

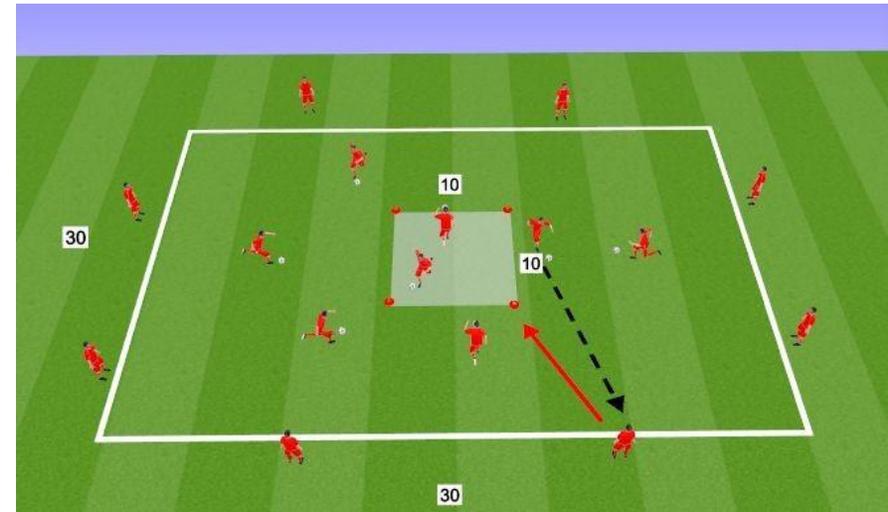
Free Play (10 mins)

Organization:

Instructions:

Coaching Points:

Progressions/Regressions:



Passing and Moving (15 mins)

THE SESSION: Ball Movement Warm Up

Set Up: 10x10 within 30x30

16 players, eight on the outside without the ball and eight in the middle with a ball each

Players on the ball dribble up to a player on the outside and pass them the ball.

New player on the ball now dribbles through the center box and passes to a different player on the outside

Players look to get in and out the area as quick as possible

Must complete one skill number in the small box

Key Messages:

Sharpe passes into players once leaving center box

Communicate with who you're playing to

Positive first touch towards the box

Big touches towards the center and little touches within the center box

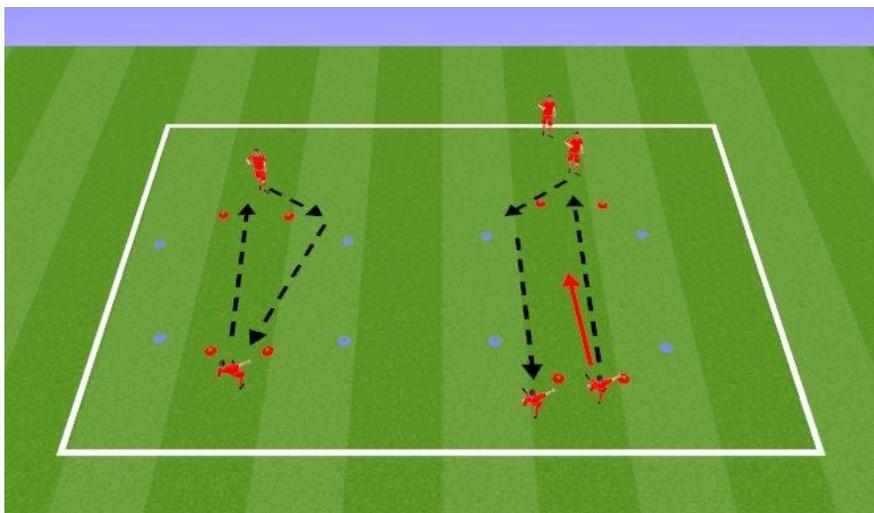
Progressions:

1 - players on the ball stay in the middle for 1 minute, play 1-2s with players on the outside

Pass to outside and open body receive and drive back through center

2 - players on the ball stay in the middle for 1 minute, play 1-2 but hold and release
Players in the middle play to outside and sprint around the outside player before receiving back in front of them

Players on outside don't release ball until the center player communicates
3 - player on the ball decides which one of the three to use, communicating this before he passes the ball to the outside



Passing (15 mins)

Organization: Set up gates- red 3m and blue 8M

Equipment: Cones, balls

Warm up: 5 mins- Team specific

Instructions:

5 mins- 2 players per group. Players pass across and receive to take their first touch towards either blue cone, pass back, then return to red cones.

Progression:

10 mins- 4+ players per group. Players makes a pass across and follows to try to intercept the next pass. Players receiving take their first touch to a side and play back across. Start with passive defending for the first few minutes to allow for success, then increase the pressure to the ball.

Rotation- pass, defend, return to the line.

Coaching points:

Proper technique passing and receiving

Good first touch away from pressure

Movement into space to receive the pass



Conditioned Game (15 mins)

Set Up:

As Previous phase

Rules and Conditions:

Possession team plays with an overload (7v3). Defending team to try and win the ball and score in either goal for a point. Possession team get points for receiving inside the triangle and taking the ball out of a different side to which it came in. Players do not have to receive the ball in a triangle.

Progression:

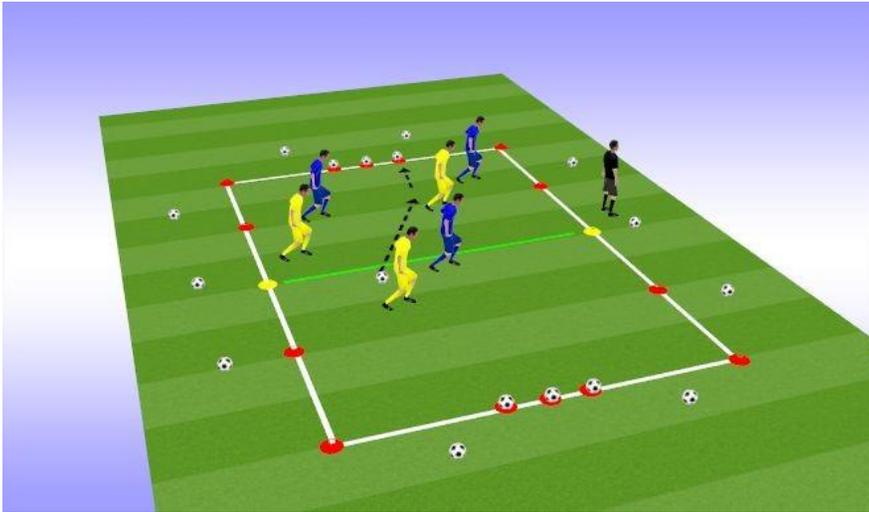
Adjust team numbers.

Coaching Points:

Width and Depth (High and Low).

Pass quality.

Communication.



SSG - 3 v 3 (15 mins)

Set up & Equipment:

- 15 wide x 20 yard long areas.
- 3 v 3, 4 v 4, or adding Neutral player depending on numbers
- 6 balls on cones or 6 large cones for targets - 3 balls on each side.

Organization:

- Object of the game is to knock over the opponents 3 balls (Cones) - first team to knock down all 3 balls (Cones) wins.
- Restarts after attempt on target, start in front of targets.
- Sideline restart - run in or pass in.
- Retreat line halfway line.

Coaching Points:

- Encourage attacking players to take on players 1 v 1.
- Encourage player to attack space (run into space and use space before passing)

