

Session Plan 13 – 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

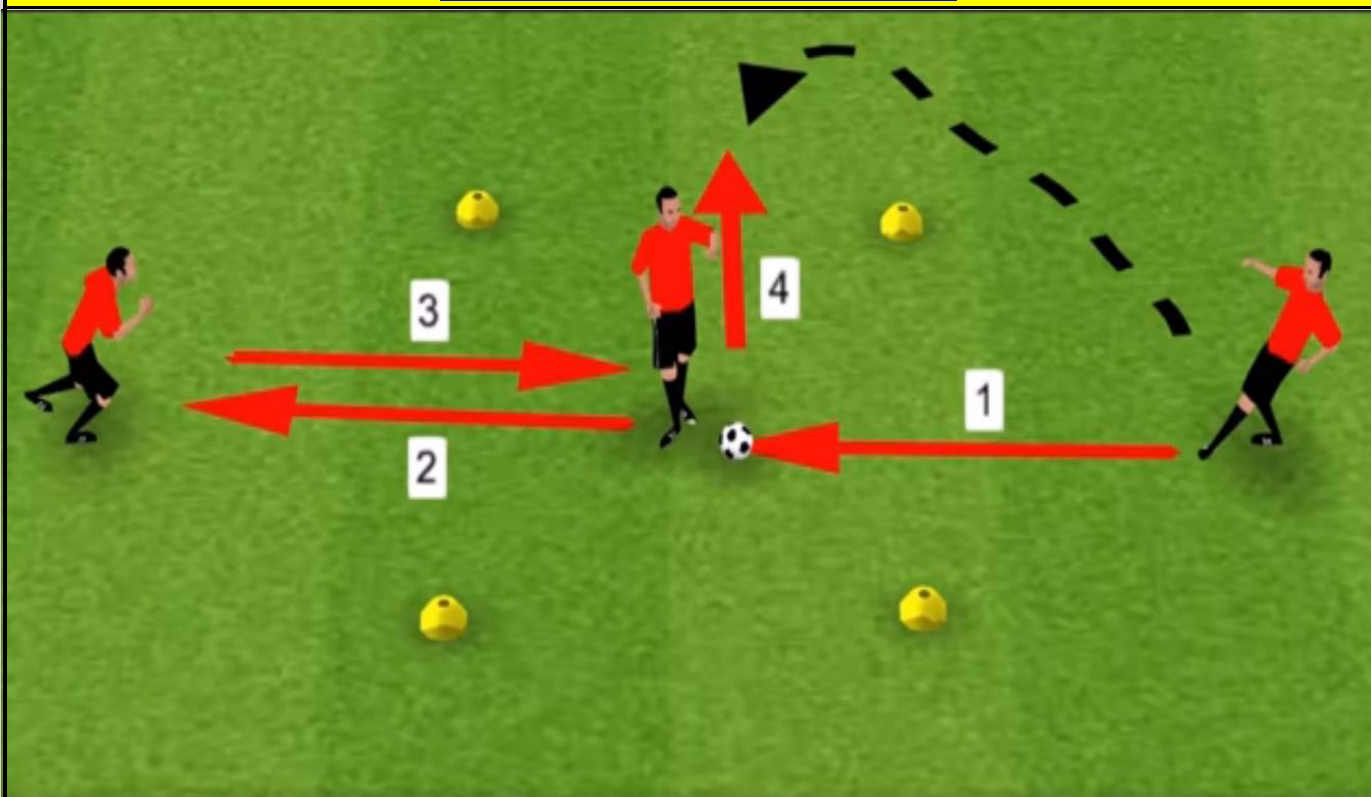
Intervention Key Questions:

- 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.

Head on a Swivel

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Time: 15mins

Size: 3x3 yard squares x 4

Organization / Equipment: Cones & Balls

Explanation: The player in the middle flattens out within the square, receives the ball on the front foot and equator passes to the outside two or three players. Switch the players in the middle every minute or two.

