



Coach: Academy Coaches

Team/Age Group: U10-U12-U14

Session No: Four (4)

Session Aims/Objective

Small sided game – 3v3 + 2 End Floaters Players

Coach to improve...

- A Practice designed to improve players transitions, technique, movement, decision making, Pressure and positioning play on the pitch

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| <p>Time 10min</p> | | <ul style="list-style-type: none"> Area: 12 x 12 metres – Size of depends on numbers Warm up: (RONDO's while waiting for players) <p>A practice 25x25m or 30x30 designed to warm players up for a game/session with an emphasis on passing and movement. The Magic Small Square-Tricks, Turns and Moves: Step-over, Half & Full Cross-over, Drag-Back, Cruyff Turn, Rolla-coaster</p> |
| <p>Drill 15min</p> | | <ul style="list-style-type: none"> Area : 15 x 15 metres Team of 3 Players v Team of 3 Players with 2 Fixed end Floaters (highlighted in YELLOW). In loss of possession one team of 3 players transitions to defense and the other team transitions to KEEP POSSESSION respectively. <p>Total Players Needed: 3v3 + 2 End Floater= 8 Players Or Progress to: 3v3+3 = 9 Players</p> |
| <p>Match 20min</p> | <p>Match: 4v4 Formation GK-2-1 Match: 5v5 Formation GK-1-2-1 (Diamond) Match: 6v6 Formation GK-1-3-1 (Diamond with No6)</p> | <p>Match: 7v7 Formation GK-3-2-1 Match: 8v8 Formation GK-3-2-2 Match: 9v9 Formation GK-3-2-3</p> |
| <p>Action Points/Notes: SSG 3v3 +2 End Floaters</p> <p>Perception: Head up & Scan Passing: Inside of foot, Depth: Encourage deep pass Receiving: Inside of foot of far leg Angle: Hips open up to go forward Distance: Shuffle to support player with ball Transition: Quick to expand or close space</p> | | |