

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 Opponent (BPO)

KEY PRINCIPLE: Limit opponents' ability to create scoring chances

PHYSICAL LITERACY: AWARENESS & TACTICS

ARRIVAL ACTIVITY – RONDO

SET-UP:

Set up two 10m x 10m squares

The groups can be divided as follows:

5 players = 4 v 1

7 players = 5 vs 2

EXERCISE:

1. The attackers must keep the ball away from the defender(s)
2. If the defender wins the ball, they swap out with the person they tackled/intercepted.

PURPOSE – Engage the players as soon as they arrive – 10 mins

3. If the ball is kicked out, they swap with the person who kicked it out
4. 10 passes = defenders must do 10 star jumps after the ball is dead
5. Nutmeg = Defenders must stay in for a second round.

PROGRESSIONS:

6. If the attackers play a penetrating pass between the defenders, the defenders must stay in for another round.
7. Swap defenders if they have been in the middle for more than 2 minutes
8. Attackers can only take two touches.

WHOLE – FOUR GOAL FOOTBALL

SET-UP:

Define a 40m x 40m area

Position four goals in each corner of the area

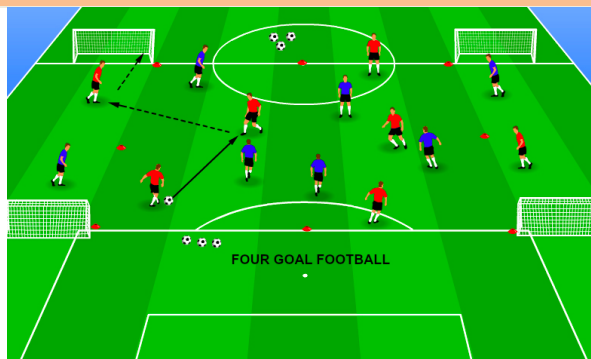
Split players into two even teams.

Set up players in roughly realistic positions

EXERCISE:

1. Play a match, Red vs Blue with teams scoring in the small goals.
2. **Reward** – Each time a team intercepts the ball, they receive 2 points, 1 point for a goal.
3. Play 3-minute rounds to see which team is the winner

PURPOSE – Conditioned game to develop game sense – 15 mins



4. Allow the players to play for 15 minutes, whilst you observe their decision making and execution.

PART – 3 v 3 + 1

SET-UP:

Mark out two 25m x 25m fields with goals

Split players into Four teams of three players, plus a joker.

EXERCISE:

1. The teams play 3 v 3 games
2. The joker plays with the team in possession
3. Play 5-minute rounds to see which team wins, rotating teams & jokers after each round.
4. The focus is on teams' ability to limit the opposition's scoring chances through **pressing (1) covering (2) and having balance (3)** when defending.

PURPOSE – Break down the game to work on an aspect– 20 mins



COACH TIPS:

- Select a player on each team to be the 'captain'. This person's responsibility is to keep score for their team.
- Ensure all balls are placed near the goals so that players can quickly grab one and play if the ball goes out.

CONDITIONS:

- (1, 2, 3) - If a team scores within 10 seconds after a re-start or after gaining possession = 3 points
- (1) - If a team wins the ball in the opposition half, then scores = 2 points
- (2) - Each time a team intercepts/blocks the ball = 1 point

CHANGE IT – One team dominating too much? Put a touch limit restriction on them or swap players around.

KEY COACHING POINTS

Defensive Principles

- Make the field small by having a **COMPACT** shape
- 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.

The Four Ds of Defending

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

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

WHOLE - MATCH

SET UP:

Place two small goals at half - way.

6 Blues + GK

6 Reds + Yellow Wall player

Place players in realistic positions.

EXERCISE:

1. Play a match – Red scoring in big goal vs Blue scoring in two small goals.
2. The ball either starts from the Yellow wall player or the goalkeeper.
3. Implement below challenges throughout match
4. Play 3-minute rounds, tallying up the points, then swapping the teams each time – i.e. Blue scoring in big goal.
5. Allow the players to play for 10 minutes without restrictions & conditions – normal game with yellow player included as a joker.

Team Challenge:

- If team defending the big goal, pass to yellow wall player then score = 3 points
- Round 1 & 2 - Team defending the big goal receive 2 bonus points at the end of the round if they concede less than 2 goals.
- Round 3 & 4 – Team attacking the big goal receive 2 bonus points at the end of the round if they score 2 goals inside the box.
- Round 5 & 6 – No rules / restrictions

CHANGE IT:

- Put a touch limit on one team
- Provide one team with double points for 2 minutes
- Swap players around

PURPOSE – Place the players back into a game! – 25 mins



Individual Challenges:

- Provide players on each team with individual challenges to complete during each round:
 - If you win the ball twice, you receive 1 bonus point for your team
 - If you make two interceptions, you receive 1 bonus point for your team
 - If you provide one assist to a teammate, you receive 1 bonus point for your team
 - If you score two goals, you receive 1 bonus point for your team

PLAYER LED DISCUSSION

- After each round, allow the players to discuss their team tactics and strategies for 60 seconds before returning to play.

COACH OBSERVATION

Are players limiting the opponents' ability to create scoring chances?
Are players applying the defensive principles?

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?

Tell individual players and the team what they did well.

COACH REFLECTION

Have the players been engaged for the whole session?
Did the players enjoy themselves?

What worked/did not work?
What would you do differently next time?