

## >>> CONNECTION BEFORE CONTENT <<<

 1/2 or 1/3 field

 1 Ball per Player

 20 cones

 1/2 number of players

### MAIN MOMENT - BALL POSSESSION (BP)

### PRINCIPLE - CONTROLLED POSSESSION

#### ARRIVAL ACTIVITY

#### PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5 min

#### SET-UP

- Set up one of the following activities to engage your players on arrival.

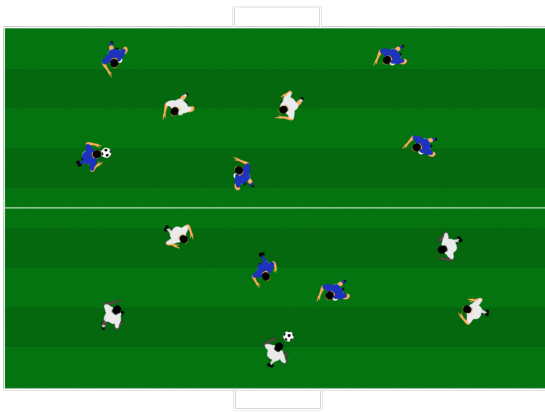
#### EXERCISE

- Juggling - Each player with a ball practicing their juggling.
- Football Tennis - Play tennis matches using feet & body (no hands).
- Passing / Rondo - In small groups, players practice their passing with/without defenders.

#### PASSING PRACTICE - RONDO

#### PURPOSE: WARM UP & INTRO OF PRINCIPLE

 10-15 min



#### SET-UP

- Set up two 10m x 10m squares.
- Split players into small two small groups:  
14 players = two x 5v2  
12 players = two x 4v2

#### EXERCISE

- The attackers must keep the ball away from the defenders.
- If a 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.
- If the attackers make more than 10 passes, the defender must do 10 star jumps after the ball goes dead.
- Swap defenders if they have been in the middle for more than 2 minutes.

#### CAN YOU C.H.A.N.G.E I.T ?

- Maximum of 2 touches.

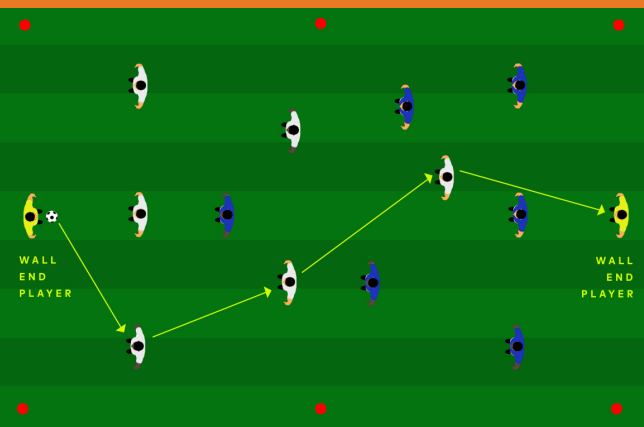
#### COACHING POINTS

- Focus on the quality of First Touch to set up next action:
  - Cushioned & Controlled.
  - Into space.
  - Away from defender.
- Play firm and accurate passes to teammates.
- Provide angle off the ball to create passing options for teammates.

#### POSITIONING GAME - DIRECTIONAL POSSESSION

#### PURPOSE: DEVELOP TECHNICAL & TACTICAL

 15-20 min



#### SET-UP

- Define 30m x 25m area.
- Split the players into two even teams (7 white vs 7 blue).
- Place one player from each team on both end lines, these will be the 'Wall / Bounce Players'.
- 6 v 6 in the middle, plus 2 wall / bounce players.  
*If you have uneven numbers, use a 'joker', who plays with the team in possession.*

#### EXERCISE

- Teams must keep possession (Blue vs White), whilst playing from one wall player to the other.
- The number of successful passes made before playing to a wall player = The number of points scored! 5 passes = 5 points.
- Swap the wall players after 2 minutes.
- Make it a competition and see which team can gain the most points!

## CAN YOU C.H.A.N.G.E I.T ?

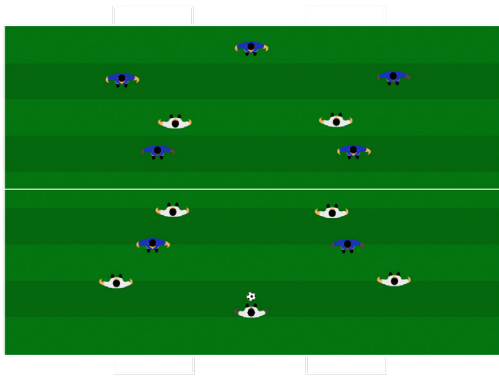
- Make the area larger (easier) or smaller (harder) based on the players' success.
- Maximum of 3 touches.

## COACHING POINTS

- Scan the field before receiving the ball (awareness).
- Encourage players to find space and create passing options for the ball carrier
  - Options Left, Right, Middle, Far.
- Try to receive the ball with an open body position, to see the whole field and to play forward.
- Make the field big by creating Width and Depth.

## GAME TRAINING - FOUR GOAL GAME

**PURPOSE: CHALLENGING MATCH SITUATION** ⌚ 20 min



### SET-UP

- Define 40m x 30m area.
- Place two small goals on each end line (positioned in the corners).
- Split players into two teams (7v7) and place them in realistic game positions.
- Defence – Midfield - Attack.

### EXERCISE

1. The aim is for each team to maintain controlled possession and score in one of the small goals.
2. Team receives 3 points if they score after completing 10 passes.

## CAN YOU C.H.A.N.G.E I.T ?

- Maximum of 3 touches.

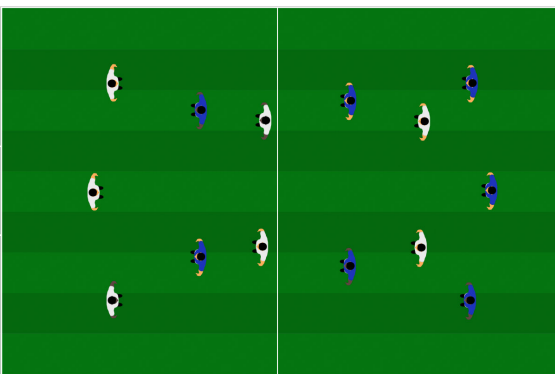
## COACHING POINTS

- Focus on the quality of First Touch to set up next action:
  - Cushioned & Controlled.
  - Into space.
  - Away from defender.
- Play firm and accurate passes to teammate.
- Move off the ball to create space and options for teammates (width & depth).
- Try to receive the ball with an open body position, to see the whole field and to play forward.
- Try to play forward. If not, retain possession.

## GAME - NORMAL

**PURPOSE: PLAY & ENJOY**

⌚ 20-25 min



### SET-UP

- 40m x 30m area, with two big goals.
- Split players into two even teams (7v7) with realistic game positions.
- Formation: 3 Defenders, 2 Midfielders, 2 Attackers.

### EXERCISE

1. Play a normal match.
2. After 5 minutes include the below Condition:  
Number of passes you complete before scoring = number of points received!  
5 passes then goal = 5 points
3. Play normal game for the last 10 minutes

### COACH OBSERVATION

Are players trying to:

- Maintain possession?
- Play into space?

## COACHING REFLECTION

- Were the players active?
- Did the players enjoy the session?
- How could you tell they enjoyed it?
- What could you improve next time?

## WRAP UP!

*At the end of the session ask the players what they have enjoyed and learnt from the session - HI FIVES!*

- What did they enjoy?
- What they did well?
- What did they learn?