

# COACHING SESSION PLANNER

DATE: 17/11/2016

PHASE: Attacking – In possession

THEME: Developing wing play

FORMAT: Function/Phase → Technical

OBJECTIVE:

To score from a cross by getting the ball wide and creating goal-scoring opportunities when central play is blocked

4 Corner Conditions:

**FINISHING / PASSING & RECEIVING**

**CONCENTRATION**

**COMPLETED BY S&C TEAM**

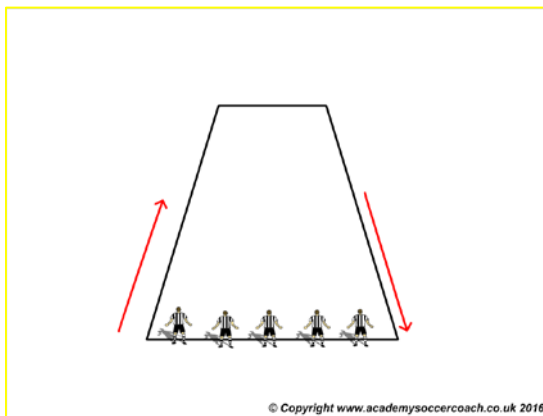
**VALUES & BELIEFS**

Competition (linked to 4 CC):

1. **ATTACKERS SCORE AS MANY GOALS AS POSSIBLE**

2. **DEFENDERS KEEP A CLEAN SHEET**

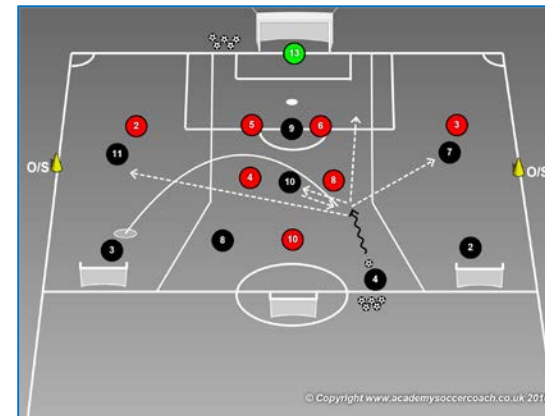
## Practice 1: Led by S&C Team



- Set up as illustrated.
- Led by S&C Team.

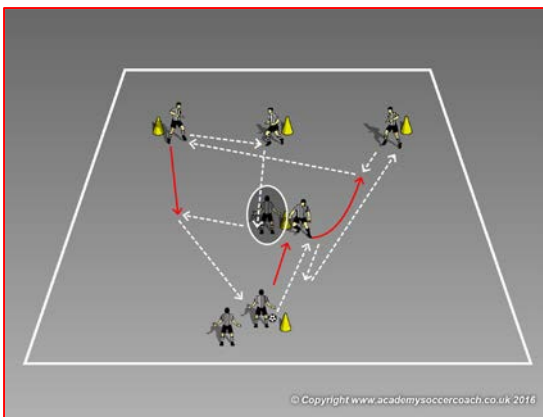
Variation of practice.  
Alternating speeds.

## Practice 2: Function/Phase – playing ball wide to create goal-scoring opportunities



- Set up as illustrated.
- CM-B4 starts with the ball, combines in central area or plays out wide to create a 1:1 or a 2:1 with the L/RB.
- If Red defenders win the ball, they try to score in any of the 3 goals.
- Off-sides apply.
- Practice re-starts and is continuous.
- Play as a Phase of play

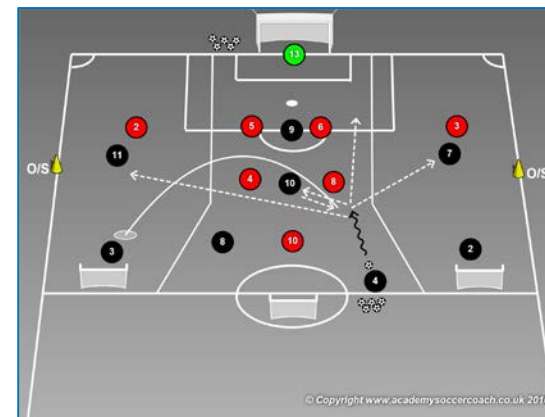
## Practice 3: Technical practice – passing & receiving (*Hertha BSC*)



- Set up as illustrated.
- Player 1 passes to middle player 2 (centrally and follows pass), who sets back for player 1 to play player 3, Player 3 plays to opposite corner to player 4, who sets back to top middle player 5, who plays the new player 1 and returns the ball back to the start

▪ **ALWAYS PASS & FOLLOW.**

## Practice 4: Function/Phase – playing ball wide to create goal-scoring opportunities



- Set up as illustrated.
- CM-B4 starts with the ball, combines in central area or plays out wide to create a 1:1 or a 2:1 with the L/RB.
- If Red defenders win the ball, they try to score in any of the 3 goals.
- Off-sides apply.
- Practice re-starts and is continuous.
- Play as a Phase of play.

## COACHING POINTS:

1. **RELEASE** – Pass with quality (selection, weight, accuracy)

2. **RECEIVE** – Movements to open body to play forward

3. **RUN-WITH** – Progressing with dribbling/RWTB/passing

4. **RETAIN** – Keep possession of ball until available space or passing lines

5. **Creative cleverness** – balls and runs

6. **Productivity** – Score!!