



Coach: Academy Coaches

Team/Age Group: U10-U12-U14

Session No: Two (2)

Session Aims/Objective

Small sided game – Possession v Pressure

Coach to improve...

- A Practice designed to improve players technique, movement, decision making, Pressure and finishing in a small sided game

<p>Time 10min</p>		<ul style="list-style-type: none"> • Area: 12 x 12 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
<p>Drill 15min</p>		<ul style="list-style-type: none"> • Area : 30 x 20 metres with 3 metres zone • 3 teams, 4 Whites v 4 Yellows with 4 Blue • 4 Blue wall player play two touch and cannot be tackled, 2 Goalkeepers • Yellow team must keep possession using wall players and Goalkeepers (10 v 4). They must have a diamond formation to create angles with Wall Players • White team must press and win the ball back, they can then score in both goals • When the ball goes on of play restart with pass into play by wall players or Goalkeepers • Play for 3 Minutes and rotate, team that scores the most goals wins
<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:</p> <p>Team in possession</p> <ul style="list-style-type: none"> • Create angles to receive the ball • Body shape to open up play when possible • Transition to defend when ball is lost <p>Counter Attacking team</p> <ul style="list-style-type: none"> • High pressure to win the ball back • Defensive organization, work together, make play predicable, set traps • Transition to attack to create goal scoring opportunity 		