



# South East Region Development Squads



## Coaching Session Planner

### Session Seven

#### Warm Up

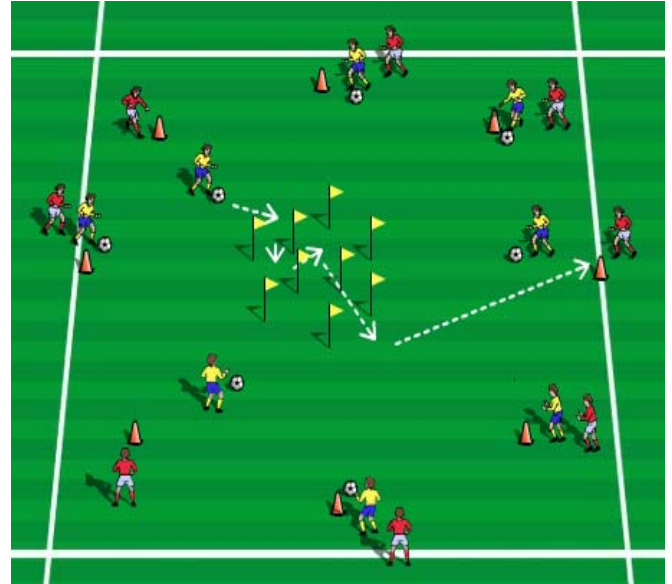
Players dribble ball in through poles in middle area. Players encouraged to make sure they find a route through without colliding with team mates or touching poles.

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.

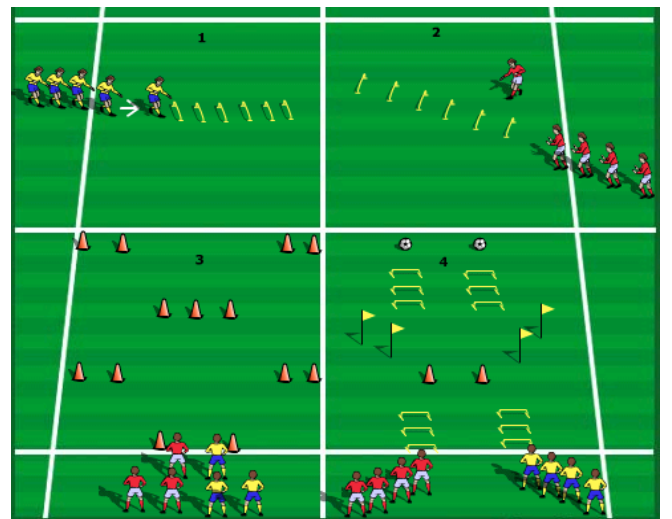


#### Speed and Agility

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.

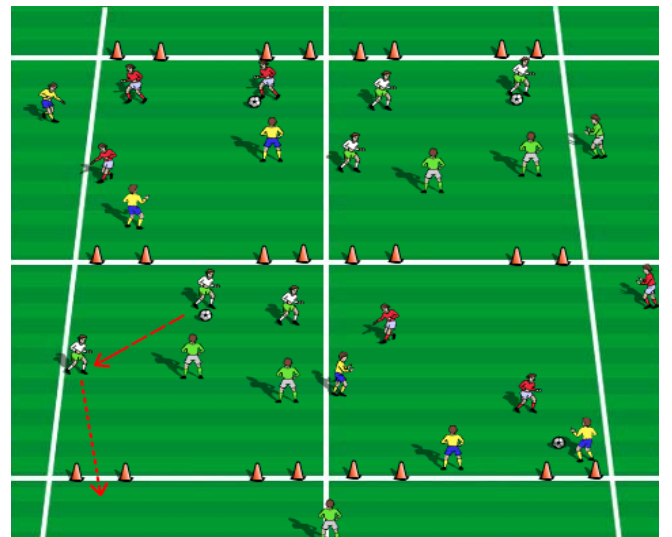


#### Game Related Practice 3 v 2

Players in channels with 3 attackers versus 2 defenders working on attacking principles.

#### Coaching Points:

- Attacking – Good first touch out of feet.
- Change of pace
- Disguise
- Central player gives depth
- Width created by other two players
- Keep possession until switch is on.



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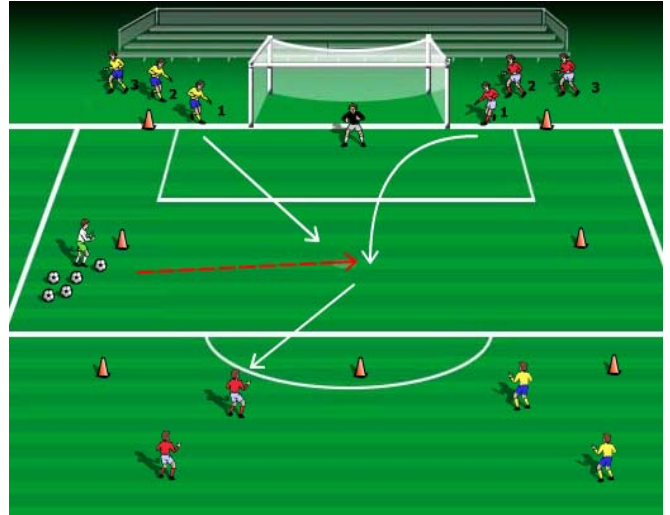
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#### Game Related Practice Progression

##### 3 v 2 Gerard Houllier Game

Game starts with neutral player playing ball in area. Two players from each team from behind goal compete for ball. When team wins ball link up with end player to create 3 v 2 and attack goal.

If defenders win ball hit target player.



#### 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.

