



Session 6 – Theme: Attacking With Transition to Defend

Duration/Coach	Topic	Description of the practice
11.10am – 11.55am	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	Ball Mastery Warm up	A practice designed to warm players up for a session with an emphasis on turns, changes of direction, 1 v 1 moves and passing
11.25am – 11.55am	1 v 1 Dribbling to Goal 3 + 2 v 3 + 2 Dribbling, Running with the Ball and Combinations	A functional practice designed to develop Perception, Awareness, Dribbling and Decision Making in 1 v 1 situations with Transition to Defend A functional practice designed to improve players decision making in a high intensity game through dribbling, running with the ball or combinations
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	

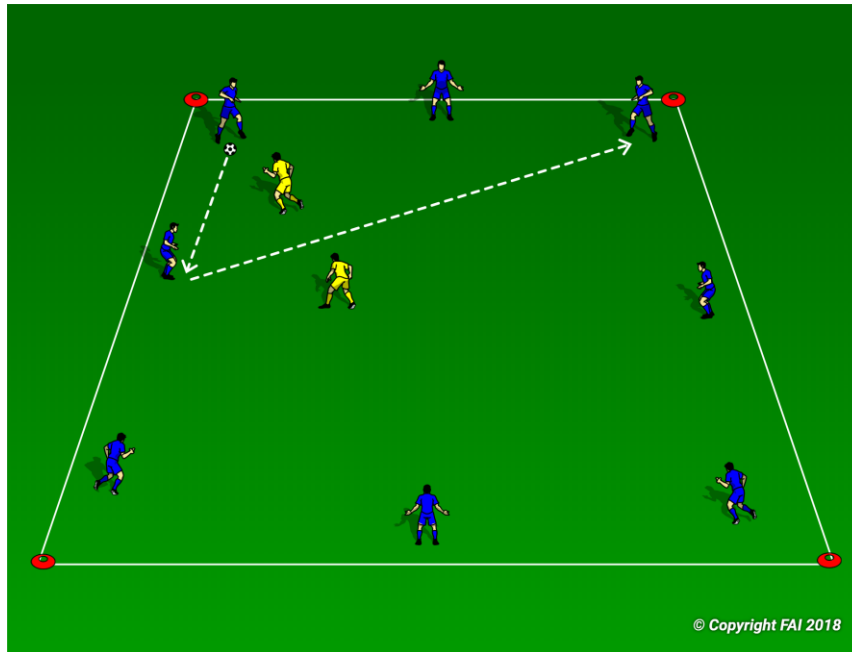


THEME

Rondo

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
- 1 or 2 touch, if two touch, first touch must be on back foot
- 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 and selection of pass – 1st, 2nd and 3rd line passes
- Body shape/first touch/back foot
- Width and depth – Penetrating pass (Up-back-through)
- Awareness of space and defender
- Patience in possession – no forced/rushed decisions
- Transition to defend – can we win ball back as quickly as possible
- Transition to attack – width and depth as quickly as possible

NOTES

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

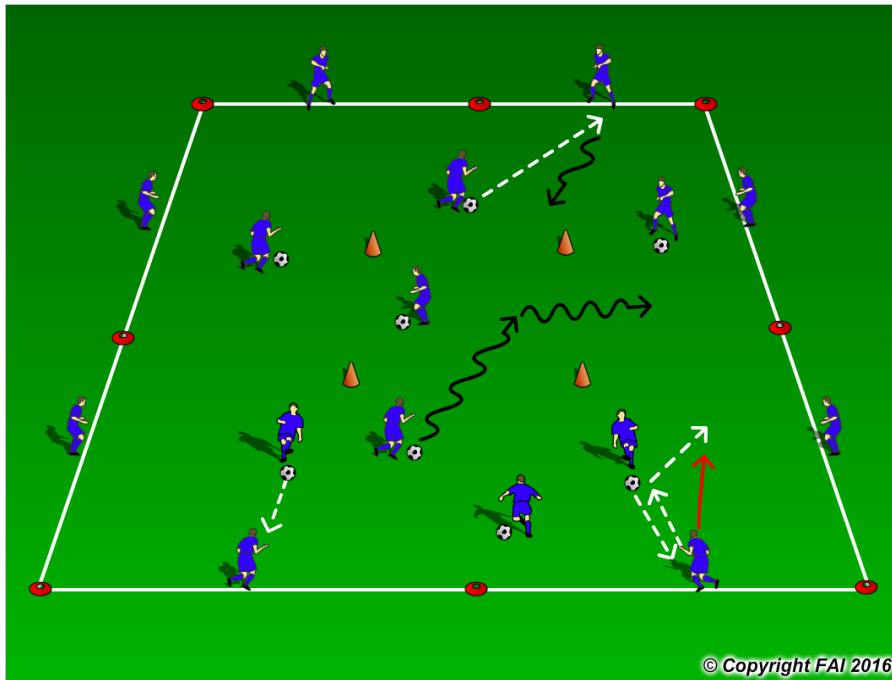


THEME

Ball Mastery warm up

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to warm players up for a session with an emphasis on turns, changes of direction, 1 v 1 moves and passing



ORGANISATION

- Grid size 25 metres x 25 metres with small 5 metres x 5 metres square inside the area
- 1 ball for every 2 players
- Half the players inside the area with the ball and half outside of the area
- Players use inside small area to perform ball mastery – 1. Turns 2. Changes of direction 3. 1 v 1 moves and then then pass to outside player and swap roles
- Vary method of passing to outside player – Pass and switch, wall pass, pass and press

KEY FACTORS

- Soft touch when space is restricted (Dribbling) larger touch when player see's some space (Running with the ball)
- Head up, scanning the area
- Change of direction
- Change of pace
- Awareness – where and when to turn/change direction

