

Coaching Session Planner

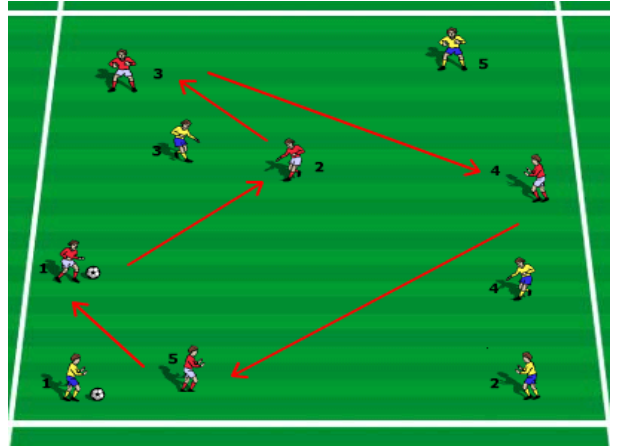
Session Five

Warm Up

Players pass ball in groups in numbered sequence.
Progress to first pass long second pass is short.

Objectives

Quality of Passing
Timing of supporting run
Awareness and timing of pass

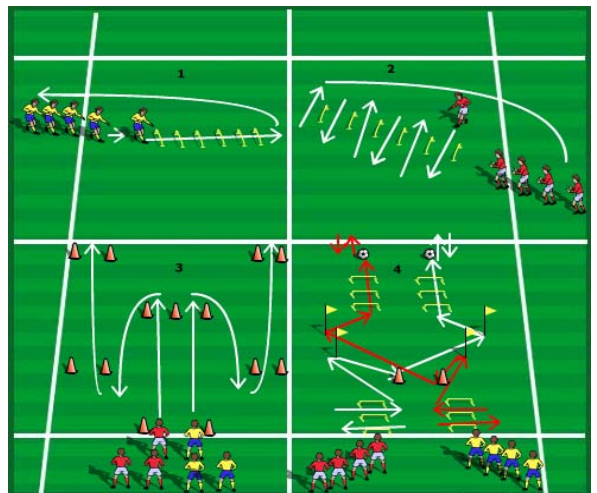


Speed and Agility

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.



Team Shaping

Back Four Attacking

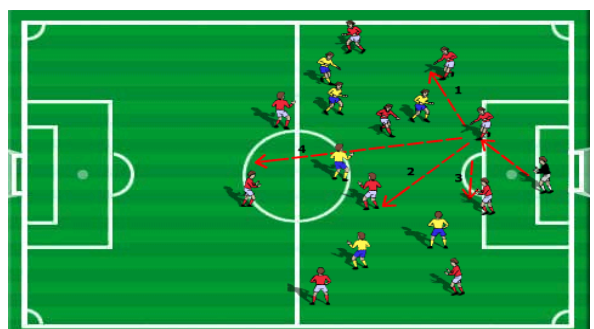
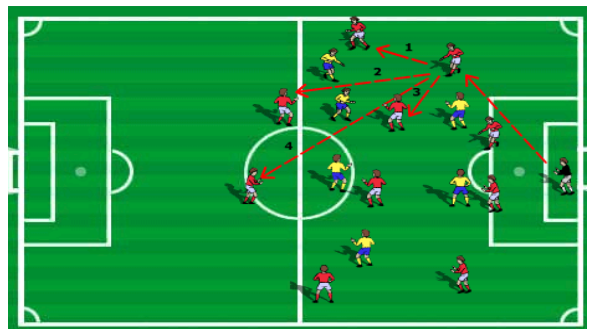
Full Back

Show fullback how to get on ball then show four passing options available.

Central Defender

Show central defender how to get on ball then show four passing options available.

Make reference to where back four should be positioned when player is on the ball.



Coaching Session Planner

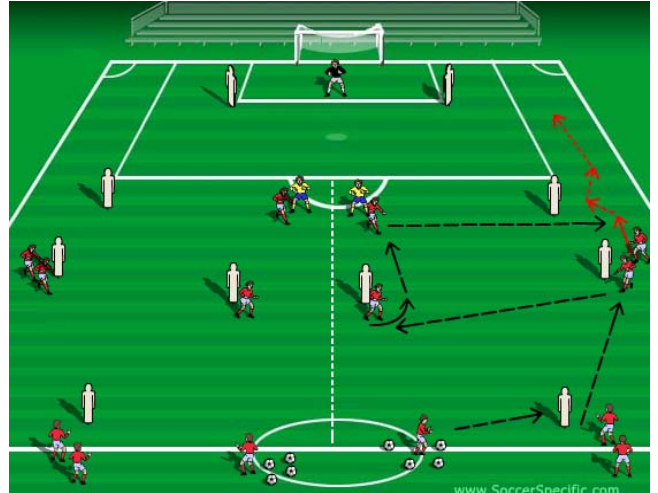
Session Five

Patterns of Play

The waves of attack are initiated from the central defender with a good supply of footballs.

Central defender passes the ball to the full back who makes an angle to receive the ball. The player receives the ball with an open body position and the play is patterned down the right corridor of the pitch and linking the defence, midfield and attack.

Certain positions are doubled up to allow sufficient rest periods. There are 2 sets of strikers who rotate their roles as both attackers and defenders and attack simultaneously from either side.



Conditioned Game

8 v 8 three zone game

Encourage players to get on ball and in attacking zone take on defenders.

Conditions

Ball to be played through zones encouraging movement to receive ball.

One player from each zone can support in each zone.

Progress to ball can be played from defending third to attack and encourage support from middle zone.



Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

