



Session 10 – Theme: Attacking With Transition to Defend

| Duration/Coach | Topic | Description of the practice |
|-------------------|---|---|
| 11.00am – 11.40am | Goalkeeper Training | Handling |
| 11.00pm – 11.10am | 6 v 2 + 4 Rondo | A practice designed to warm players up with emphasis on passing, decision making and positional play |
| 11.10am – 11.20am | 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 |
| 11.20am – 11.40am | Possession 6 v 6 with transition | Possession practice to improve players passing, movement and decision making |
| 11.40am – 12.00pm | Phase of Play | Attacking with GK, Back 4 and Midfield 3 |
| 12.00pm – 12.30pm | 11 v 11 or 9v9 Game (2 x 12 min games) | 1.4.3.3 or 1.3.2.3 |
| 12.30pm – 12.35pm | Cool Down and debrief | |

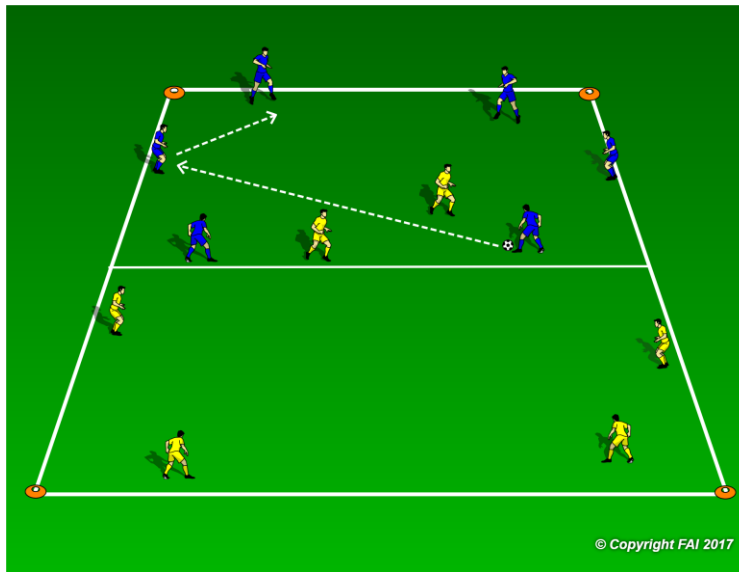


THEME

6 v 2 + 4 Rondo

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to warm players up with emphasis on passing, decision making and positional play



ORGANISATION

- Area: 24 x 24 metres (each zone 12 x 12 metres)
- 6 blue players v 6 yellow players (6 v 2 in each zone)
- Both the blue and yellow players set up as seen above in picture
- Blue players start the practice with emphasis on keeping possession
- 2 yellow players look to gain possession of the ball and if successful, they then attempt to transfer the ball to the other zone to create a 6 v 2 overload for the yellow players
- blue players must transition to defend if they lose possession and if yellow players are successful in transfer of possession, 2 blue players must enter yellow zone and attempt to gain possession of the ball

KEY FACTORS

- Quality and selection of pass – 1st, 2nd and 3rd line passes
- Body shape/first touch/back foot
- Angles and distance of support – looking to play in between and behind the opposition
- 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

