



SESSION PLAN / PROGRESSION

1 Double Pass Circuit

2 Double Pass in Fives

3 2 v 2 Plus One, #4

4 8 v 6, Two Goals

5 Free Play, 9 v 9 to 11 v 11

NOTES: Play the starting backs with the starting mids in the 8 v 6.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Strike accurate game speed passes.
- 2 Create space between you and your teammate.
- 3 Get the feet set early to take your touch forward.

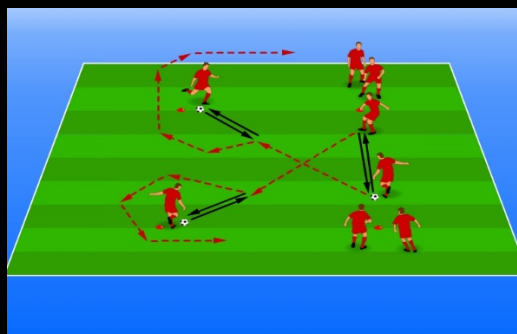
COACHING POINTS

- 1 If a defender chases the ball, the double pass is on.
- 2 Move the ball faster than the defender can chase.
- 3 Touch the ball into the space behind the defender.

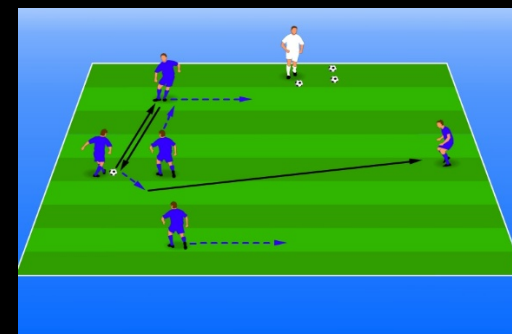
QUESTIONS/TOPICS/NOTES

Are we stepping back to create a passing angle or are we hiding? Can we execute one touch passes? Are we beating the defender with the dribble after the second pass is made?

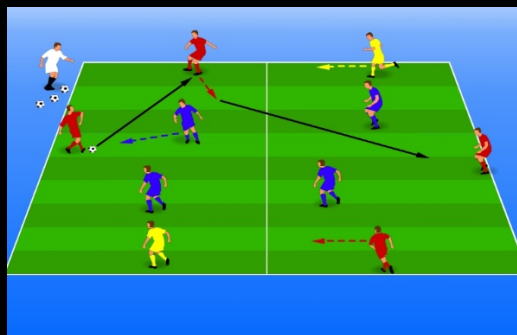
1



2



3



4

