



Session 8 – 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 – 11.50am	Possession 4 v 2 + 2 with transition	A functional practice designed with the purpose of improving players passing, positioning and movement with transition to defending
11.50am – 12.30pm	7 v 7 Game 3 X 10 mins	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	

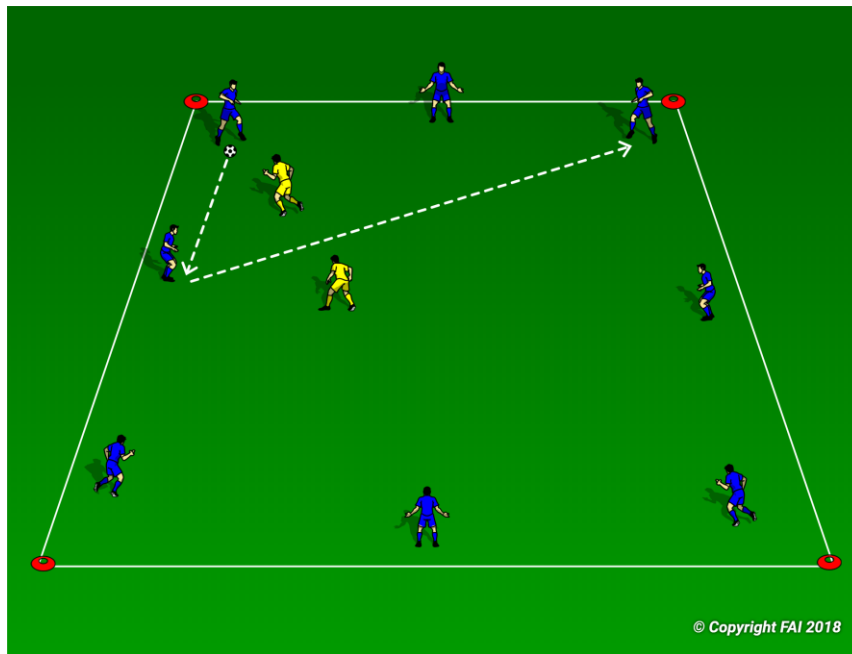


THEME

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

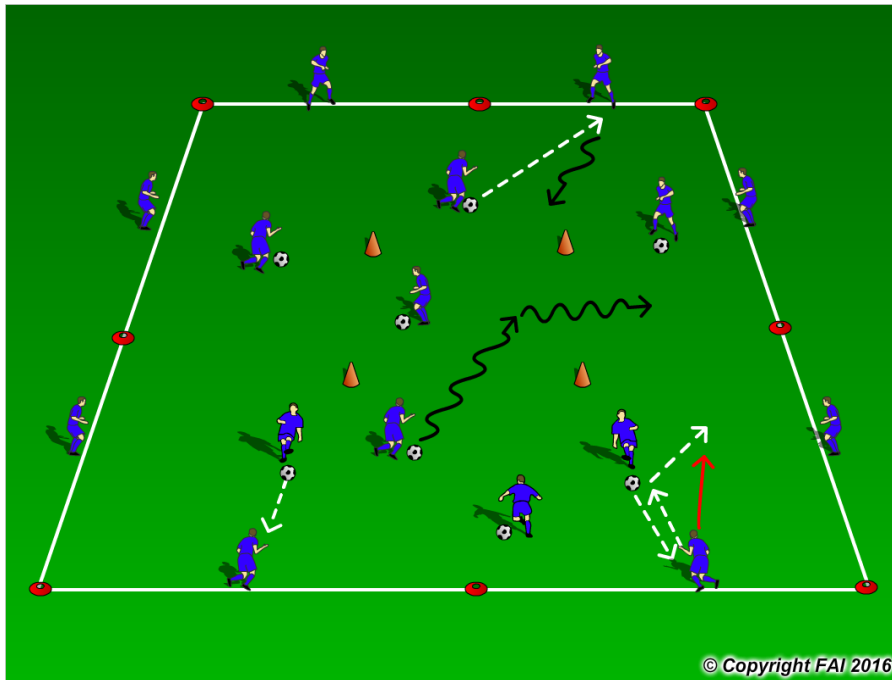


THEME

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 preform 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

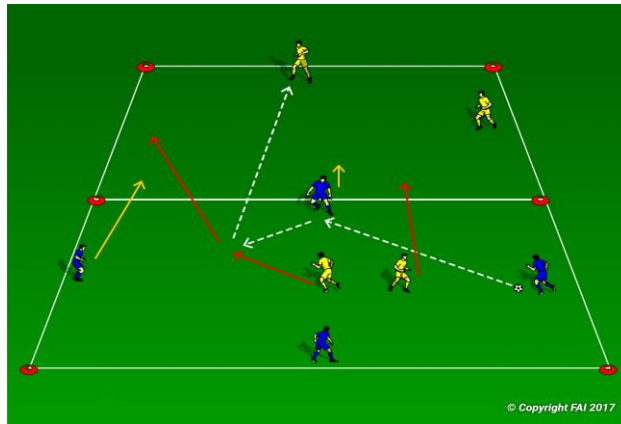


THEME

Possession 4 v 2 + 2 with transition

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed with the purpose of improving players passing, positioning and movement with transition to defending



ORGANISATION

- Area: 30 x 15 metres (2 15 x 15 metre zones).
- 4 Blue players v 2 Yellow players in first zone + 2 Yellow players in second zone.
- Blue players start the practice with emphasis on retaining possession from the two Yellow players in a 4 v 2 situation.
- If the Yellow players win the ball they must quickly transition to attack and play to either of the two Yellow players in second zone and go and join them. The Blue players upon losing possession must transition to defend and try to stop the Yellows playing the ball into the second zone. If unsuccessful two Blue players must transfer to second zone creating another 4 v 2 situation with the same principals of the practice applying.
- Coach has a supply of balls on the outside, if the team in possession lets the ball go outside of the zone, the coach passes the ball into the other zone to start a new game

KEY FACTORS

- Quality and selection of pass – weight and accuracy
- Body shape/First Touch/Receive on the Back Foot
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Communication between players
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – can we play the ball to the player furthest away from opposition

NOTES

As this is physically demanding play for 2 minutes, Rest for 30 seconds, coach can make coaching points during this time (Active Rest). Encourage players to play with 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