

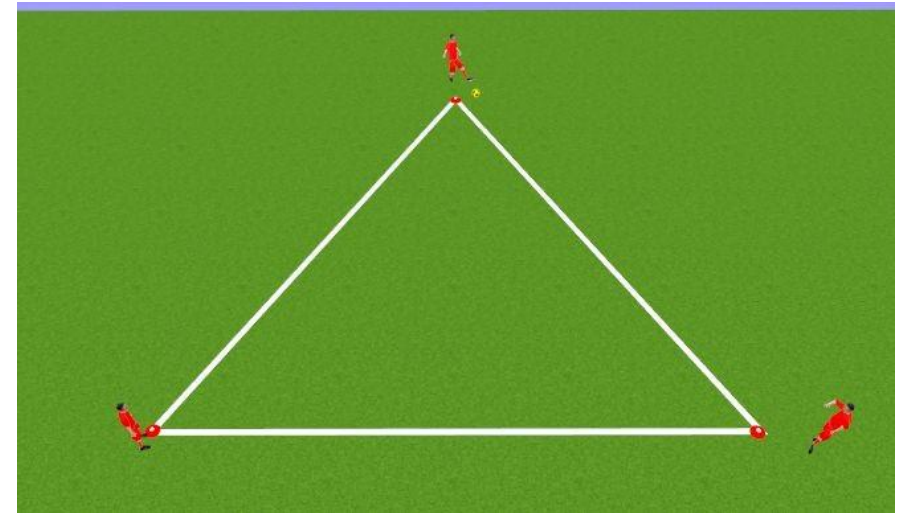
### Free Play (10 mins)

**Organization:**

**Instructions:**

**Coaching Points:**

**Progressions/Regressions:**



### Passing and Receiving (15 mins)

**Equipment**

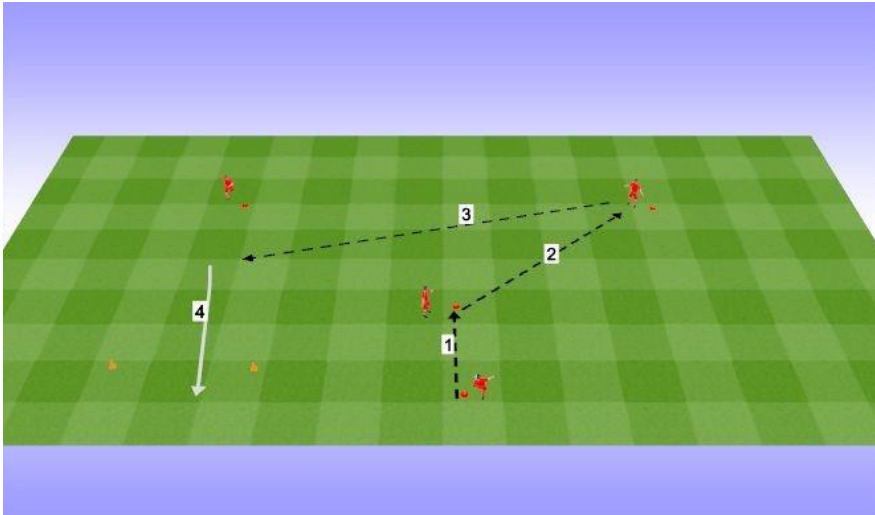
- 3 markers per triangle set up
- footballs

**Description**

- Players are to pass the ball going one direction
- Alternate the other way
- Introduce Combination (ex. one-two, pass-set-play it across)

**Points**

- Quality of the pass
  - Weight of the Pass
  - Receiving (1st - Touch)
- All Players + Goalkeepers!



