

## >>> 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 - CREATING GOAL SCORING OPPORTUNITIES

#### ARRIVAL ACTIVITY

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

5 min

#### SET-UP

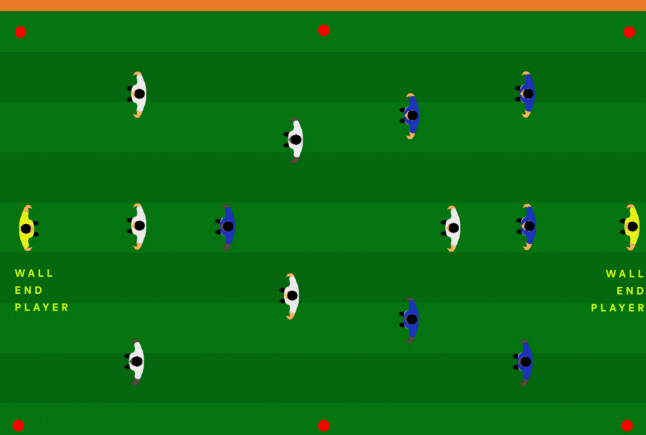
- Set up one of the following activities to engage your players on arrival.

#### 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 - DIRECTIONAL POSSESSION

#### PURPOSE: WARM UP & INTRO OF PRINCIPLE 10-15 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 each end line, these will be the 'Wall / End Players'

#### EXERCISE

- The practice begins unopposed, with each team combining to pass their ball from end to end.
- Introduce competition - first team to play from end to end 5 times wins!
- After a few rounds, add another two end players so that there are two end players on each end line (5v5 plus 4 end players).
- Now, each team must play diagonally from end player to end player, ensuring every player touches the ball – make it a competition!
- Team vs Team Game – Each team attempts to keep the ball, combine, and pass from end player to end player. First team to 10 points wins!

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

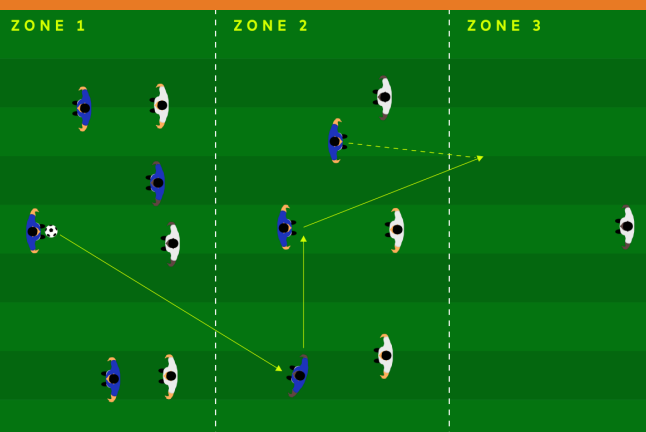
- Rotate end players every 3 minutes.
- Get creative with the competition element.
- Limit touches.

#### COACHING POINTS

- Player Question - What two things will they do with the ball to pass to the end players effectively?
- Communicate to teammates to support their decision making
- Try to receive the ball to play forward passes quickly
- Be proactive, moving off the ball to create space and passing options - towards or beyond (short or long)

#### POSITIONING GAME - LEVELS

#### PURPOSE: DEVELOP TECHNICAL & TACTICAL 15-20 min



#### SET-UP

- Define 40m x 30m area
- Split the field into even thirds (roughly 12m each)
- Place a big goal on one end line

#### EXERCISE

- The aim is for players to combine, exploit space and score goals.
- Position the players as per the diagram: 1 goalkeeper in big goal; Zone 1 – 4 attackers, 3 defenders; Zone 2 – 3 attackers, 3 defenders; Zone 3 – 1 Goalkeeper
- Play begins in Zone 1 with the attacking team making 4 passes then playing to their teammates in Zone 2.
- Once the ball is played into Zone 2, one attacking player from Zone 1 can move into Zone 2
- In Zone 2, the attackers try to quickly play into Zone 3, creating a 2 vs 1 (goalkeeper) and scoring. No defenders are allowed into Zone 3.
- If the ball goes out / dead, play restarts in Zone 1.
- Defending team has 10 seconds to dribble over the attacking team's end line if they win the ball = 1 point

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

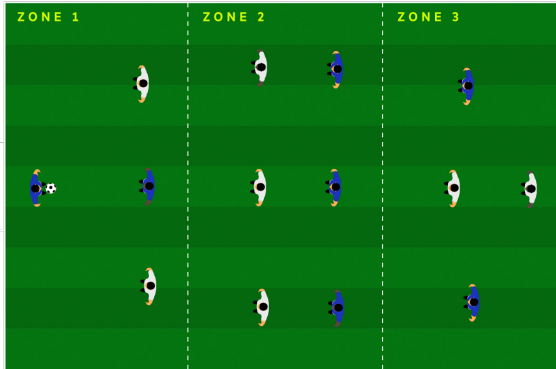
- Rotate the teams every 3 mins.
- Remove 4 pass condition - can play quickly from Zone 1 to Zone 2 or 3.
- Make it a competition.

## COACHING POINTS

- Try to receive the ball to play forward passes quickly.
- Make smart runs into space, beyond defenders and into goal scoring positions.
- Play quick & firm penetrating passes.
- Individually Challenge Players – How quickly can the attacking team score?

## GAME TRAINING - THREE HORIZONTAL ZONES

PURPOSE: CHALLENGING MATCH SITUATION  20 min



### SET-UP

- Same field set up as previous activity.
- Split players into two even teams (7v7) with realistic game positions.

### EXERCISE

1. The aim is for players to combine, penetrate and score goals.
2. Position the players as per the diagram: Goalkeepers in each big goal; Zone 1 – 2 defenders, 1 attacker; Zone 2 – 3 midfielders, 3 midfielders; Zone 3 – 1 attacker, 2 defenders.
3. Play a normal match with the below condition: Defenders and attackers must stay in their zone, midfielders can move into any zone.

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


- Rotate player positions every 3 – 5 minutes.
- Defenders can dribble into Zone 2 (middle zone) to create an overload.
- Limit touches.

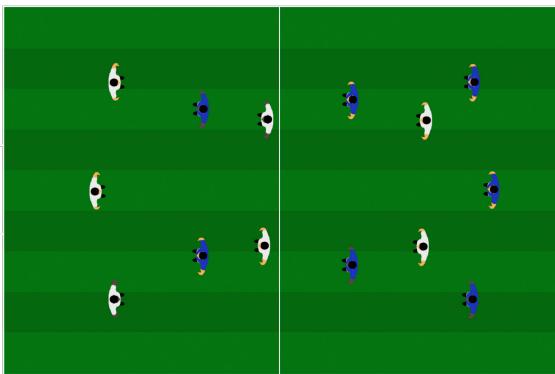
## COACHING POINTS

- Play quick & firm penetrating passes.
- Make smart runs into space, beyond defenders and into goal scoring positions.
- Try to receive the ball to play forward passes quickly.
- Create space and disrupt the opposition by combining quickly (limited touches) and moving off the ball (towards or beyond).

## GAME - NORMAL

PURPOSE: PLAY & ENJOY

 20-25 min



### SET-UP

- 40m x 30m area, with two 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.
2. Rotate player positions.

### COACH OBSERVATION

Are players trying to:

- Playing quick & accurate penetrating passes?
- Making runs into space and/or beyond defenders?
- Creating goal scoring chances?

## COACHING REFLECTION

- Did players receive 300+ touches of the ball?
- How did you provide positive feedback to players?
- Did you see any players trying to do what was practiced during the session?
- 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?