquire the ball, they find their players behind the line.
Coaching Points:

i) Maximizing width & depth (Shape)
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:

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 or size of playing area

Session Plan 1 – Topics: Team Shape & Breaking Lines with Equator Passing

2v2+2 Directional Possession Game **VIDEO LINK CLICK HERE** 	**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
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