

## >>> CONNECTION BEFORE CONTENT <<<

 1/2 or 1/3 field

 1 Ball per Player

 20 cones

 10 1/2 number of players

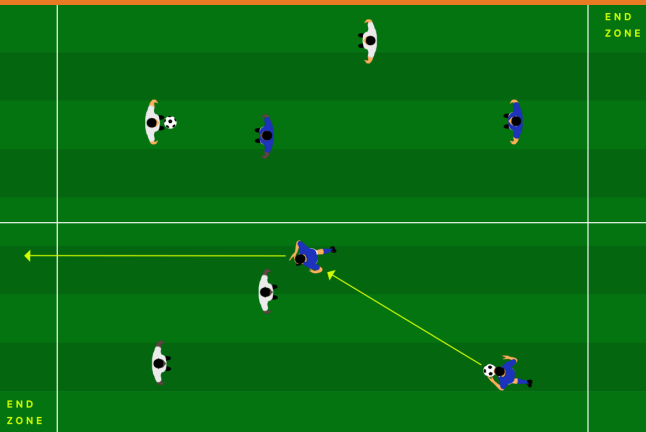
MAIN MOMENT - BALL POSSESSION (BP)

PRINCIPLE - QUICK FORWARD PASSES

ARRIVAL ACTIVITY - 2 VS 2

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5 min



### SET-UP

- Set up two 15m x 15m squares.

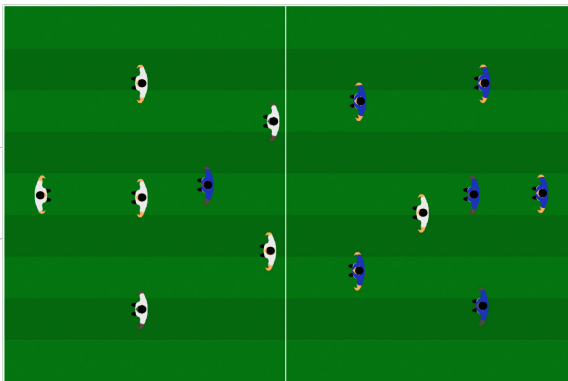
### EXERCISE

1. As players arrive, place them into a square to play a match of line football.
2. To score, players must stop the ball on the opposition's end line.
3. Continue to add new players as they arrive, growing the game:  
1v1s, 2v2s, 3v3s, 4v4s

WHOLE - GAME

PURPOSE: DEVELOP TECHNICAL & TACTICAL

 20-25 min



### SET-UP

- Define 40m x 30m area.
- Place big goals on each end line.
- Split players into two even teams (7v7) with realistic game positions.
- Formation: 1 Goalkeeper, 3 Defenders, 2 Midfielders, 1 Attacker.

### EXERCISE

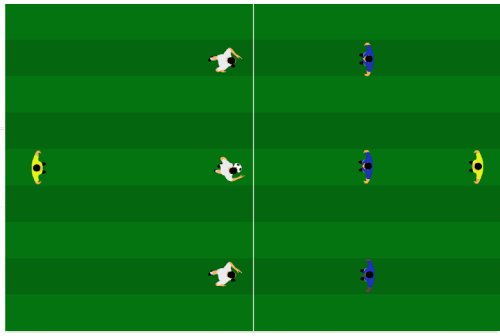
1. Play a normal match for 5 minutes.
2. Introduce Rule – When a player scores a goal, they must go and collect a cone from the sideline and place it behind the opposition's goal before joining the match again. This rule creates an overload, one team having a numerical advantage. Encourage players to exploit the overload quickly!
3. Observe players and provide on the run coaching points to help if required.

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

- Rotate player positions every 3-5 minutes.
- Introduce a competition element – the first team to score 3 goals wins!
- Limit touches.

COACHING POINTS

- Question - How can you play forward passes quickly?
- Question - What do we need to do as a team to successfully play forward quickly?

**SET-UP** 

- Define 40m x 30m area.
- Place big goals on each end line.
- Split the players into two even teams, with a goalkeeper in each goal.

**EXERCISE** 

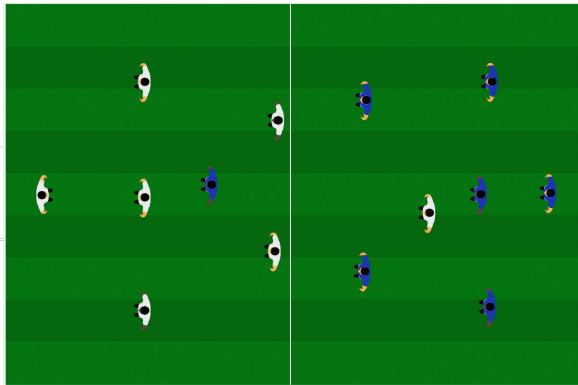
1. The aim is for players to play quick forward passes to exploit space and score goals. Position the players as per the diagram
2. 1 goalkeeper in each goal  
3 defenders in the area  
3 attackers in the area  
Other players waiting beside each goal
3. One attacker (striker) starts in the centre of the field. Play begins with a teammate passing a ball to the striker.
4. Two attacking players join the striker attempting to beat the three defenders and score – 3 vs 3 (plus goalkeepers).
5. The defending team attempts to stop the attackers from scoring. If the defending team wins the ball, an extra defender joins, and they try to score quickly with an overload (4 vs 3).
6. If the ball goes out / dead – restart with new attackers and defenders.
7. Rotate the attacking and defending team every 3 minutes.

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

- Introduce a scoring time limit.
- Make it a competition – keep count of goals scored to see which team wins!
- Maximum of 3 touches.

**COACHING POINTS**

- Be positive, brave, and creative when attacking.
- Make forward runs into space and beyond defenders.
- Play quick, forward and/or penetrating passes.
- Try to receive the ball to play forward passes quickly.

**WHOLE - GAME****PURPOSE: PLAY & ENJOY****SET-UP** 

- 40m x 30m area, with two big goals.
- Split players into two even teams (7v7) with realistic game positions.
- Include Goalkeeper if possible.
- Formation: 1 Goalkeeper, 3 Defenders, 2 Midfielders, 1 Attacker.

**EXERCISE** 

1. Play a match.
2. **Condition** – Forward passes only.
3. Play a normal match without the condition for the final 15 minutes.

**COACH OBSERVATION**

Are players...

- Accurate and firm with their passes?
- Making forward runs into space?
- Playing quick, forward penetrating passes?

**COACHING REFLECTION**

- Did you start activities within 90 seconds?
- Were players engaged throughout?
- Did you have all the equipment ready to go?
- Did you start activities within 90 seconds?

**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?