Coaching Points:

- i) Moving away from the ball on an angle and flattening out with an open body while seeing both players (Dispersal)
- ii) First touch towards the other player

Intervention Key Questions:

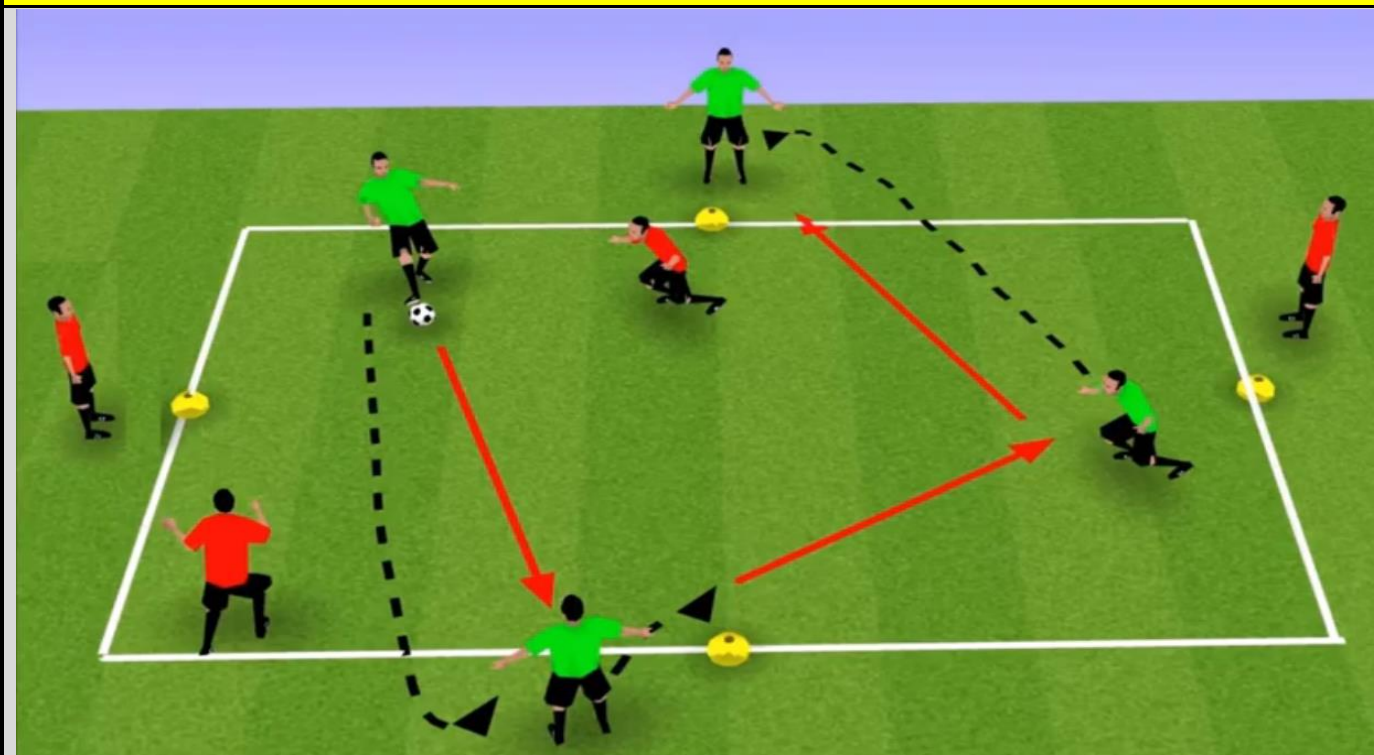
- i) Why do you think the ball is going up in the air?
- ii) Where should your first touch go when I receive the ball?
- iii) Where should you look before & after you get the ball?

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

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Directional Diamond Possession

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EVEN SIDED SMALL SIDED GAME

3v3 or 4v4

(Regular FIFA Rules)

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.

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