



Session 4 – Theme: Attacking With Transition to Defend

Duration/Coach	Topic	Description of the practice
11.00am – 11.25am	Goalkeeper Training	Handling
11.00pm – 11.10am	Rondo's	A Practice designed to warm up players and improve technical skills and focus for session ahead
11.10am – 11.25am	Passing Combinations Warm Up	A technical practice with the purpose of warming players up for a game/session with an emphasis on passing and movement
11.25am – 11.55am	1 v 1 Turning and Running with the Ball	A functional practice designed to improve players 1 v 1 Turning and Running with the ball with Transition to Defend
	3 v 2 Attacking with 3 v 4 Transition to Defend – Position Specific	A functional practice designed to improve players awareness, decision making, movement and finishing in the final third with Transition to Defend
11.55am – 12.30pm	7 v 7 Game	A 7 v 7 small sided game designed to improve players all round technique and tactical awareness
12.30pm – 12.35pm	Cool Down and debrief	

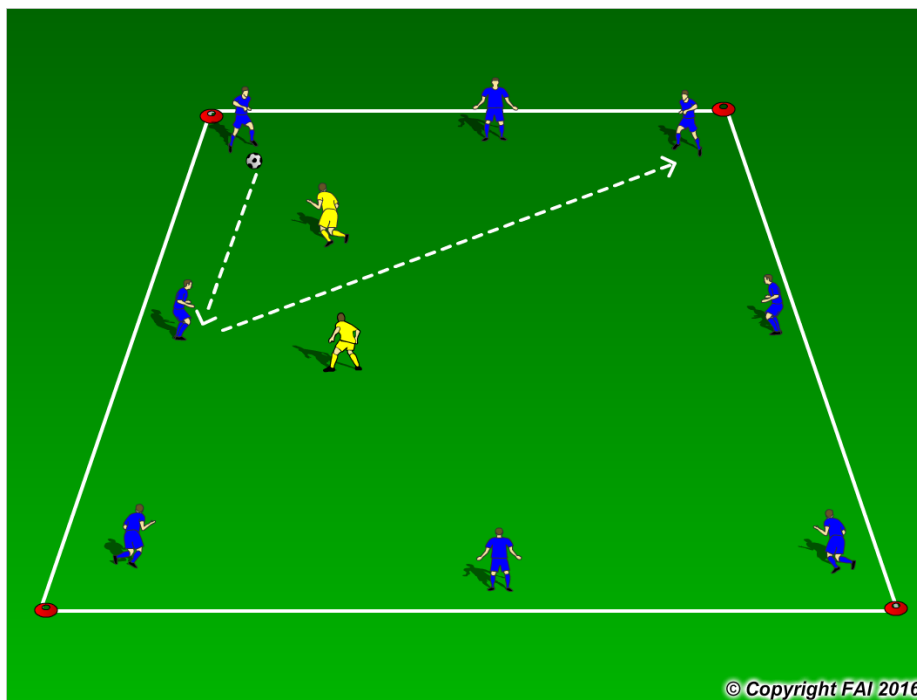


THEME

Rondo – Warm up

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to warm up players and improve technical skills and focus for session ahead



ORGANISATION

- Area: 10 x 10 metres – Size of depends on numbers
- 8 v 2, 7 v 2, 6 v 2, 5 v 2
- Two players in the middle, they can hold their bibs
- Players must try to maintain possession, if a player makes a mistake they go in the middle along with the player to their left
- Can have conditions – 1 or 2 Touch, Middle Players stay in for another round if one gets nutmegged, Middle Players stay in for another round if they let three passes in between them

KEY FACTORS

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, first touch
- Individual skills to get out of tight spaces
- Decision making

