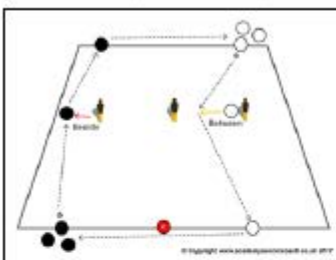


COACHING SESSION PLANNER

**Activator: BESIDE & BETWEEN****Organisation:**

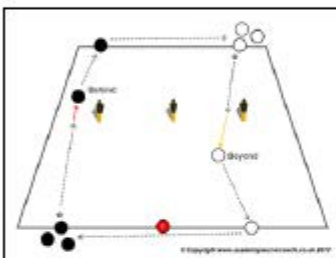
Set-up as shown.

Players are performing the BESIDE and BETWEEN aspects.

Players pass and follow.

Practice is continuous.

20 mins.

**Practice 1: BEHIND & BEYOND****Organisation:**

Set-up as shown.

Players are performing the BEHIND and BEYOND aspects.

Players pass and follow.

Practice is continuous.

20 mins.

**Practice 2: Penetration to break lines****Organisation:**

Set up as shown.

Both sets of teams play 1-3-4-1.

Players are looking to break lines and exploit space centrally to score, (6v4).
N players can be used if stuck, N players cannot score.

Players combine to score 3v3 and finish at goal.

20 mins.

**Practice 3: Breaking flat lines****Organisation:**

Players are playing a phase of play.

White team 1-4-4 = 1-4-4-2.

Black team 1-3-5-1 = 1-4-1-4-1.

Blacks looking to break lines to score, from previous practices.
Whites try to score by counter attacking.

20 mins.

Session Objectives:

Passing & Receiving

Decision making – when/where

Communication

Speed & tempo

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: "play"**

S-T-E-P-S

1. BESIDE
2. BETWEEN
3. BEHIND
4. BEYOND

Coaching Points:

- Create space – wide & long
- Quality of pass – selection, weight, accuracy
- Movements away from defender/ball to receive
- Receiving ball – ½ turn to play forward
- Quick, clever play to break lines
- Supporting runs on/around/away of ball
- Quality of finishes to score after combining