

CONNECTION BEFORE CONTENT

AREA: ¼ - ½ Field

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

MAIN MOMENT: **Ball possession (BP)**

KEY PRINCIPLE: **Combination passes to create goal scoring opportunities**

PHYSICAL LITERACY: **Psychological – Player Confidence**

PASSING PRACTICE – DIRECTIONAL POSSESSION

Warm up, and introduction of session focus | 5 mins

SET-UP:

Set up 25m x 20m area as per diagram.

12 players = One set up

14 – 16 players = Two set ups

Split the players into even teams, 4v4/5v5 + wall players

Place one player on each end of the field - wall player

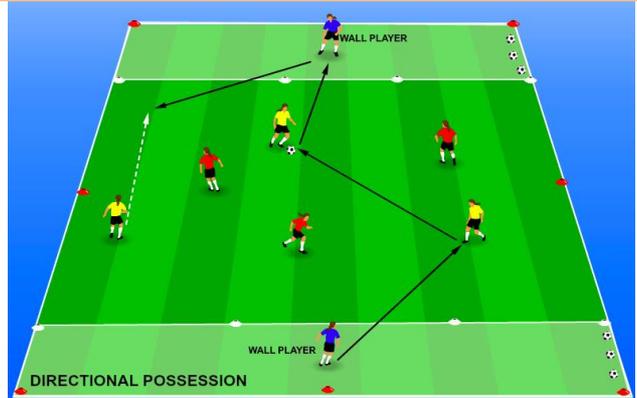
If you have uneven numbers, use a 'joker', who plays on the attacking team.

EXERCISE:

1. Team in possession must attempt to play from one wall player to the other, receiving a point each time.
2. Defending team is not allowed to tackle, only interception. If they intercept, they now attempt to play from wall player to wall player.
3. Swap the wall players after 2 minutes

PROGRESSION OPTIONS:

4. Players cannot play back to the same wall player.
5. Players are only allowed to take 3 touches
6. Players can tackle.
7. Introduce a point system – **Make it a competition!**



COACHING POINTS:

- Positive first touch and play forward passes.
- Encourage penetrating passes inbetween the opposition defenders.
- Early decision to play forward passes whilst the opposition shape is disorganised.
- Quick combination play (1 / 2 touch)
- Quick forward runs.
- Quick ball speed to disrupt the opposition shape.

POSITIONING GAME – DIRECTIONAL POSSESSION

Possession game with positions | 10 - 15 mins

SET UP:

Mark a line from the corner of the box to half-way.

Split the area between the box and halfway line into two sections (Area 1 and Area 2).

Split players into attackers (blue) vs defenders (red)

Area 1 – 4x Blue players vs 2x Red players

Area 2 – 3x Blue vs 3x Red players

Area 3 – 1x Goalkeeper (Red team)

EXERCISE:

1. Players must start in their allocated area, provide them with realistic positions.
2. Blue start at the half-way line and must combine to play the ball into Area 2.
3. Once the ball enters Area 2, one blue player from Area 1 can join in, moving forwards.
4. Blue must try to work the ball into Area 3.
5. Once the ball enters Area 3, one additional blue can join the attack, creating a 2 vs GK.
6. Blue attempt to score within 3 seconds.
7. If Red win the ball, they can score in the small goals on the half-way line within 10 seconds.

COACH TIPS:

Ensure that the shape of both teams is correct before re-starting play.



PROGRESSION:

8. Blue players cannot dribble into an area, must be play a penetrative pass into the next area.
9. Swap / rotate players positions.
10. Allow 2 Blues & 2 Reds to transition across into the next area.
11. Introduce a time limit – blue team has 20 seconds to score.
12. Implement a touch limit. I.e. Maximum 3 touches

COACHING POINTS:

- Psychological** – Encourage players to be positive and creative on & off the ball to penetrate and create goal scoring chances.
- Social** – Encourage players to communicate to each other
- See Game Training Coaching Points & Individual Technical Points.**

GAME TRAINING – FOUR GOAL FOOTBALL

Realistic match situation. Correct players and positions | 20 mins

SET-UP:

Using the same set up as the positioning game
Allocate two jokers (yellow) to be in the wide zones.
Create one big goal on the half-way line

EXERCISE:

1. Blue aim to score in the main goal. Red, the other.
2. Only the jokers (yellow) are allowed in wide area.
3. The Jokers only have 2 touch in the wide zones
4. Once a Joker has touched the ball, they can BOTH enter the field and join the attacking team.
5. Allow the game to flow. Restart from half-way each time the ball goes dead.
6. Place a 3-touch maximum limit on everyone

OBJECTIVE / TEAM TASK:

Can we combine to play penetrative passes beyond or between the opposition's defensive lines to create goal scoring chances?

COACH TIPS:

Place players in realistic match positions.
Ensure the shape of both teams is correct after each restart in play.

Coach and challenge each individual player.



COACHING POINTS:

Challenge players to take a positive first touch and play forward passes.
Encourage penetrating passes inbetween the opposition defenders.
Early decision to play forward passes whilst the opposition shape is disorganised.
Quick combination play (1 / 2 touch)
Quick forward runs.
Quick ball speed to disrupt the opposition shape.
Create gaps in the opposition shape by creating width & depth.
Motivate players to be ruthless in front of goal!

TACTICAL COACHING POINTS

Individual Tactical

Midfielders: Position yourself between opposition lines to receive the ball and face forward.

Midfielders: If you are facing forward look to play penetrative passes in between opposition defenders.

Midfielders: Disrupt the opposition shape by playing quick passes.

Midfielders: After playing forward passes, support attackers underneath the ball or make runs beyond.

Individual Tactical

Striker: Stay high to create depth and look to play bounce passes to midfielders.

Striker: If you can receive the ball and face forward, attempt to play passes in between the opposition defenders to wingers.

Wingers: Position yourself high and on the shoulder of the opposition's Right/Left Back, so you can make runs in behind the opposition.

Wingers: As midfielders / striker receive the ball facing forward, make forward runs inside or behind the opposition back line

GAME – NORMAL GAME

SET UP:

Place one goal at half - way.

Have two teams and place them in realistic positions.

Include Goalkeepers.

Condition - 3 points if a goal is scored immediately after a penetrative pass.

COACH OBSERVATION:

Do the players combine to create goal scoring chances?

Do they play forward penetrative passes?

Do the players make forward runs?

Are players confident in making attacking plays?

Observe the players and the team | Time 25 mins



END OF SESSION WRAP UP - Conduct a Q & A with your players to test their learning!

What they enjoyed most?

What they learnt from the session?

Tell individual players and the team what they did well.

COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?