

## Coaching Session Planner

### Session Ten

#### Warm Up

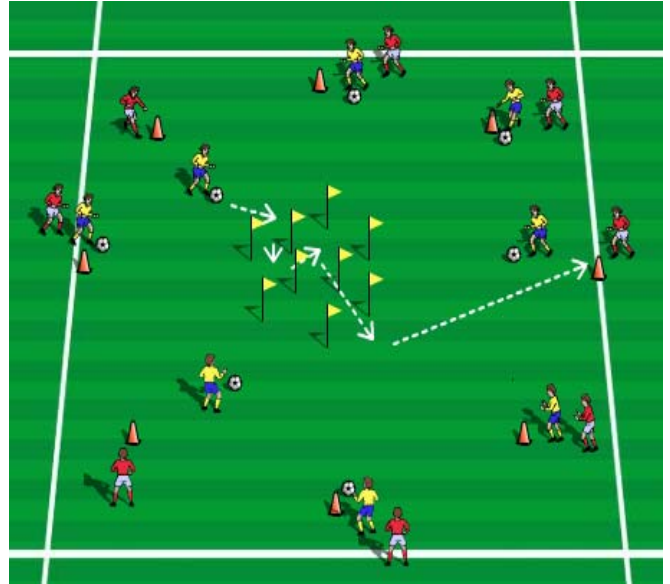
Players dribble ball in through poles in middle area. Players encouraged to make sure they find a route through without colliding with team mates or touching poles.

Player then finds free player on outside of circle and exchanges ball by performing takeover.

Progression:

Players pass ball one-two go back through poles then takeover.

Increase footballs to increase intensity.



#### Speed and Agility

In groups of four or five players work on acceleration, deceleration and lateral movement in game related exercises to improve players speed and agility.

Ball is gradually introduced to each exercise.

Work on technique.



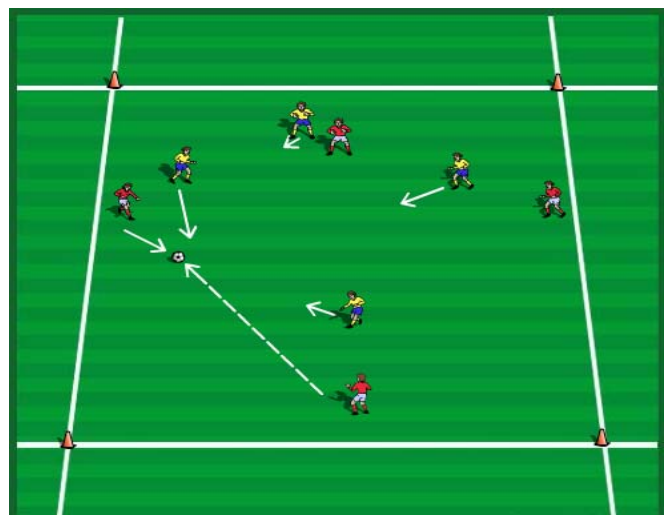
#### Game Related Practice

##### 4 v 4 Defending Principles

Defenders (Yellow) Prevent Attackers (Red) to Dribble Across the Line. Defenders can counter when they win possession.

##### Coaching Points

- Shape (short and narrow)
- Prevent Penetrating Passes
- Pressure the Ball
- Cover Pressing Player
- Balance Defence



## Coaching Session Planner

### Session Ten

#### Game Related Practice Progression

4 v 4 with Yellows defend end zone, Reds defend the goal.

Emphasis on individual defending principles, as well as team shape, cover and balance.

Defenders look to prevent penetrating passes and 1 v 1 situations.

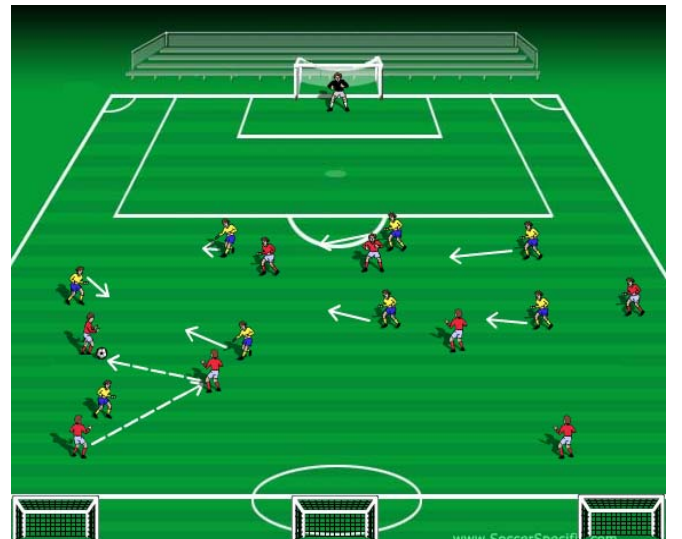


#### Game Related Practice Progression 2

Previous games merge into 9 v 8.

Yellow team defend large goal and attack any of the three goals.

Emphasis on team shape (midfield and defence)



#### Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

