

Description

good session for all ages and levels, keep the standard high, it's not a race to get to the next stage, good principles of possession and basic counter attacking

Screen 1

Organization - two boxes 20x20 (depending on numbers), may need a bigger grid

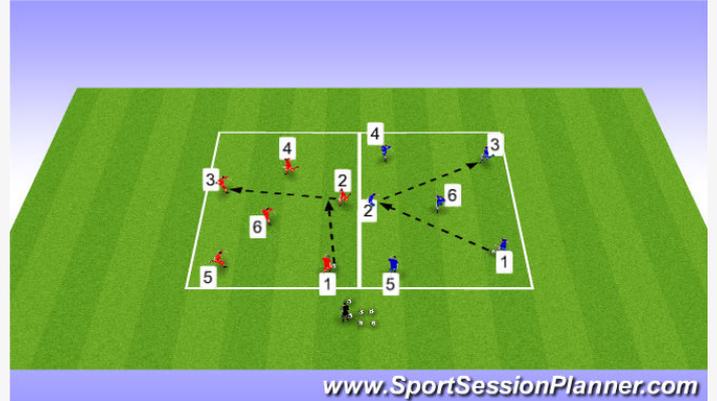
Field Set up - coach on the outside serving the balls

Detail - 1 passes to 2, 2 passes to 3, 3 passes to 4 -5, 5-6, 6 back to 1

constant movement, the ball cannot stop, encourage communication - pass ahead of the player - encourage shoulder checking to raise awareness before receiving the pass - use all the space inside the grid

Progressions - no communication allowed! - now the players have to be aware of their options before they receive the pass - change of pace after you play the pass - add a second ball per group to the exercise

Competencies - quality/ technique when playing the pass - relaxed, using all parts of the foot when receiving the pass



Screen 2

Organization - the same as session 1

Field Set up - the same as session 1

Detail - now both teams can move into any box they like still passing in sequence 1-6

Progressions - add a second ball per group

Competencies - with two ball working in your group it is now important once you have passed the ball you immediately look for the second ball, moving into the space making good angles for your teammates



Screen 3

Organization - same organization as previous session

Field Set up - same size grid as previous session

Detail - now it's a possession exercise - the more success the red team has keeping possession the coach adds another blue defender, you no longer need to pass in numerical order, but for simplicity the the defenders can stay in numerical order - if the blue defenders win the ball they now try to pass the ball back in to their box, now the red team begins defending - if the ball goes out of bounds the coach plays the ball immediately to the box opposite the last possession box

Progressions - limit the touches in possession, add the defenders quicker, players in possession need to touch a line in their box before they can rejoin the exercise

Competencies - football awareness,(what options do I have before I receive the ball)making angles quickly, first touch away from pressure