NOTES

Make sure players play within the area, don't accept touches outside the area

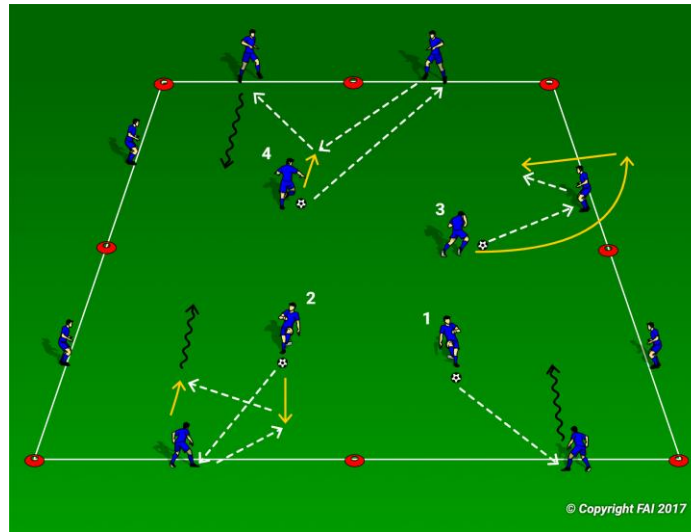


THEME

Passing Combinations Warm Up

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A technical practice with the purpose of warming players up for a game/session with an emphasis on passing and movement



ORGANISATION

- Area 24 x 24 metres
- 16 – 20 players, Football for every two players.
- Start with players free dribbling and passing to then proceed with dynamic movement and stretching.
- Half the players inside area with the ball, Half the players outside waiting for a pass
- When Players are inside the area encourage freedom, changes of direction, fakes, tricks
- Passing Variations 1. Pass and switch positions 2. Wall pass 3. Pass and overlap 4. Pass, set up and play to 3rd Player and switch positions
- Follow in sequence, players switch position after pass, keep players on their toes and no one is standing still for long periods

KEY FACTORS

- Tempo of the activity, Slow to fast
- Range of movements.
- Quality of pass – height, weight and accuracy. Encourage players to play pass to the back foot
- Individual movement to receive pass - open body shape/Receive on the Back Foot/ looking to play forward.
- Freedom and focus when dribbling inside the area
- Verbal and Non Verbal Communication between players

NOTES

Look for players to perform with a purpose from the start. Encourage one touch if players of high ability

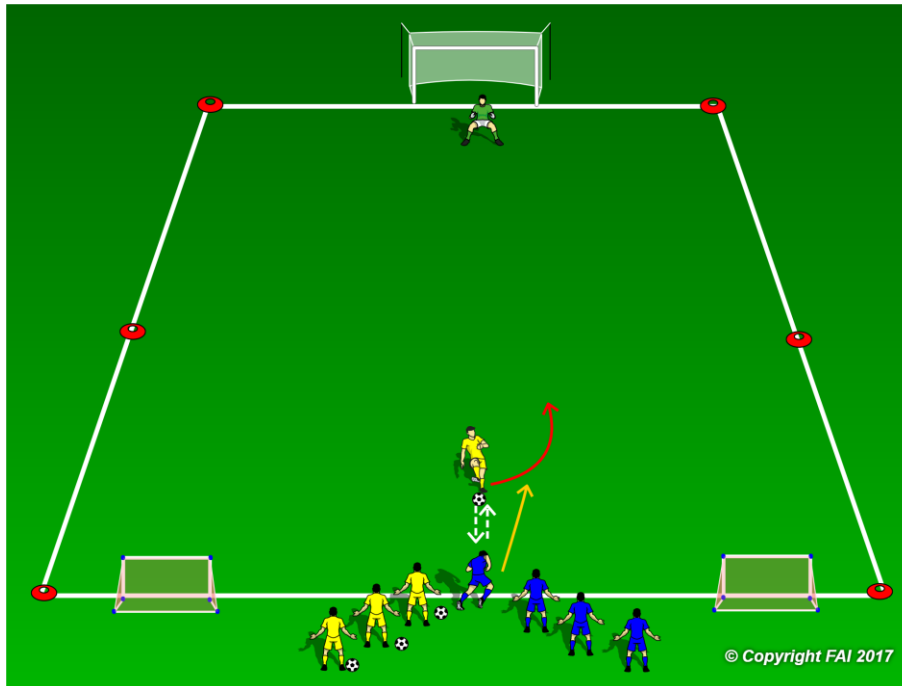


THEME

1 v 1 Turning and Running with the Ball

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players 1 v 1 Turning and Running with the ball with Transition to Defend



