

>>> CONNECTION BEFORE CONTENT <<<

 1/2 or 1/3 field

 1 Ball per Player

 20 cones

 1/2 number of players

MAIN MOMENT - BALL POSSESSION OPPOSITION

PRINCIPLE - WIN THE BALL BACK QUICKLY

ARRIVAL ACTIVITY

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5 min

SET-UP

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

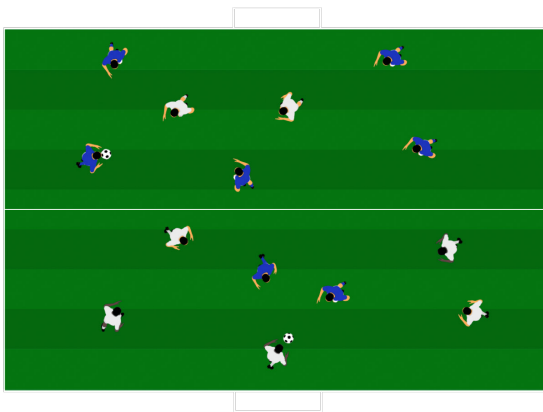
EXERCISE

- 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 defenders must try and win the ball back quickly and score.
- The attackers aim to keep the ball and play 10 successful passes.
- 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.
- Swap defenders if they have been in the middle for more than 2 minutes.
Point System - Get the players to keep score!
Defenders - 3 points for winning the ball then scoring
Attackers - 1 point for 10 successful passes in a row
- Get the players to keep score!

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

- Maximum of 2 touches.

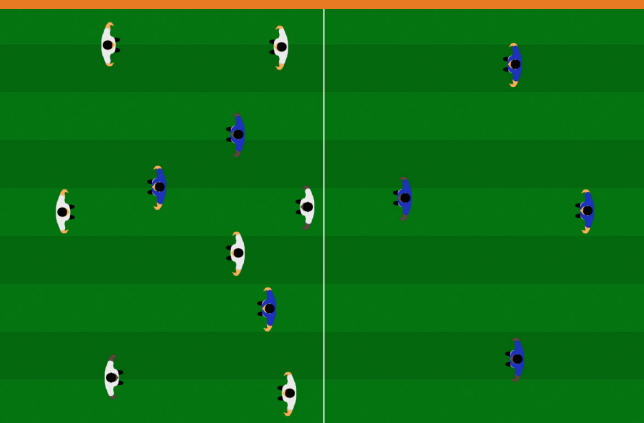
COACHING POINTS

- 1st Defender – Player closest to the ball carrier, applies **pressure** and **directs** the ball carrier to one side.
- 2nd Defender – **Support** the 1st defender and press, and **cover & block** the inside passing lane/channel.
- 3rd Defender – **Anticipate** the next pass, **cover** passing lanes and provide **balance** to the press.

POSITIONING GAME - RETRIEVE & SECURE

PURPOSE: DEVELOP TECHNICAL & TACTICAL

 15-20 min



SET-UP

- Define 35m x 30m area.
- With cones, mark out a halfway line. Place goals on each end line.
- Split the players into two even teams and positioned them in one half each (7 whites vs 7 blues).

EXERCISE

- The aim is for each team to win the ball back quickly (retrieve) from the opposition half, then successfully pass the ball back to their team (secure).
- To start, 3 players in the blue team must enter the white half, attempting to win the ball back, then pass the ball to their teammates in their half.
- Once the ball is played into the blue team's half, 3 players from the white team must attempt to win the ball back, transferring it into their half.
- Ensure the players take turns in attempting to win the ball back.
- Play for 3-minute rounds and see which team is the winner!

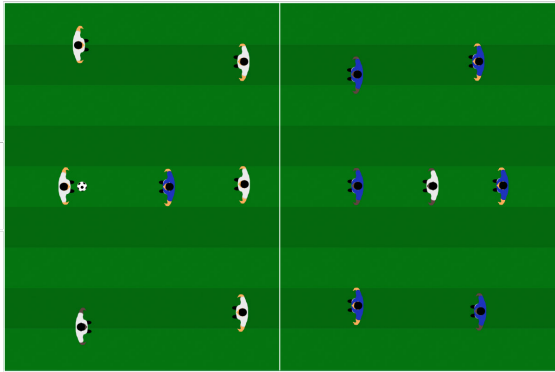
CAN YOU C.H.A.N.G.E I.T ?

- Make the area larger (easier) or smaller (harder) based on the players' success.
- Add another defender (4 players press & win the ball back).
- Maximum of 3 touches.

COACHING POINTS

- Encourage players to communicate to each other to be successful on/off the ball.
- 1st Defender – Player closest to the ball carrier, applies pressure and directs the ball carrier to one side.
- 2nd Defender – Support the 1st defender and press, and cover & block the inside passing lane/channel
- 3rd Defender – Anticipate the next pass, cover passing lanes and provide balance to the press.

GAME TRAINING - HORIZONTAL PRESSING



PURPOSE: CHALLENGING MATCH SITUATION  20 min

SET-UP

- Define 40m x 30m area.
- With cones, mark out a halfway line
- Place goals on each end line
- Split players into two teams (7v7) and place them in realistic game positions:
3 Defenders – 3 Midfielders – 1 Attacker

EXERCISE

1. The game is played like a normal match.
2. The aim is for each team to win the ball quickly and as high up the field as possible.
3. A team is rewarded if they win the ball in their opponents' half and score.

Scoring System:

- Win the ball in your opponents' half & score (Attacking Half) = 3 points
- Win the ball in your half & score (Defensive Half) = 1 point
- Get the players to keep score!

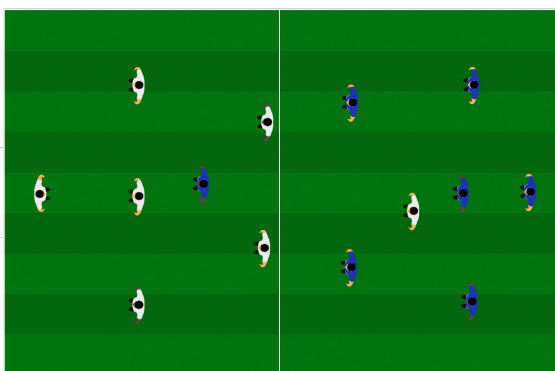
CAN YOU C.H.A.N.G.E I.T ?

- Maximum of 3 touches

COACHING POINTS

- Defensive team must **deny** the attacking team time & space, get **compact**, and make the field small when defending.
- Press the ball carrier when they take a poor touch, their head is down, their body is facing backwards, they are receiving a poor pass.
- 1st Defender – **Press** the ball carrier and **direct** them to the side.
- 2nd Defender – Provide **support**, cutting off any immediate passing options.
- 3rd & 4th Defender – **Balance** the press, **anticipate** & cut out forward passing options.

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.

EXERCISE

1. Play a normal match

COACH OBSERVATION

Are players...

- Understanding when to press?
- How to press as a team - 1st, 2nd, 3rd defender?
- Winning the ball back successfully?

COACHING REFLECTION

- How did your set up influence the session delivery?
- Which activities worked well?
- Which activities did you enjoy?
- Are the players physically active enough?

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?