



Session 7 – Theme: Attacking With Transition to Defend

Duration/Coach	Topic	Description of the practice
11.10am – 11.50am	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+4 v 4+4	A functional practice to improve players passing and movement and decision making
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	

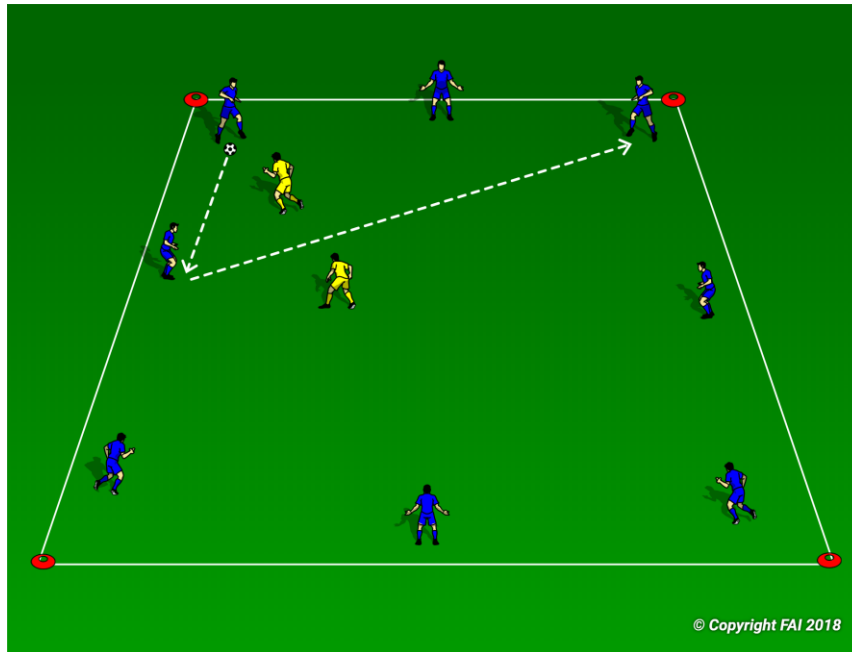


THEME

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

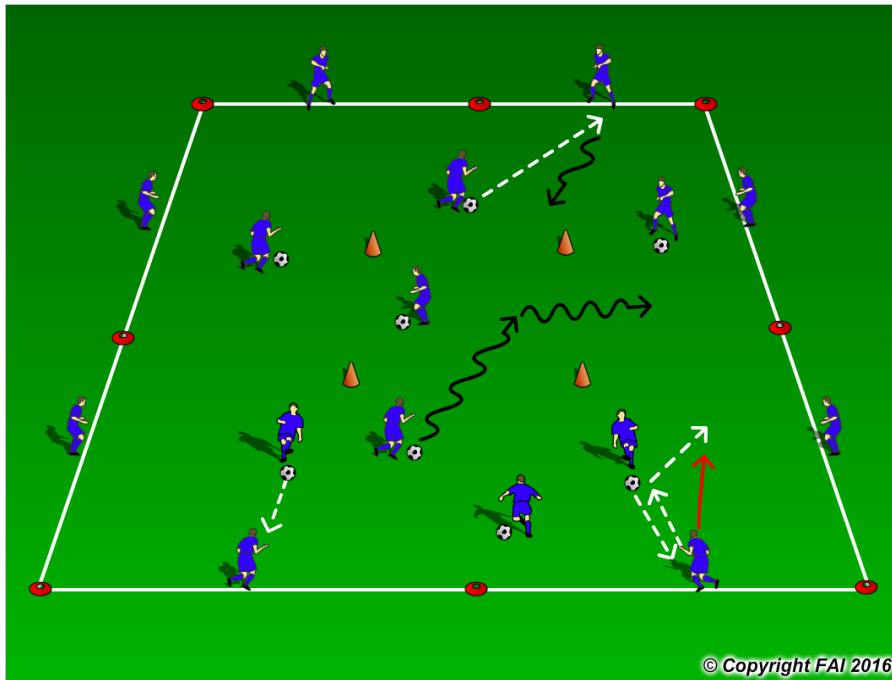


THEME

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 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

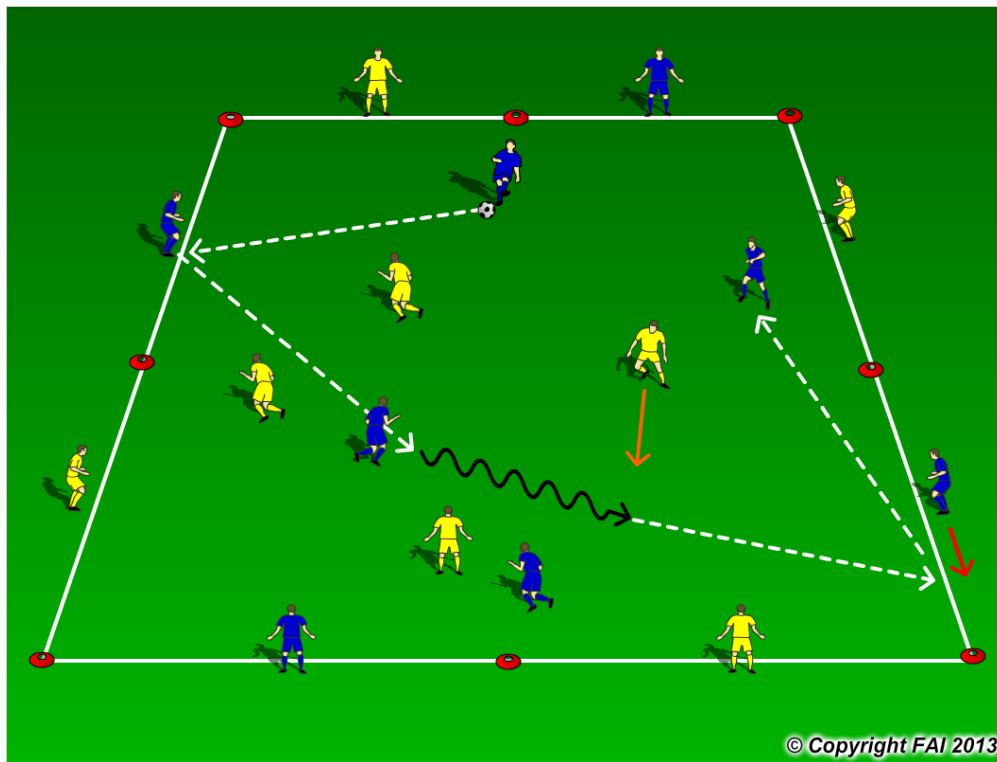


THEME

Possession 4+4 v 4+4

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice to improve players passing and movement and decision making



ORGANISATION

- Area: 30 x 25 metres grid
- 4v4 inside the area, wall players on the outside. When In possession 8 v 4. Wall players can only move up and down along their line and cannot be tackled
- Can progress onto when a pass is played to wall player they come into area and are replaced by an inside player

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
- Play in between and behind players
- Communication between players

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. Can use 3v3, 5v5 inside area also.



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