

COACHING SESSION PLANNER

Coach:

ROSS
FLINTOFT

Age:

Adult

Theme:
Aim:

Exploiting space
Switching play

Format:

Functional
W/P/W

Date:

28-2-17

Practices:

- | | |
|----|-------------------------------|
| 1 | Switch of play - Functional |
| 4C | Passing, receiving, dribbling |
| 2 | Switch of play - Part |
| 4C | Decision making, awareness |
| 3 | Switch of play - Functional |
| 4C | Concentration, communication |



Organisation:

Practice 1

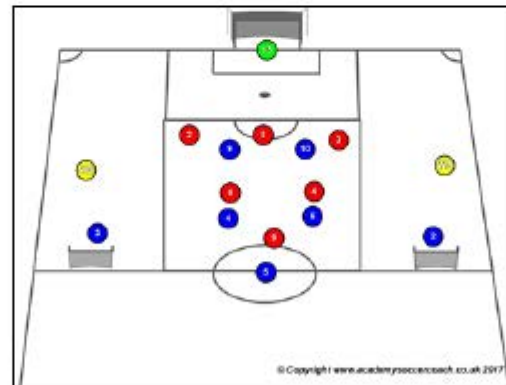
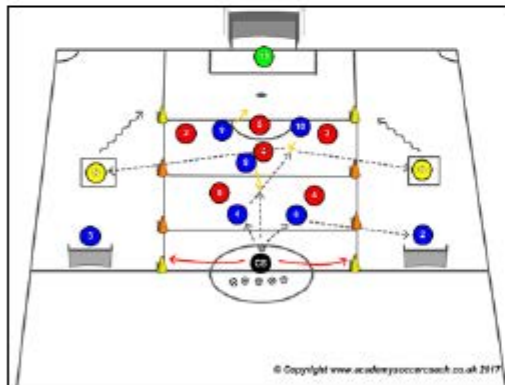
8v8 Blues v Reds.
Blues try to switch play through the vertical thirds. Ball must pass through 2 zones first before scoring. If reds win the ball they look to score into the 2 smaller goals within 8 seconds.

Practice 2

8v8 Blues v Reds.
Pitch split up into thirds centrally. Blue players looking to try to build in central areas then switch the ball out of crowded areas to score. Ball must pass through 2 zones centrally. If reds regain the ball they have 8 seconds to score into the 2 smaller goals.

Practice 3

8v8 Blues v Reds.
Blues try to switch play through the vertical thirds. Ball must pass through 2 zones first before scoring. If reds win the ball they look to score into the 2 smaller goals within 8 seconds.



Key Coaching Points:

- | | |
|---|---|
| 1 | Quality of pass – selection, accuracy weight, direction |
| 2 | Movement to receive or to take the defender away |
| 3 | First touch – first contact of ball in the direction you face |

- | | |
|---|---|
| 4 | Probing – creating gaps/spaces for the switch of play to score |
| 5 | Possession – attracting players to the ball, weak side to exploit space when ball is switched |
| 6 | Productivity – can you switch ball and then score!! |

Key Questions and/or Challenges:

- | | |
|---|---|
| 1 | Is my pass quality? |
| 2 | Is my first-touch in the correct direction? |
| 3 | Have I created space? |