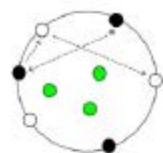


COACHING SESSION PLANNER

**Activator: Circular rondo 3v3v3****Organisation:**

Black and White team keep possession of the ball.

Green team try to deny passes and regain the ball.

Whichever team loses the ball they swap with the defending team.

10 mins.

Session Objectives:

Attacking – passing & receiving

Decisions to when/where/how to join in attacks

Communication when joining and building

Speed & Tempo of progressing & scoring

Questions/challenges for players:

1. What?
2. Who/when?
3. Where/why?
4. How?

Interventions on players:

1. Technique
2. Actions
3. Positional awareness
4. Tactics

Session variations:**Buzz words:**

S-T-E-P-S

1. JOIN
2. BUILD
3. PROGRESS
4. SCORE

Coaching Points:

- Quality of pass – selection, weight, accuracy
- Movement to receive either feet or space
- Receiving & 1st touch – back or front foot – touch direction
- Support – players deciding when/where/how to join attacks
- Quality of finishing – from crosses, shots, clever play

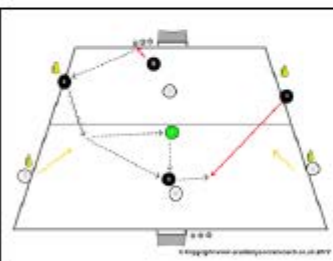
**Practice 1: 2v2 with joining FB's****Organisation:**

Multi-directional 2v2+3N+2T set up.

White no.9 passes to Black no.5, No.5 passes to no.4 in green who drops in to receive then attacks and can play into Black team or pass to either green FB's. FB's can then enter the practice to create a 4v2 into Black no.9. Green no.4 cannot score.

If defenders regain the ball play goes into opposite end.

20 mins.

**Practice 2: Building & joining****Organisation:**

Directional 4v4 +1N player SSG.

Black team start with the ball, Black no.5 passes into FB no.2 who travels over the half-way line to attack the goal. FB no.3 joins in with the attack to support Green no.4 and Black No.9 to score.

If White team regains the ball play the same.

20 mins.

**Practice 3: Progressing & scoring****Organisation:**

Functional set-up. White team = 1-3-1. Black team 1-2-1.

Black no.4 passes the P = primary pass to Black no.7 who travels inside for the advancing overlap from FB no.2 who crosses for scoring opportunity.

If defenders regain ball they look to pass into Red C/S who can move up and down and score into the little small goals.

30 mins.