

## Coaching Session Planner

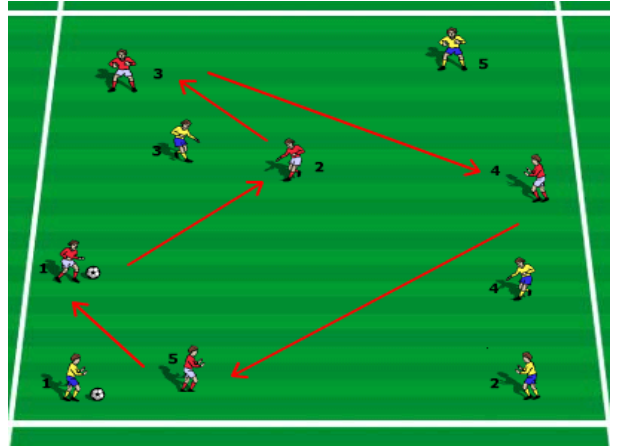
### Session Six

#### 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

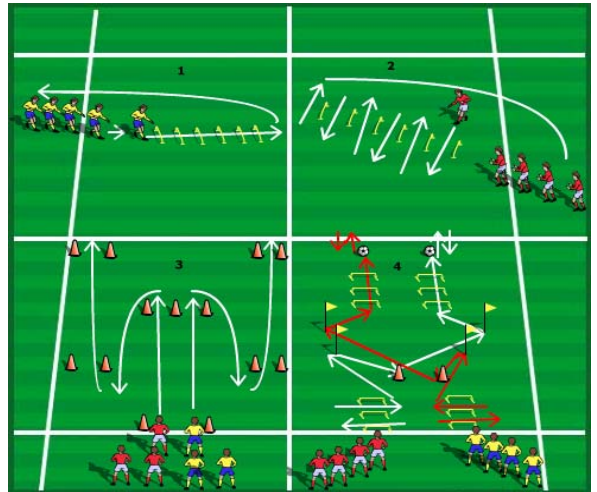


#### Speed and Agility

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 Defending

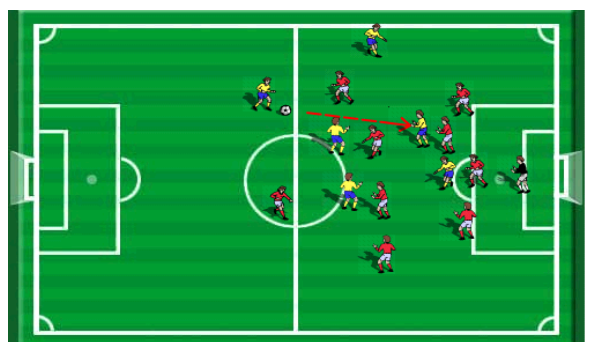
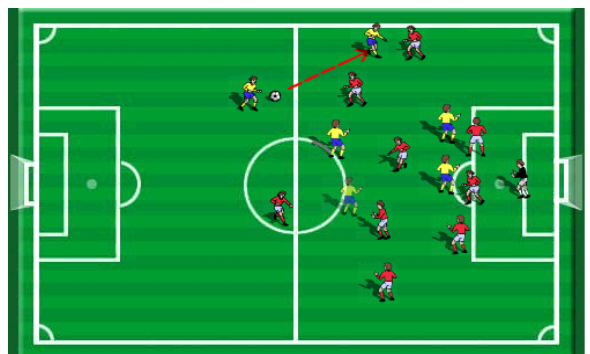
###### Full Backs

Show fullback 2 options: down the line and across the field. Balance the remaining defenders in relation to where the ball is and the goal. Reference defenders reactions when a pass is made.

###### Central Defenders

Show central defender 2 options: in or out. Balance remaining defenders in relation to where the ball is and the goal.

Finish with free play.





# South East Region Development Squads



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### Session Six

#### Game Related Practice

Keeper kicks/throws ball into midfield area for greens and whites to compete for possession. Team in possession have to complete four consecutive passes (can use floating player) before breaking out to join strikers (yellow) and attack the red defenders goal.

Play is completed when a goal is scored, the ball goes out of play or the defenders win possession. Play is repeated.

Progression: Play must go through the strikers before attacking midfielders can enter final third



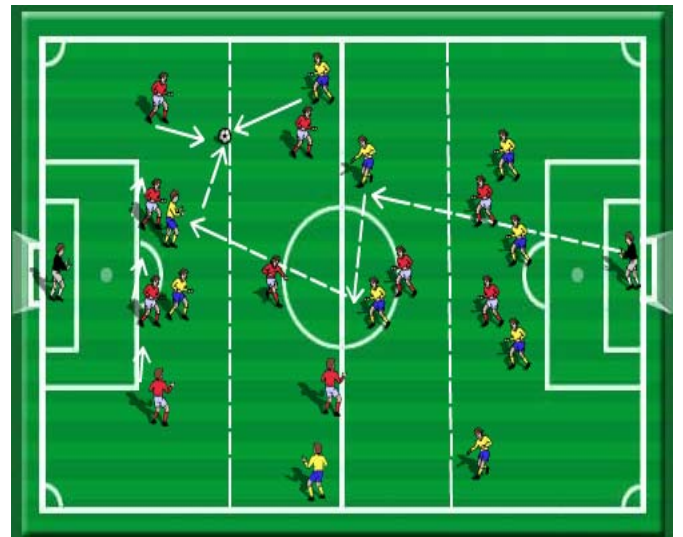
#### 11 v 11 Game

Focus on Back 4 Defending Principles - Pressure, Cover and Balance

Initial play is through zones to enable the coach to monitor and balance the 4 defenders.

Progress to more direct play by allowing passes from back to front.

Free play for final 10 minutes.



#### Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