If players of a high quality encourage one/ two touch football when applicable

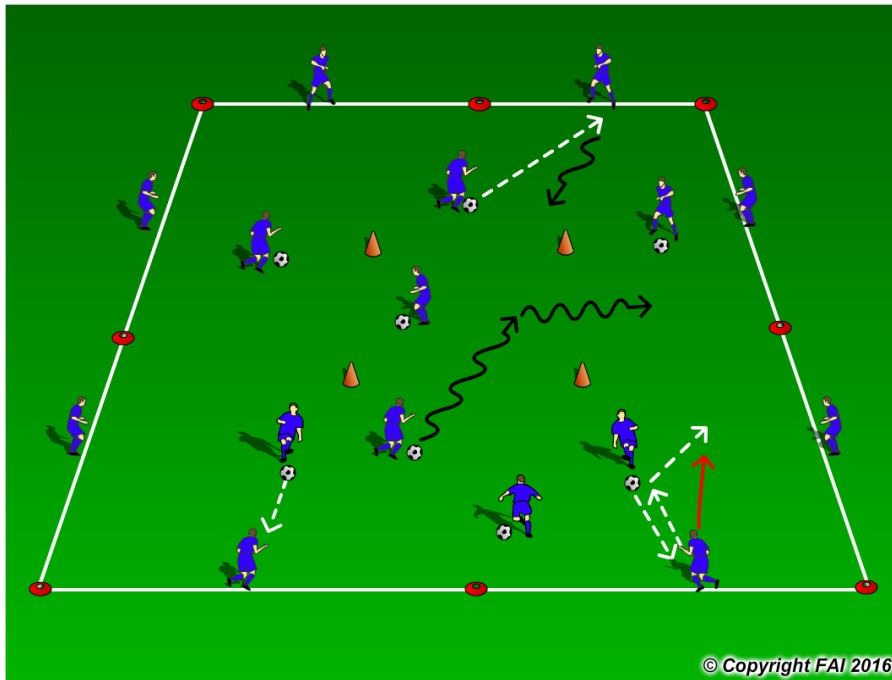


THEME

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

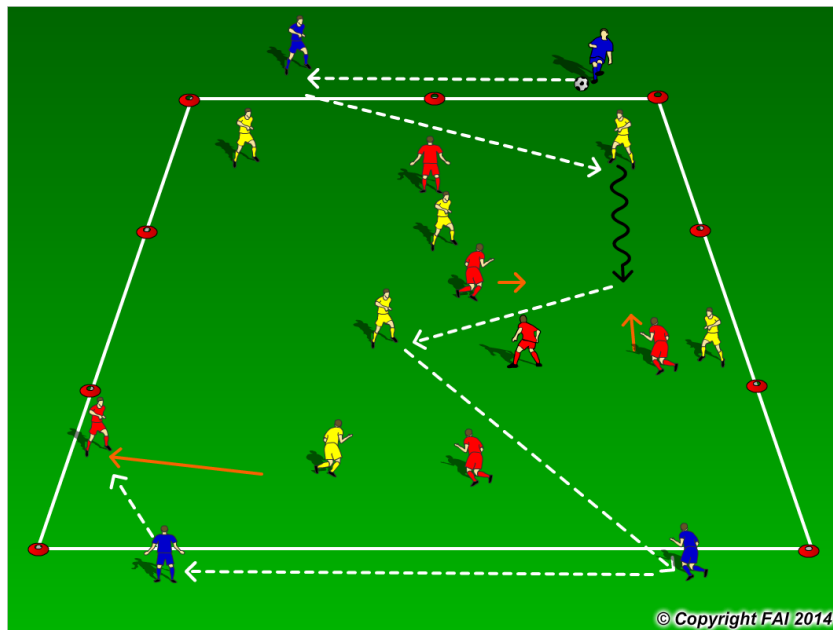


THEME

Possession 6 v 6 with transition

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

Possession practice to improve players passing, movement and decision making



ORGANISATION

- Area: 60 metres x 30 metres
- 6v6 inside the area, formation for both teams 2 defenders, 3 midfielders (6 Holding Midfielder, 8 & 10 Attacking Midfielders) and 1 striker with 4 Blue players, 2 at each end, Blue players cannot be tackled
- Yellows players play to one end (as per diagram) Blue player that receives transfers to the second blue player that passes into Reds, Reds then looks to play to the other to Blue players (Transitions)

KEY FACTORS

- Quality of pass – pace, weight and accuracy
- Individual movement to receive pass, open body shape, looking to play forward.
- Pass to feet or space? Let players make decisions
- Passing triangles – always at least two options for player on the ball
- Get defenders to take the ball into midfield to create 4 v 3 in central area
- Get Midfielders to play in between and behind opposition
- Communication between players
- Quick Transitions important for both teams

