



Session 2 – Theme: ATD: Improve Passing, Movement & Finishing with transition to Defend

Duration/Coach	Topic	Description of the practice
11.00am – 11.25am	Goalkeeper Training	Warm Up – Work on distribution with feet and hands
11.00am – 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 – 11.50am	1 v 1 Attacking into 1 v 2 Transition to Defend 2 v 1 Attacking into 2 v 2 Transition to Defend	A functional practice designed to improve players 1 v 1 dribbling and finishing with Transition to Defend A functional practice with the purpose of improving players passing, movement and finishing with transition to defend
11.50am – 12.30pm	7 v 7 Game	A 7 v 7 small sided game designed to improve players all round technique and tactical awareness
5mins	Cool Down and debrief	

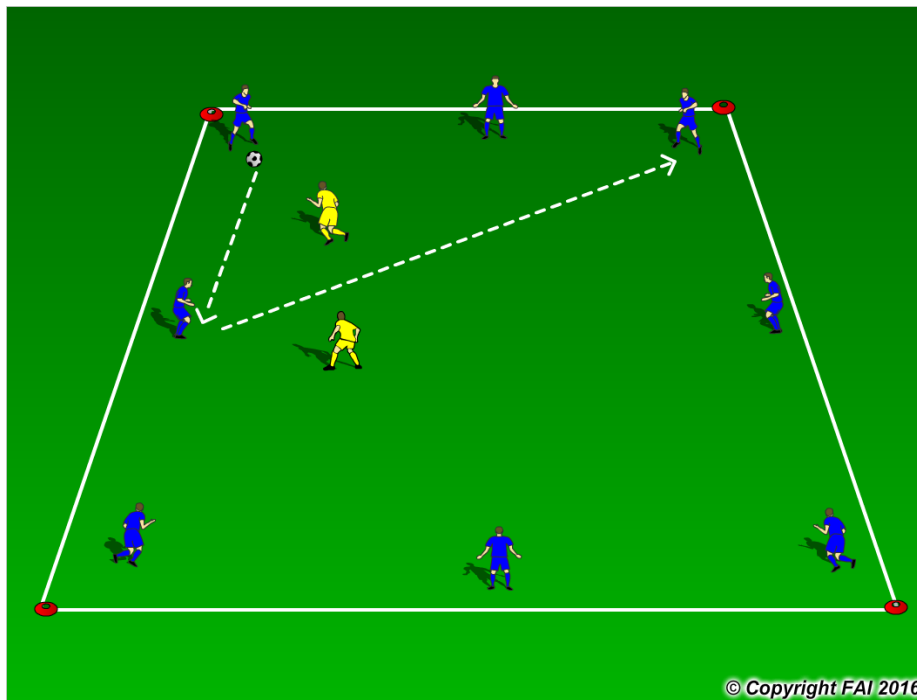


THEME

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

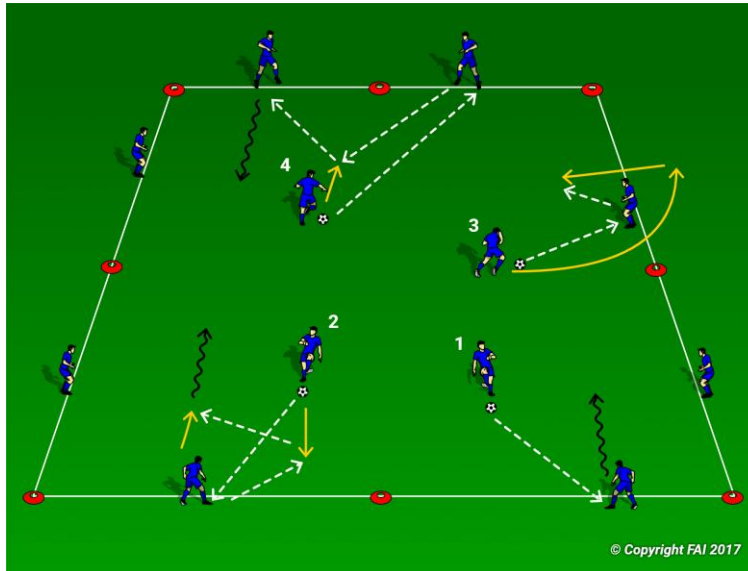


THEME

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



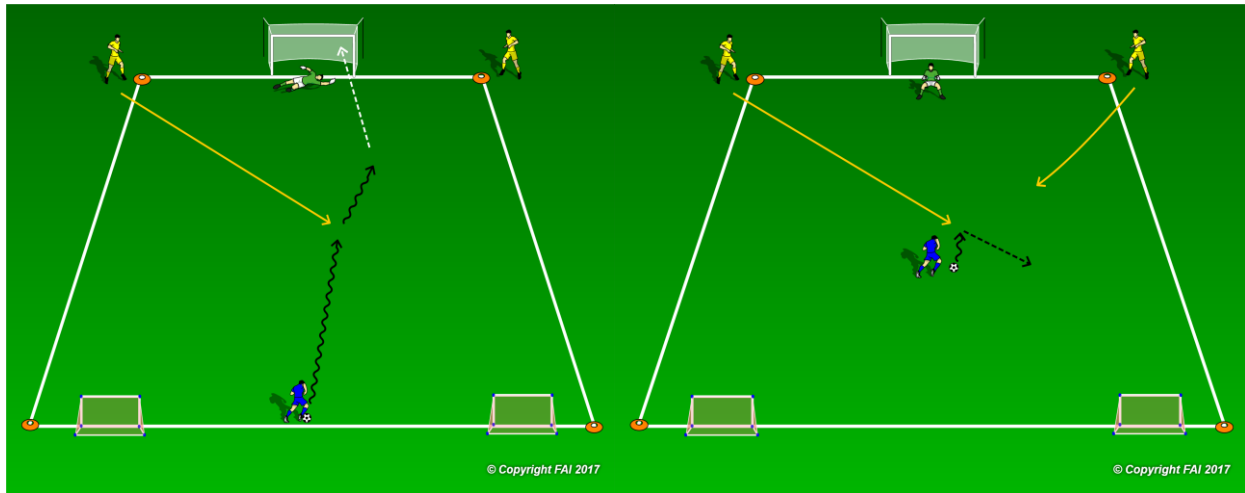
Look for players to perform with a purpose from the start. Encourage one touch if players of high ability

THEME

1 v 1 Attacking into 1 v 2 Transition to Defend

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players 1 v 1 dribbling and finishing with Transition to Defend



ORGANISATION

- Area: 25 x 15 metres
- 1 Blue player v 1 Yellow player + 1 Goalkeeper – 1 Yellow player waiting on opposite side
- Blue player starts the practice with emphasis on scoring by dribbling past his opponent as seen in picture 1
- One Yellow player enters as the Blue player starts dribbling and must attempt to win the ball and if successfully the Yellow player on the opposite side now enters the game with the emphasis on scoring into either of the two small goals (creating a 1 v 2 overload) as seen in picture 2
- If the Goalkeeper saves a shot and ball is still in play, the waiting Yellow player can then enter the game also with the game continuing until a goal is scored or ball is gone out of play
- If the Blue player loses possession of the ball they must Transition to Defend

KEY FACTORS

- Positive first touch, get the ball out of your feet
- Attack the defender with the ball under control
