



Coach: Academy Coaches

Team/Age Group: U10-U12-U14

Session No: Three (3)

Session Aims/Objective

Small sided game – 2 v 2 + 3 Joker/Floater Players

Coach to improve...

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

<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 : 12 x 12 metres • Team of 2 Players v Team of 2 Players with 3 Fixed Joker No6/Two end floaters (highlighted as Triangles) down the middle. <p>In loss of possession one team of 2 players transitions to defend/press the ball back and the other team transitions to KEEP POSSESSION respectively.</p> <p>Total Players Needed: $2v2+3 = 7$ 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 2 v 2 +3 Joker/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>		