

## Coaching Session Planner

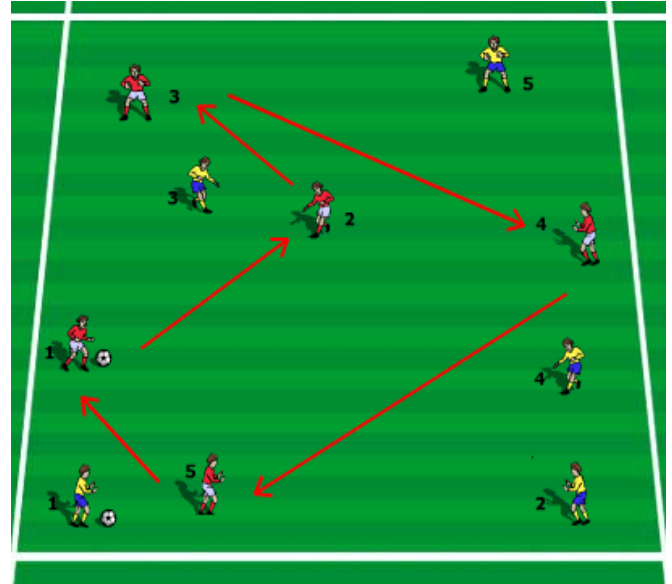
### Session Eight

#### 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

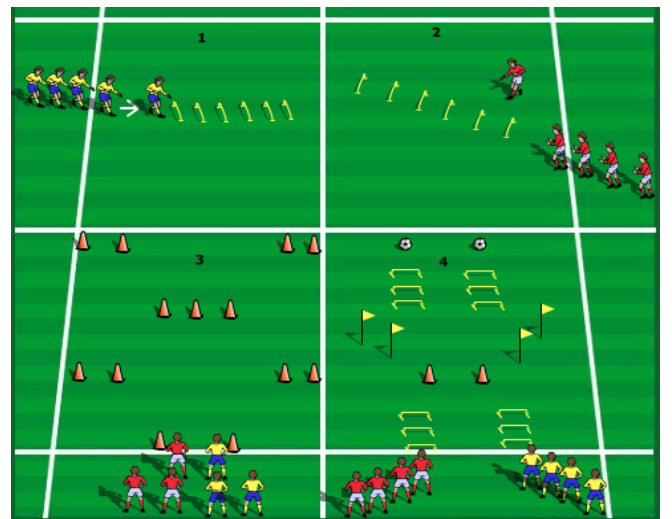


#### Speed and Agility

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.



#### Game Related Practice 3 v 2

Players in channel in three attackers versus two defenders - focus on defending principles.

#### Coaching Points:

Defending – Nearest Defender Presses  
Adopt Good Position ie angle  
Make Play Predictable  
Position of Covering Defender  
Patience and Communication  
Create a 2 v 2  
Decisions



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### Session Eight

#### Game Related Practice Progression

GK or 2 Defenders initiate play by passing up to 3 attackers. The defenders attempt to prevent the attackers from scoring. Coaching points from previous practice are reinforced.

The attack ends when team scores a goal, the keeper makes a save or the ball goes out of play.

The next attack starts with the roles reversed.



#### Conditioned Game 1-2-3-2

##### Conditions

Ball must be played through zones encouraging movement to receive ball. One attacking player can support into the next zone to create an overload. In the defending third a 3 v 2 overload situation develops. Defending principles from previous game related practices are reinforced.

Conditions are lifted 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.

