

Description

Warm-up

Organization: Players are in groups of 3 with 1 ball. (Area 40 x 30)
 In their groups, they pass and move the ball around the area (on the ground only)

Receiving players should look to dribble the ball into a space, before looking to pass.

Progressions.

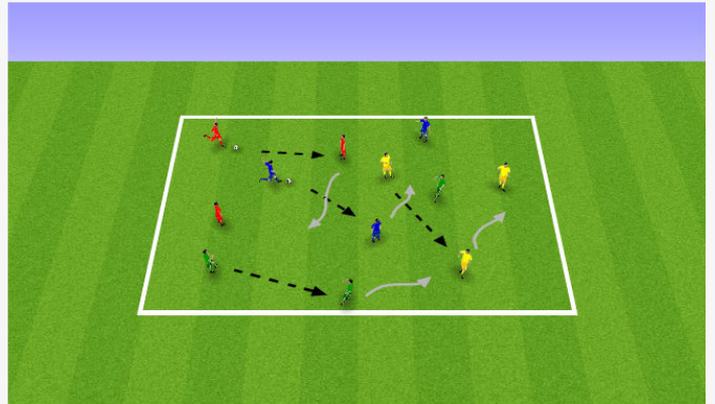
1. Players should assess when to try and play a penetrating pass between another group and when to play a safer pass to a team mate in space.

2. Players should look to play passes with a variety of surfaces. Inside, outside, toe poke, driven and curling the ball.

3. Players can look to combine with 2 and 3 player combinations.

Coaching Points

1. Movement off the ball to create space
2. Verbal and visual communication
3. Speed and accuracy of the pass
4. Body positioning to play away from congested areas



SSG1

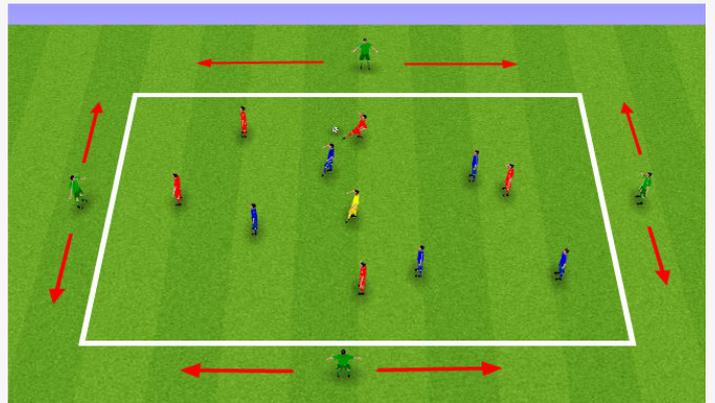
Organization: 40 x 30 yd area. 5 v 5 + 1 Neutral in the center of the field and 4 x Target players around the outside.

Aim: For the attacking team to use their numbers up advantage and keep possession, by moving the ball around the field transitioning between Target players.

Prog. 1. First to 50. Points scored: Inside to outside = 2, outside to inside = 2, outside to outside = 1. (one player from each team tracks the number of points) 2. Target players are restricted to 1 or 2 touches (players rotate with T players every 3 mins)

Coaching Points:

1. Player in possession decision making - Possess or Penetrate?
2. Speed and accuracy of pass
3. Movement off the ball by supporting players (creating passing lanes, thinking of the 2nd and 3rd pass, not just the 1st pass)
4. Combination play
5. Speed of play - when and why to slow the game down (Draw in defs to create space in behind) and when and how to speed up (to penetrate)



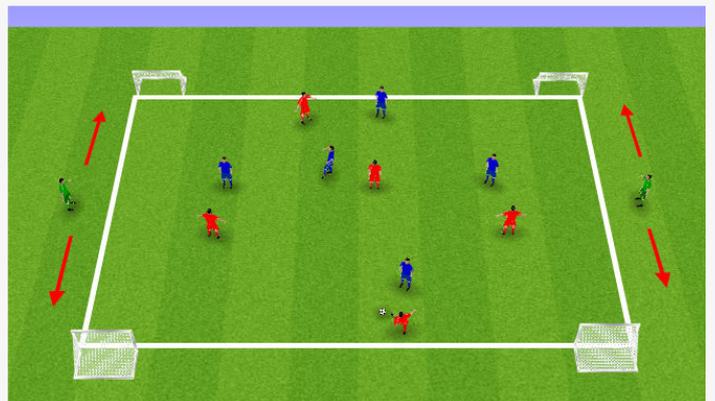
Screen 3SSG 2 w/ Direction

Organization: Area 50 x 40 yds.

Red team plays with 1 holding MF, two attacking central midfielders and one striker. (use positions the players would normally play during a game) Target players would replicate full backs and wide midfield/forwards.

Coaching points:

1. Can the players recognize when to switch the field to unbalance the opposing teams?
2. Can attacking players interchange positions to create space for themselves, team mates or to move defenders out of position?
3. Can attacking players combine as pairs or have third man running to penetrate on the dribble?



Expanded - 8 v 8 (incl. GK)

Organization: Three quarters of a full size field

8 attackers (Red) - #5 (Center back), #6 (Holding CM), #8 and #10 (Attacking Center mid's), #7 and #11 (wide mid's) and #9 (Striker)

- 1 - 5 - 1 formation 8 Def's in a 1 (GK) - 3 - 3 - 1 formation

Red are attacking the main goal and the Blue's are playing to the counter attack goals.

Coaching Points

1. As highlighted in above session.
2. Can #6 dictate the rhythm and speed of the game?
3. Can the central midfield vary passing to feet and to space when playing to #7 and #11?
4. Wide players ability to go inside-out and outside in confuse the full back.
5. Are the attacking team able to recognize and exploit overloads (through central and wide areas)
6. Can the team get midfield runners behind the #9 and in-between defenders



End Game

11 v11 Game

Red - 1 - 4 - 5 - 1 vs Blue - 1 - 4 - 4 - 2

No Restrictions

