

## COACHING SESSION PLANNER

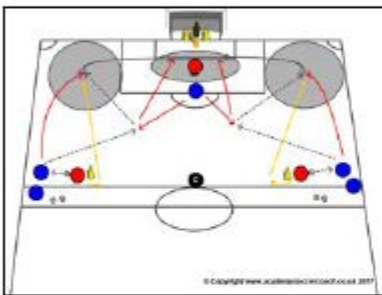


## Practice 1: Intercepting from playing down the line

## Organisation:

Players play 2v2 in the middle zone.  
If Blue players regain ball in middle zone they transfer the ball out to either top or bottom players who are in the squares (as shown).  
Blues transfer ball into the T man at the top. If they cannot straight away they can pass across to other T man.  
Reds can come out of the middle zone to try to intercept the ball playing in the wide areas. If this happens play re-starts from the middle zone. Both teams are awarded points if successful.

(20 mins).



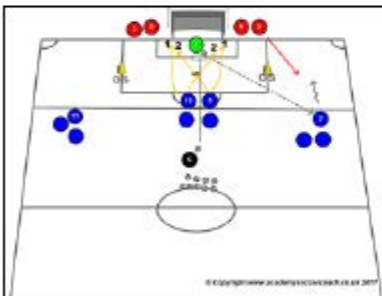
## Practice 2: Stop the cross 1

## Organisation:

Players play 1v1 down the flanks and 1v1 in the box. (Ending in 3v3).  
One side goes first. Red defender plays ball into blue attacker. Red defender gets around cone to stop the cross going into the box. Blue attacker plays a one-two with the blue striker (as shown). Blue striker gets into the box. Blue attacker attempts to try and cross. Red defender must try to stop the cross.

Play is continuous. Roles for all.

(20 mins).



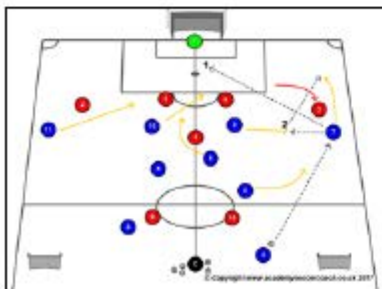
## Practice 3:

## Organisation:

Players play as shown.

Coach plays a lofted pass to GK. GK plays it out to the a wide area, (attackers right as shown) once GK throws ball to wide player no.7 defender no.3 becomes active and tries to stop the cross. Wide player no.7 tries to attack the Full Back no.3 to cross ball for the 2 forwards (no.9 & 10). GK then throws to left side where practice repeats. Then the defenders no.5 & 6 are active as a progression.  
Off-sides apply.

(15 mins).



## Practice 4:

## Organisation:

Players play in a Phase of Play as shown.  
Reds indicate the formation of 1-4-4-2. Red no.4/9/10 can move from zone-zone, other reds cannot  
Blues indicate the formation of 1-3-5-2. Blue no.8/9/10 can move from zone-zone, other blues cannot.

Blues attack and score in the big goal. Reds score in the 2 smaller goals if they regain ball back.

(25 mins).

## 4 Corner Conditions:

ATTACKING &amp; DEFENDING techniques

CHARACTER to keep attacking/defending the cross

SPEED to defend &amp; cross

COMMUNICATION to receive ball, cross &amp; defend

## Questions/Challenges for players:

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

## Intervene on players:

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

## Session variations:

S-T-E-P-S

## Coaching Points:

RELEASE – quality of pass – selection, weight, accuracy  
RECEIVE – movements to open body to play forwards  
DELAY – stop ball/man moving forward  
DEPTH – reduce space to man on ball and position of back line to ball/man/goal  
COMPACTNESS – smaller spaces to man on ball length/width