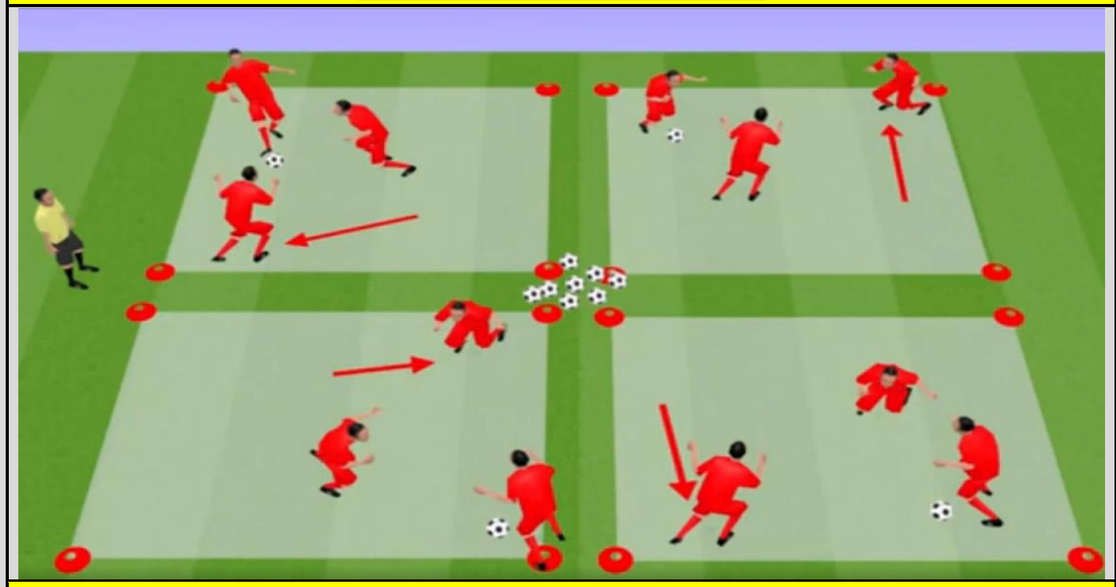
Session Plan 2 – Topics: Flattening Out (Support & Mobility), Passing & Receiving on the Equator & First Touch

Keep Away - Continuous 2 v 1

VIDEO LINK CLICK HERE



Time: 10mins
Size: 8 x 8 yards
Organization / Equipment: Cones & Balls
Explanation: Two players try to keep the ball away from the defender. If a player gives the ball away they become the defender; a continuous 2v1.
Coaching Points:

i) Moving away from the ball (Dispersal)
ii) Timely flattening out (Mobility)
iii) First touch forward &/or away from pressure (elude & eliminate)
iv) Shield & look for the option when under pressure

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?
v) How can you protect the ball?

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

Odd Man Out

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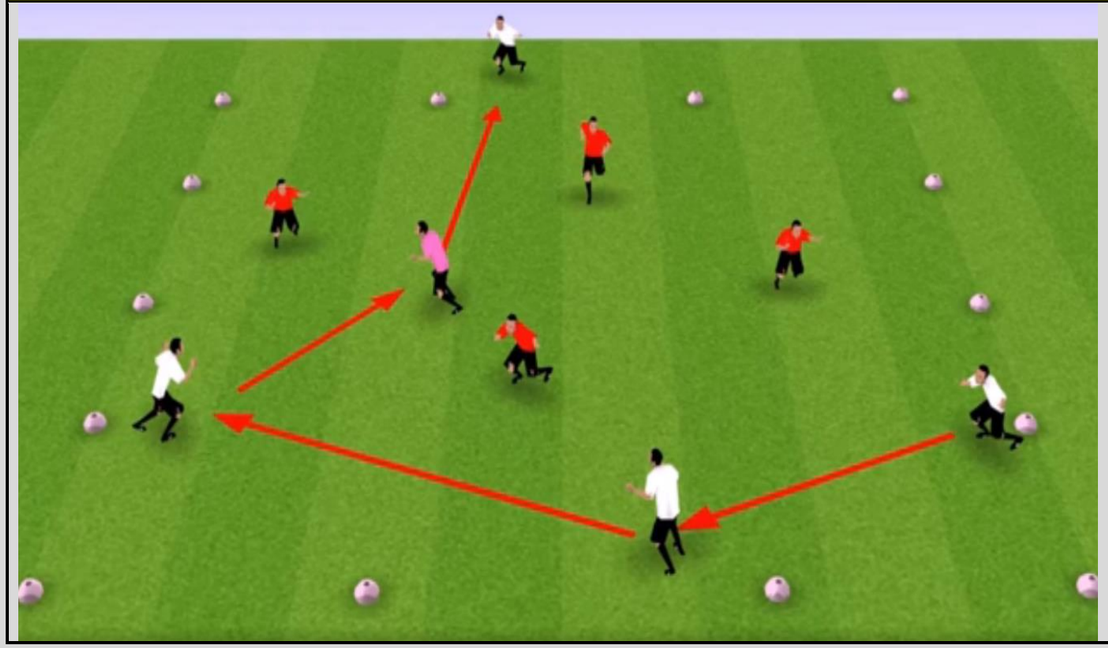

