

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

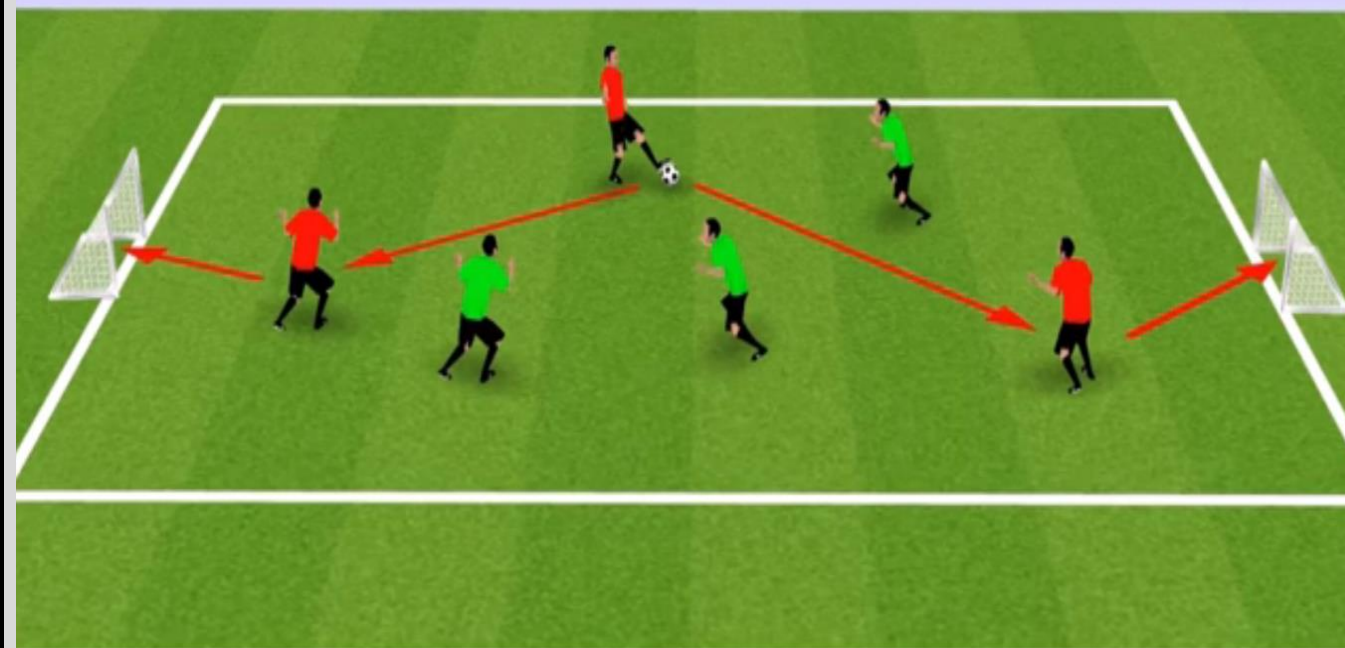
Intervention Key Questions:

- 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

WHICH WAY?

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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:

- 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

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2v2+2 Directional Possession Game

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EVEN SIDED SMALL SIDED GAME 3v3 or 4v4 (Regular FIFA Rules)

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

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