- Keep your head up to assess defender and goalkeepers position
- Make your move (Skill, trick or speed)
- Accelerate into space created
- Finishing
- Transition to Defend – can Blue player win the ball back as quickly as possible?
- Transition to Attack – can Yellow players play quick pass into either small goal?

NOTES

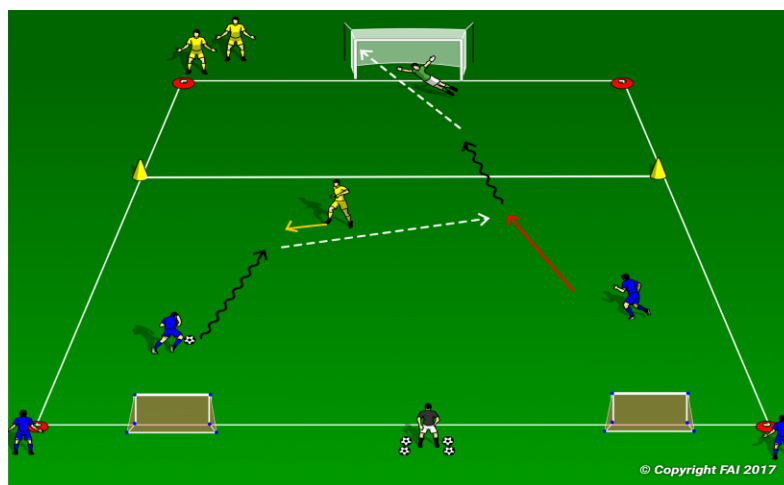
Encourage players to be creative, attack at speed – Freedom and Focus. If players of a high ability, give time limit on scoring attempts

THEME

2 v 1 Attacking into 2 v 2 Transition to Defend

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice with the purpose of improving players passing, movement and finishing with transition to defend





ORGANISATION

- Area: 20 x 15 metres (offside line 8 yards from goal)
- 2 Blue player's v 1 Yellow player + 1 Goalkeeper. Both Blue and Yellow players on outside of respective cones as seen above in diagram,
- Blue players start the practice by receiving a pass from the coach to then play in possession with emphasis on scoring.
- The Yellow player must try and win the ball and if successfully one Yellow Player from respective cone now enters the game with the emphasis to score into either of the two small goals (creating a 2 v 2 situation)
- If the Goalkeeper saves a shot and ball is still in play, the Yellow players can then enter the game also with the practice continuing until a goal is scored or ball is gone out of play
- If the Blue Team loses possession of the ball they must try and regain possession (Transition)

KEY FACTORS

- Quality and selection of pass – 1st, 2nd and 3rd line passes
- Body Shape/First Touch/Receive on the Back foot
- Angles and Distance of support
- Awareness of space and defender – Attack defender to free second player in space
- Finishing
- Transition to Defend – can Blue players win the ball back as quickly as possible
- Transition to Attack – can Yellow players play quick pass into either small goal?

NOTES

Make sure Attackers dribble with a purpose at Defender to create space for second player. If players of a high ability use time limit to score. Encourage freedom and focus in both attack and defense.

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