ORGANISATION

- Area 20 x 15 metres
- Yellow Player (Attacker) passes back and forth with one touch to Blue Player (Defender)
- On Yellow players decision he/she turns and attacks the goal, Blue player must react and defend
- If the Goalkeeper saves the ball or the blue player wins the ball, they must then transition to attack and try to score In the two small goals
- Players switch roles after each go

KEY FACTORS

- Quick turn - minimum touches, feints or let the ball run through legs
- Positive first touch, get the ball out of the players feet
- Running with the ball – big touches but under control
- Keep body between Ball and Defender
- Keep head up to assess Goalkeepers position
- End Product

NOTES

Encourage players to be creative, attack at speed and play until Goal is scored or ball is out of play

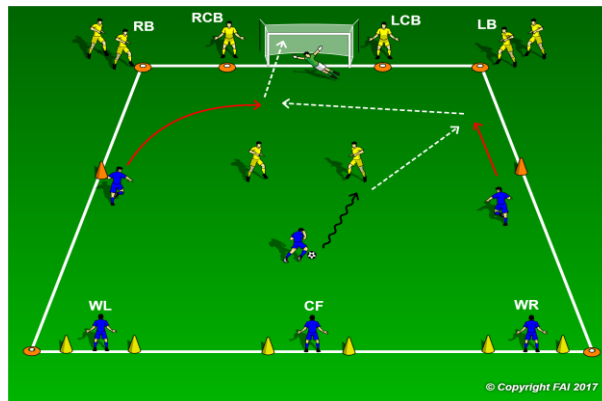


THEME

3 v 2 Attacking with 3 v 4 Transition to Defend – Position Specific

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players awareness, decision making, movement and finishing in the final third with Transition to Defend



ORGANISATION

- Area: 40 x 30 metres
- 3 Blue players (CF, WR & WL) v 2 Yellow players (RCB & LCB) + Goalkeeper
- Blue players have another 3 players (CF, WR & WL) waiting in yellow gates as seen above
- Yellow players have specific players (RB, RCB, LCB & LB) waiting at the orange cones
- Blue players start the practice with emphasis on scoring
- If a Yellow player wins the ball or the Goalkeeper saves a shot they then Transition to Attack with the RB & LB joining them in attack to create an overload with the purposes of playing a pass to any of the 3 Blue Players waiting in the Yellow gates
- If the Yellow players are successful in passing to any of the 3 Blue players waiting in the gate the Blue players then attack straight away with the waiting Yellow players (RCB & LCB) coming in also to create a new 3 v 2 situation with the game having the same purpose. The previous players must leave the area as quickly as possible picking up their waiting position

KEY FACTORS

- Look for players to create both space and time in possession – positioning off the ball
- Angles and distance of support, can the player on the ball pass to you or into space for you to attack?
- Encourage players to play with their head up, to be aware of pressure from opposition – entice to exploit!
- End product – attacking play to be quick with creative influence, i.e. movement, dribbling, passing, shooting
- Quick transitions in both attack and defense
- Communication and awareness is key from all players involved

NOTES

Let the game flow freely allowing the players to make their own decisions – Freedom and Focus



THEME

7 v 7 Small Sided Game

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A 7 v 7 small sided game designed to improve players all round technique and tactical awareness



ORGANISATION

- Area: 60 metres x 40 metres
- 7 v 7 Game: Blue team formation 1.2.3.1 v Yellow team formation 1.2.3.1
- Supply of balls in each goal
- Offside's in the thirds, marked by cones
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box
- When Goalkeeper is restarting play only 1 opposition player is allowed to enter that third

KEY FACTORS

- Starting positions of Defenders – wide and high, open body shape, awareness and receive on back foot
- Midfield with holding Midfielder (6) and 2 advanced Midfielders (8 & 10)
- Quality and selection of pass – 1st, 2nd and 3rd line passes
- Body shape and first (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend if ball is lost, can they win it back as quickly as possible – Press as a unit

NOTES

Goalkeeper's role very important, quality of passing and decision making crucial