

CONNECTION BEFORE CONTENT

AREA: ¼ - ½ Field

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

CORE SKILL:

STRIKING THE BALL

ASPECT:

Controlled Possession

PASSING PRACTICE – RONDO

Warm up, and introduction of session focus | 5 mins

SET-UP:

Set up two 10m x 10m squares

Split players into small groups of 4, 5 or 6.

The groups can be divided as follows:

4 players = 3 vs 1

5 players = 4 v 1

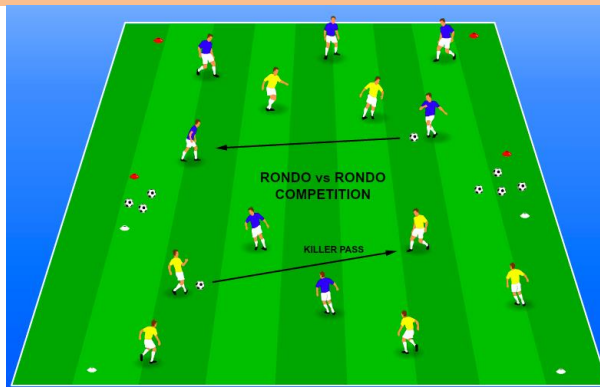
6 players = 4 vs 2

EXERCISE:

1. The attackers must keep the ball away from the defender(s)
2. If the defender wins the ball, they swap out with the person they tackled/intercepted. If the ball is kicked out, they swap with the person who kicked it out of the area.
3. If the attackers make more than 10 passes, the defender must do 10 star jumps after the ball goes dead.
4. If the defender gets nutmegged, they must stay in for a second round.

PROGRESSION:

5. If the attackers play a penetrating pass between the defenders, the defenders must stay in for another round.



6. Swap defenders if they have been in the middle for more than 2 minutes
7. Attackers can only take two touches.

COACH TIPS:

Start quickly!

Get players into Rondos as soon as they arrive!

COACHING POINTS:

Firm & accurate passing – ‘See technique’ section

Move first touch in the direction of next action and into space

Tactical - Encourage players to move into gaps to receive the ball

Social – Communicate to teammates and call their name when passing

POSITIONING GAME – DIRECTIONAL POSSESSION

Possession game with positions | 10 - 15 mins

SET-UP:

12 players = one set up

14 players = two set ups (2v2 + joker in the middle)

16 players = two set ups (3v3 in the middle)

Define a 30m x 20m area.

Split the players into two even teams.

Place one player on each end of the field, known as ‘Wall Players’ (blue player in diagram)

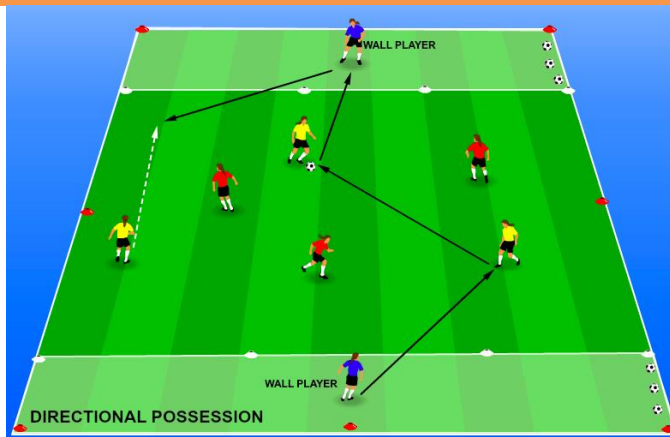
If you have uneven numbers, use a ‘joker’, who plays on the attacking team

EXERCISE:

1. Teams must keep possession (yellow vs red), whilst using the wall players
2. Each time a team passes from one wall player to the other they receive 1 point
3. Swap the wall players after 2 minutes
4. Make it a competition and see which team can gain the most points!

PROGRESSION OPTIONS:

5. Only allowed 3 touches.
6. 3 points if a team completes 7 passes before playing the wall player (controlled possession)



POSITIONS:

Give the players positions to provide the with game context.

The players in the middle represent a midfield 3.

Holding Mid – 6, Central mid – 8, Attacking mid – 10

COACHING POINTS:

See coaching points below.

If a ball goes out, play a ball in quickly to keep the intensity high!

Maintain competition element.

Encourage players to communicate to each other

GAME TRAINING – FOUR GOAL FOOTBALL

Realistic match situation. Correct players and positions | 20 mins

SET UP:

Split players into two teams
Place players in realistic game positions.

Ensure a formation includes:
GK – Defence – Midfield - Attack

EXERCISE:

1. Can the attacking team maintain controlled possession and score in one of the small goals?
2. Team receives 3 points if they score after completing 10 passes.
3. Set individual challenges

How many successful forward passes can midfielders make?

How often can players receive the ball and play forward?

Who can turn the ball over the least?

PROGRESSION OPTIONS:

4. Limit touches
5. Only allowed to score after maintaining possession for 10 seconds



COACHING POINTS:

See coaching points below.

Create width by stretching the opposition

Create depth by having high and low players.

Be patience and wait until time & space is created to penetrate.

Varying the service into players – from the baseline, sideline, in the air.

COACHING POINTS

Individual Technical

Firm and accurate passing.

Correct inside foot technique

Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION

Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE

Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

Defensively –

Immediately pressure the ball and players first touch

Close down passing channels / gaps to avoid balls being played between two team mates

GAME – NORMAL GAME

Observe the players and the team | Time 25 mins

SET UP:

Within the area set up ONE goal on either side.

Have two teams and place them in realistic positions.

Include Goalkeepers

Allow the players to play freely

COACH OBSERVATION:

Do the players maintain controlled possession?

Do they create width & depth?

Do they provide support to the ball carrier?

Do they turn the ball over less?



END OF SESSION

WRAP UP:

At the end of the session ask the players:

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?