NOTES

Keep intensity high, have supply of balls on the outside. Size of grid depends on quality of players may need to make bigger or smaller

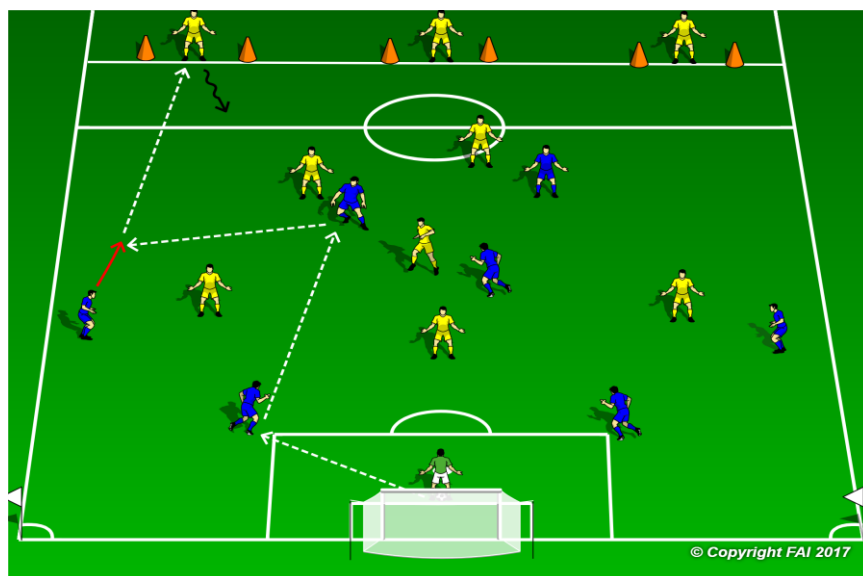


THEME

Attacking with Goalkeeper, Defenders and Midfielders with Transition to Defend

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

Phase of play practice designed to improve players technical and tactical awareness when playing out from the back



ORGANISATION

- Area: Full Width of the pitch and 3 Gates positioned 5 metres over halfway line
- Blue Players: Goalkeeper, 4 Defenders and 3 Midfielders v Yellow players: 3 Midfielders and 2 Wingers and a Center Forward
- 3 Target Yellow players standing in the 3 gates
- Goalkeeper starts the play at all times with the ball in the middle of 6 yard box
- Blue players looking to build from the back and score through any of the 3 gates to Yellow players that then Attack Blues goal, Blue players must quickly Transition to Defend

KEY FACTORS

- Starting positions of Center Backs – edge of 18 yard box, Full backs pushed high up near touchline
- Midfield with holding Midfielder (6) and 2 advanced Midfielders (8 and 10)
- Quality and selection of pass – 1st, 2nd and 3rd line passes
- Body shape and first touch – 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

Get the Yellow team to drop off and put on limited pressure at the start to get the Blue team comfortable in possession. Goalkeeper's role very important, quality of passing and decision making crucial



THEME

11 v 11 Game Formation – 1.4.3.3

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

11 v 11 game designed to improve players all round technique and tactical awareness



ORGANISATION

- Formation 1.4.3.3

KEY FACTORS

In Possession

- Starting positions of Defenders – wide and high, open body shape, awareness and ready to receive on back foot
- Midfield with holding Midfielder (6) and 2 advanced midfielders (8 and 10)
- Quality and selection of pass – 1st, 2nd and 3rd line passes
- Body shape and first touch – 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

Out of Possession

- Starting Positions – narrow and compact, make it difficult for attacking team to play through passes
- Midfield with 2 holding Midfielder and 1 advanced Midfielder
- Make play predictable, curved runs and getting them to play into traps
- The rest of the team move in relation to pressing players – Pressure/Cover/Balance
- Communication from players behind is key
- Opened body shape when Defending see ball and man
- When ball is won, look to play forward as quickly as possible through quality passing or dribbling