

CONNECTION BEFORE CONTENT

AREA: ¼ - ½ Field

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

MAIN MOMENT: **Ball possession Opposition (BPO)**

KEY PRINCIPLE: **Winning the ball back as soon as possible**

PHYSICAL LITERACY: **Psychological – BRAVERY**

PASSING PRACTICE – AWARENESS

Warm up, and introduction of session focus | 5 mins

SET UP:

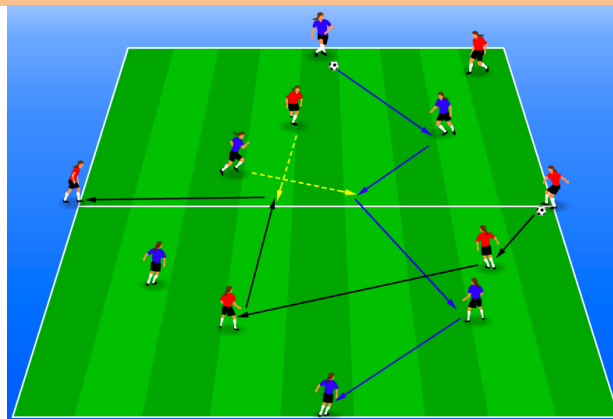
Define a 30m x 30m playing area.
Split the team into two even groups.
Place two players per group on opposite end lines, as per diagram – these are 'wall players'.

EXERCISE:

1. Both teams pass from one of their wall players to the other.
2. All passes must go forward - no square or back passes.
3. See which team can complete the most passes from wall player to wall player in 90 seconds!
4. Award two points to the winning team, swap wall players and play another round!

PROGRESSIONS:

5. Must take at least three passes to get to the other side.
6. Two touches only (1 touch then pass)
7. Wall Players take a positive touch into the area and are replaced by a teammate (does not have to be the player that passed the ball)
8. Blue vs Red, however defending team can only intercept the ball - Turnover if they do.



COACHING POINTS:

Positive first touch and play forward passes.
Quick combination play (1 / 2 touch).
Quick ball speed to disrupt the opposition shape.

DEFENDING:

The Four Ds

Delay – the ball carrier (jockey).
Deny – the ball carrier time & space.
Direct - the ball carrier away from goal
Defend – dispossess (tackle) the defender.

POSITIONING GAME – WINNING THE BALL BACK

Possession game with positions | 10 - 15 mins

SET-UP:

Set up a 30m x 30m area, divided in half
Keep the teams as per before.

EXERCISE:

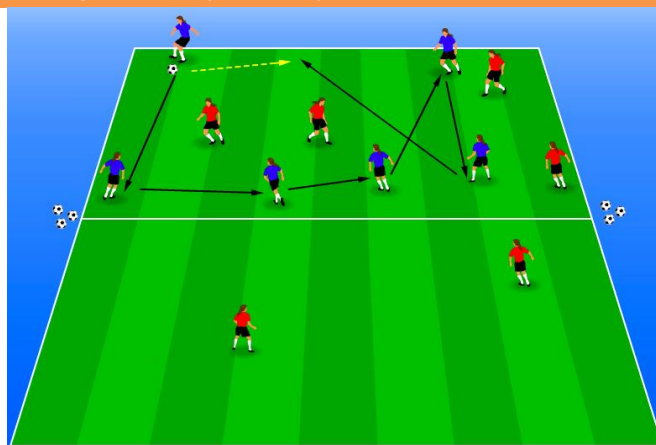
1. The team NOT in possession must leave 2 players in their half of the field.
2. The defensive team must win the ball back, then switch it to their half of the field.
3. At this point, the blues move over to retrieve the ball, leaving two players in their half.
4. There is always a 4 vs 6 in the half with the ball.
5. Run 3-minute intense games, before allowing players a 1-minute rest.
5. Use the 1-minute break periods to question or show the players the coaching points.

PROGRESSION:

6. Three touch only.
7. Swap players around
8. Make the area bigger / smaller to make it harder / easier

COACH TIPS:

Have balls ready on the outside and play them in quickly if a ball goes out to ensure the intensity remains high.



COACHING POINTS:

Psychological – Encourage players to attempt to win the ball back based on the cues.
Encourage players to 'hunt' and win the ball back!
Praise players for their defensive efforts and bravery to attempt to make tackles and win the ball back

See Game Training Coaching Points & Tactical Defensive Points below.

GAME TRAINING – FOUR GOAL FOOTBALL

Realistic match situation. Correct players and positions | 20 mins

SET-UP:

A field of 30m x 40m.

Set up two small goals.

Split players into two teams.

Context – Middle third of the field (midfield)

EXERCISE:

1. Players are to compete in a small sided game- 6 v 6 / 7 v 7
2. Aim is to score in the small goals.
3. Play 3 minutes games, with 1-minute break.
4. Observe opportunities to COACH the points provided and highlight good behaviours.

PROGRESSION:

5. Three Touch Only.
6. If a team loses the ball and wins it back within 6 seconds, they receive 2 bonus points.

OBJECTIVE / TEAM TASK:

Can win the ball back within 6 seconds?

COACH TIPS:

Place players in realistic match positions

Ensure the shape of both teams is correct before each restart in play.



COACHING POINTS:

The Four Ds

Delay – the ball carrier (jockey).

Deny – the ball carrier time & space.

Direct – the ball carrier away from goal

Defend – dispossess (tackle) the defender.

See Tactical Defensive Points below.

Coach and challenge each individual player.

TACTICAL COACHING POINTS

Defensive Principles

- The closest player to the ball must **PRESS** the ball carrier (1st defender).
- The next closest player(s) must provide defensive **COVER / SUPPORT**. Cutting off any immediate passes, creating a 2 vs 1 (2nd defender).
- All other teammates must quickly get into their defensive **SHAPE** to provide **BALANCE** and cut out forward passes or options.

FOOTBALL CUE: Press the ball carrier WHEN the opposition:

- Take a poor touch
- Their body is facing backwards
- Their head is down
- They are receiving a bad pass

The BULLSEYE

Blue circle = 1st defender(s)

Purple circle = 2nd defender(s)

Yellow circle = Defensive shape (make the field small/tight)



GAME – NORMAL GAME

SET UP:

Place one goal at half - way.

Have two teams and place them in realistic positions.

Include Goalkeepers.

Condition - 3 points if a goal is scored within 7 seconds of winning it back!

END OF SESSION WRAP UP - Conduct a Q & A with your players to test their learning!

What they enjoyed most?

What they learnt from the session?

Observe the players and the team | Time 25 mins

COACH OBSERVATION:

Do players look to be understanding the different roles of 1st and 2nd defenders?

Does the team appear to work in unison defensively?

Does the team continue to stay COMPACT?

Do the players win the ball back quickly?

Tell individual players and the team what they did well.

COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?