## Passing and Receiving (15 mins)

### Set-Up

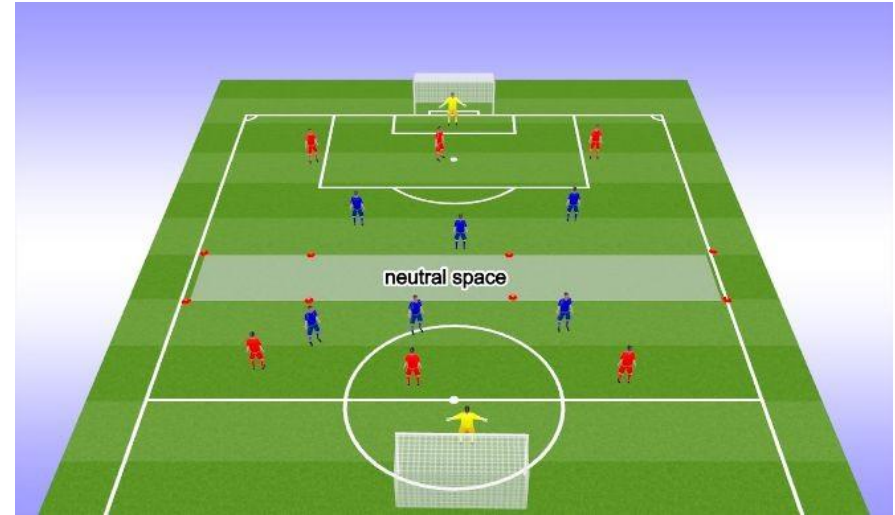
- 4 cones with 2 tall cones in the corner
- 2-3 players on each cone
- Balls at players feet in the line

### Instructions

- The pass is played forward to the central player who receives on the back foot
- The ball is then played diagonally, the corner player opens out and plays a forward pass
- Once the 4th player gets the ball they explode through the gate
- There are various progressions in terms of changing the pattern of play

### Coaching Points

- Highlight the importance of the first touch
- Checked runs to receive
- Can players open out
- 



## Conditioned Game (15 mins)

### Organization:

2 teams of 3 players and 1 neutral (if you don't have a neutral that is okay)

### Description:

The team in possession is attacking the goal. If the attacking team scores, they restart the play. If the defending team gets the ball, then they have to quickly get the ball in the neutral zone and try to score a goal as well

### Coaching Points:

- possession of the ball
- transition
- communication
- find the open player to create overloads



## 7 v 7 (Home and Away SSG) (15 mins)

### Session Set Up

7 v 7 with G.K in big goal + neutral (yellow player) (5 v 5 in central zone)

3 mini goals at another end.

1 v 1 channel in wide areas.

One player from each team in the right channel.

One player from each team in the left channel.

All the other players stay central.

Balls at the side with coach.

### Session Explanation

**Block 1-** Home team (reds) score in the big goal and away team (blues) if they win the ball counterattack to the 3 mini goals.

**Block 2-** Swap home and away team around so away team attacks the big goal.

**Block 3-** Game flips- only goals in big goal with G.K count- if the away team scores in one of the 3 mini goals, then that goal doesn't count now. Instead, the game flips and they become the home team and try to score in the big goal.

Away team have 10 seconds to get the ball and play again- keep in the same team shape so deepest player (CB) will have to run to get the ball and start the attack the other way, towards the big goal.

In the 1 v 1 channel if the attacker beats the defender in the final third, they then can go inside the central zone and cross or combine. Only wide players are allowed in wide zone- no central players allowed to come in.

### Progressions

Can match up players ability of players in wide areas if group is mixed ability.

If wide man drives inside there must be someone in the outside channel- can work on overlaps.

Players in the middle must only have two touches- wide men in channels unlimited touches- this will encourage players to use the wide men more often.

### **Key Coaching Points**

Take ownership in Block 3 game- when game flips can players get organized quickly and start playing again.

Counter press/counterattack- once you win the ball back look to break at speed and exploit space.

1 v 1 in wide areas- always be positive and drive at the defender. If you beat the Defender, explode away.

End turn once you beat the defender- Either find a teammate or deliver a good cross.

How and why, we are using a particular skill- facing up defenders, beating defenders.

Can't always drive straight at the defender- must sometimes drive to the side to drag defender one way and then that opens up space to drive into after performing skill.

Perform skill at intensity in order to beat the defender.