NOTES

Start practice with dynamic movements and stretches then introduce footballs

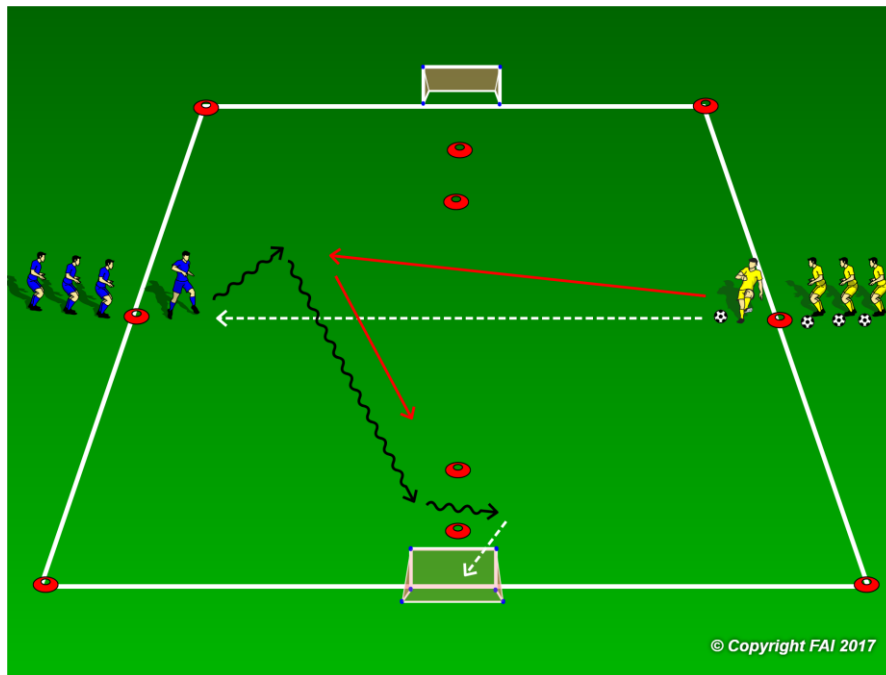


THEME

1 v 1 Dribbling to Goal

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to develop Perception, Awareness, Dribbling and Decision Making in 1 v 1 situations with Transition to Defend



ORGANISATION

- Area 20 x 15 metres
- 1 Blue Player v 1 Yellow Player. Yellow Player passes the ball to the Blue Player and Defends, Blue Player can score in either goal
- Before Blue player can score, they must first dribble through the small gate in front of the goal before finishing on goal (as seen in the diagram above)
- If the Yellow Player wins the ball, they can now attempt to score in any of the two goals while the Blue Player must now Transition to Defend

KEY FACTORS

- Positive first touch towards goal (Back Foot)
- Accelerate away from Defender
- If Defenders recovers, Change of Direction
- Encourage creative play
- Awareness – Dribble with the head up to assess Defenders position
- Finishing – shoot with the foot furthest from the Defender
- Transition to Defend quickly but under control

NOTES

Make sure that players play till goal is scored or ball goes out of play and are aware of the transitions. Change of Direction - inside/outside chops, Cruyff turn, drag back and step over turn

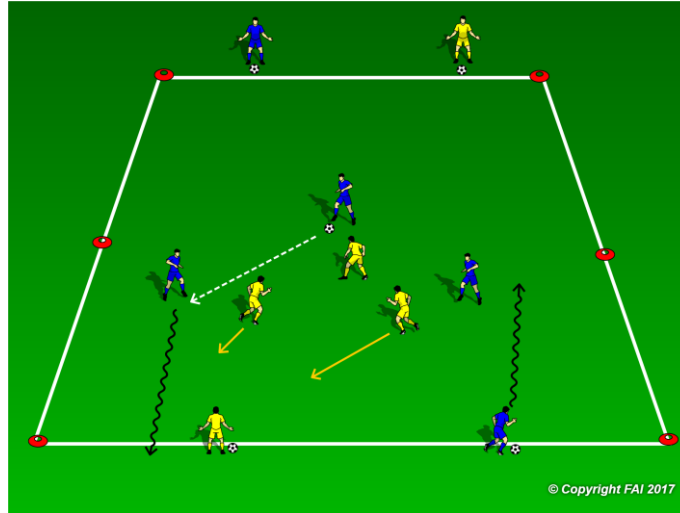


THEME

3 + 2 v 3 + 2 Dribbling, Running with the Ball and Combinations

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players decision making in a high intensity game through dribbling, running with the ball or combinations



ORGANISATION

- Area 30 x 20 metres
- 3 Blue players v 3 Yellow players in the area, with 1 Yellow player and 1 Blue player on each end line
- The players score by dribbling over the end line with the ball under control, once a player dribbles over the line, the end line player of same colour is allowed to join in and attempt to dribble over the opposite end line as seen by Blue players in the picture
- If the team out of possession wins the ball they must attack the opposite end line
- The players on the end line can move along the line to take advantage of any space in anticipation of their player crossing over the line

KEY FACTORS

- Be decisive in all actions - movement, decision making, awareness and passing
- Know when to play 2 touch or 1 touch, dribble or run with the ball
- Combinations (Wall Pass, Over/Under laps, 3rd man runs)
- Weight and accuracy of pass
- Communication on and off the ball
- In possession can you play with your head up and recognize the moment to pass quickly through a gap
- Quick transition in both attack and defense
- Immediate reaction on winning possession, can you play forward pass? – transition with speed

NOTES

High intensity practice play for 3 minutes with 1 minute Rest – Coach during rest periods (Active Rest)



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