Description

Training session emphasis on Passing and Receiving

2 Touch Pass and Go (20 mins)

WARM UP
2 Touch Pass and More
Players split into teams of 5 or 6. Each team has a ball and players pass a ball with a max of 2 touch. After they move they must move to an open space.
Next introduce Sequence passing 1-2-3-4-5
CP:
Body Shape to receive the pass
Accuracy of the pass
Off the ball movement to provide long and short pass options

Competition Time:
1. In 1 minute how many passes can a team make to each other. Cannot pass to the same person... winners play winners etc... play a ladder if you can.
2. Same as above but after 8 passes the whole team must move to the other side of the area

5 v 3 Keep Away (20 mins)

PART 2 Small Sided Activity
5v3 KEEP AWAY
Use same grid now 5 Red v 3 Blue
5 Passes = 1 Goal
If Blue wins the ball they pass it to the other 2 Blue. Play then transfers to the other grid. 3 players go over and 2 stay... take it in turns who stays and goes.
Each game lasts 3 minutes and switch teams and groups similar as before.
Add a 2 Touch Restriction when they get the hang of it... keep score provide competition
CP:
Provide good support and angles for player with the ball
Body shape when receiving the ball - protect the ball
First touch is under pressure

6v5 (20 mins)

PART 3 Expanded Small Sided Activity
Half Field - Go to goal as needed with counters
7 v 5
Red tries to score on big goal with GK
Blue tries to score on 2 mini goals if they gain possession
Play 3 minute games then reverse roles
The neutral player plays with the team on offense
Progressions:
1. Every player must touch the ball including neutral before shooting
2. Attackers cannot score if they are a goal up... keep the ball
3. Attackers have 3 minutes to score 2 goals now defenders have to work hard to possess
4v4 Ladder Tournament

- Bibs on each field - leave bibs on field after each game
- Each game 6 minutes - subs in at 3 minutes
- Field set up 30x25 or as close as possible.
- Teams will move up and down according to wins and losses.
- Top team stays on championship field.

Keys:
1. Formation 1-2-1 - Lots of diagonal passing and movement
2. Play fast and quick.
3. Movement - off the ball and following passes
4. Inside of foot passes

Final Match (30 mins)

Final Match

- 7v7 (2-3-1)
- Work on shape and movement of players - Formation is key set up for a 4-3-3.
- Work on all passing after moving
- Stress Outside players going inside as well as outside