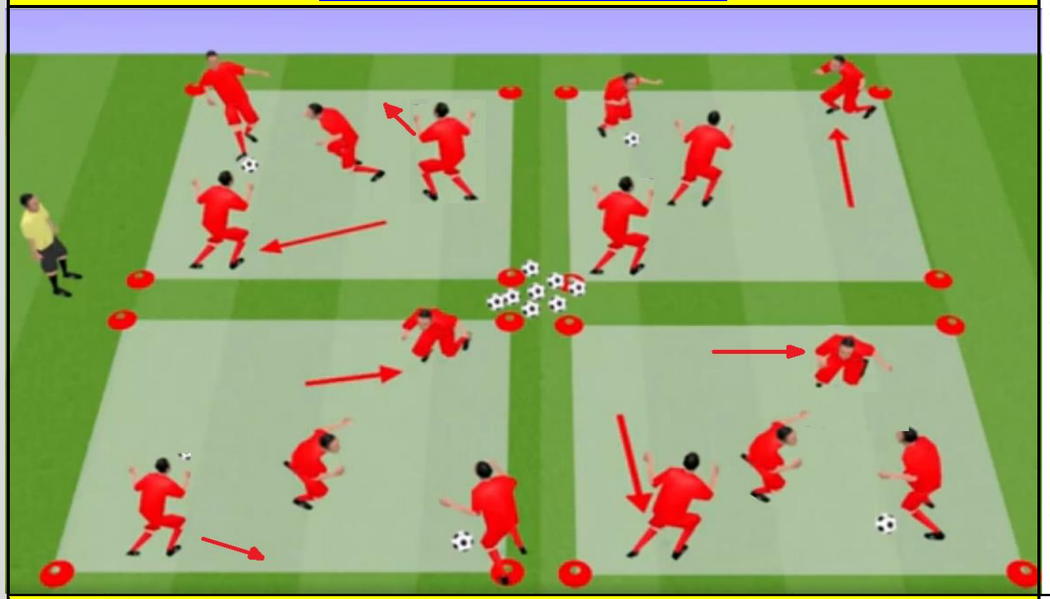
Session Plan 3 – Topics: Recognizing Pressure; Start Again Pass & Switching the Point of Attack

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

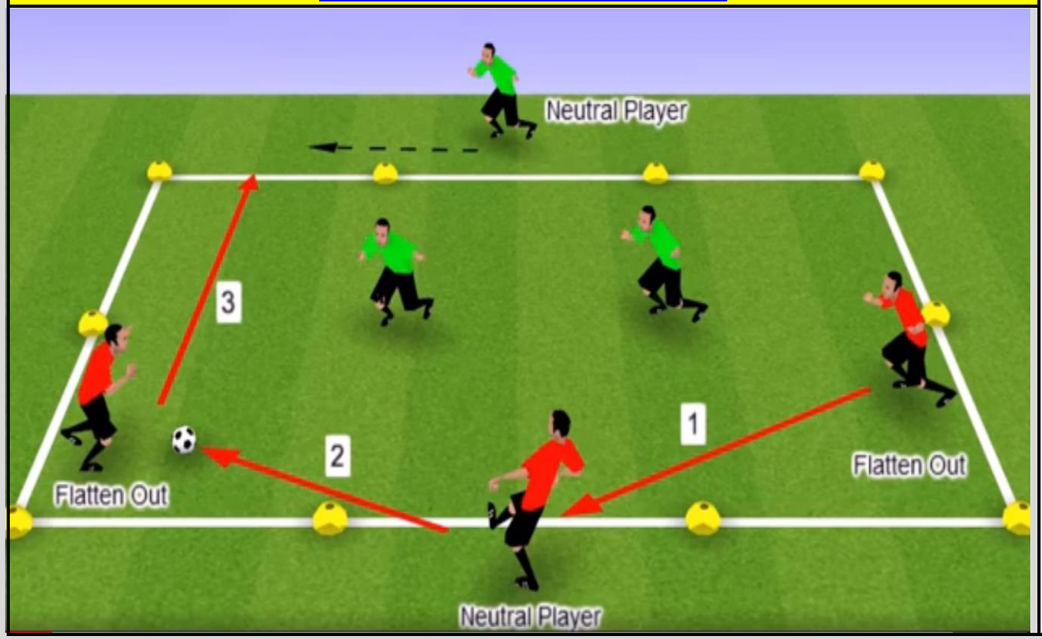
Intervention Key Questions:

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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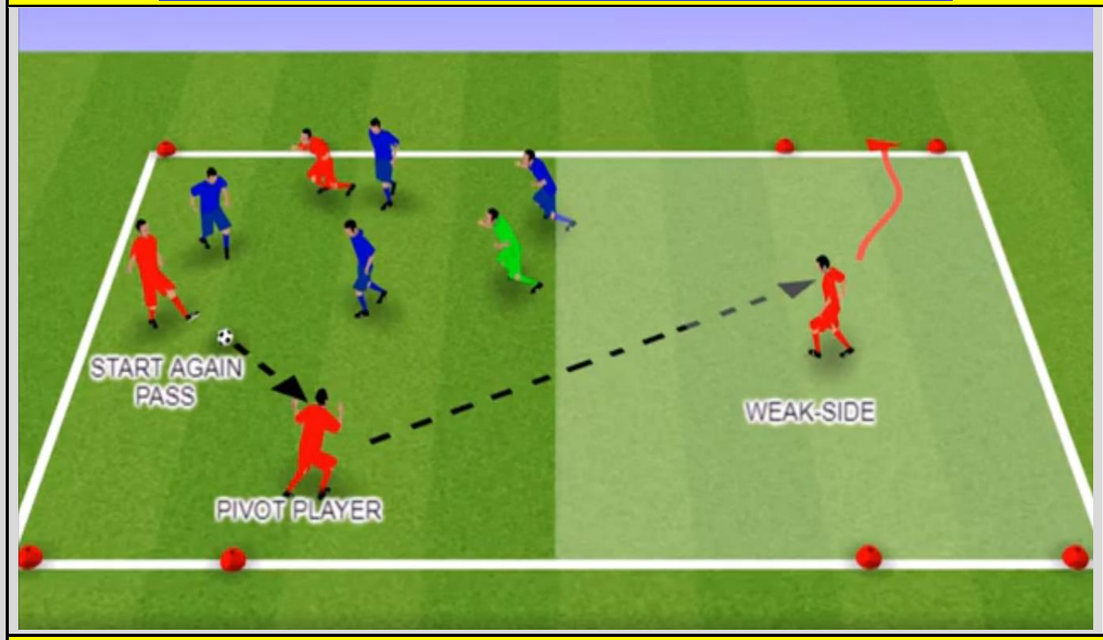
4 Goal Game – Switch the Point **VIDEO LINK CLICK HERE (1min 53sec in Video)** 	**Time:** 15mins **Size:** 30 x 25 yards **Organization / Equipment:** Cones, Balls, & Pinnies **Explanation:** Can be played as a 3v3, 4v4, game and even include a neutral player / floater. If the team can switch the point 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
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