Time: 15mins
Size: 25 x 30 yards
Organization / Equipment: Cones, Balls, & Pinnies
Explanation: Can be played with 3v3+1, 4v4+1, 5v5+1, 6v6+1, etc. The team in possession tries to advance the ball from one side of the field to the other for a point. Each time one of their players must act as an end player. If the defenders acquire the ball, they find their players behind the line.
Coaching Points:

i) Moving away from the ball (Dispersal)
ii) Timely flattening out (Mobility)
iii) Play the way you face or face the way you play?
iv) First touch forward &/or away from pressure (elude & eliminate)

Intervention Key Questions:

i) What happens to the opposition when we get wider & flatten out?
ii) When do we make supporting runs & move?
iii) How should you position your body when you receive the ball?
iv) Where should your first touch go when I receive the ball?
v) Where should you look before & after you get the ball?

Constraints to Modify or Challenge: Size of playing area. # of floaters/neutral players. There and back equals a point.

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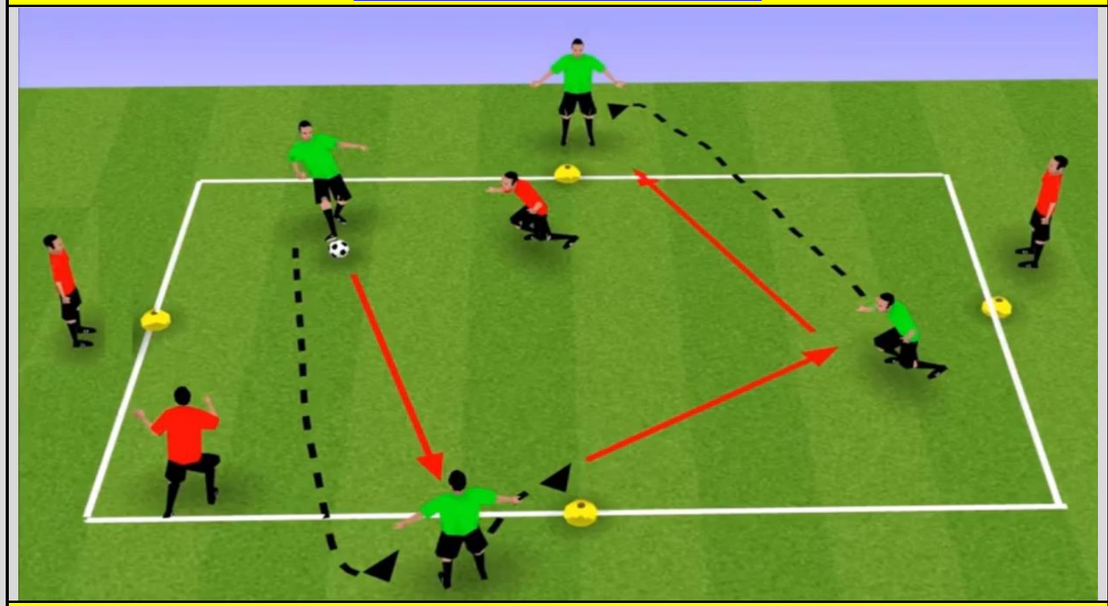
Directional Diamond Possession **VIDEO LINK CLICK HERE** 	**Time:** 15mins **Size:** 20 x 20 yards **Organization / Equipment:** Cones, Balls, & Pinnies **Explanation:** The team in possession tries to advance the ball from one end to the other. If the other team intercepts, they then try to keep possession and advance possession to and from the two floaters at either end. Once a pass goes outside the passer replaces the floater outside. **Coaching Points:** i) Moving away from the ball (Dispersal) ii) Timely flattening out (Mobility) iii) First touch forward &/or away from pressure (elude & eliminate) **Intervention Key Questions**: i) What happens to the opposition when we get wider & flatten out? ii) How should you position your body when you receive the ball? iii) Where should your first touch ideally go when I receive the ball? iv) Where should you look before & after you get the ball? v) Where should my first touch go when I receive the ball? **Constraints to Modify or Challenge**: Size of playing area. Add a neutral player/ floaters. There and back equals a point.
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