

COACHING SESSION PLANNER

Theme: Long ball with a purpose

Aim: Clearing, entering, scoring

Format: W → P → W

Date: 1-3-2017



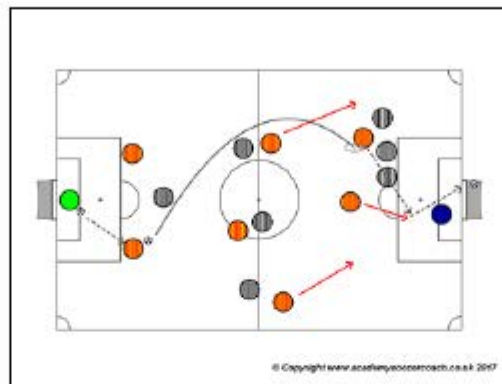
Practice 1: The game – 11-12-13

Organisation:

Champions League game:

Galatasaray v Juventus, to gain a place into the last 16 of the Champions League.

1-0 Galatasaray.
Wesley Sneijder 85'.



Practice 2: 8v8 SSG

Organisation:

70/80 x 50 yard area 8v8 – 16 players.
1-2-3-2 = Orange/Red = Coaching Team.
1-3-3-1 = Black/White = Opposing team.

START POSITION (if needed)

Player in middle of pitch (B/W) tries to play into striker.



Practice 3: The lofted pass

Organisation:

36 x 44 yard area – 16 players.

3 players involved to start with.
1st player passes across, 2nd player sets himself for the long ball delivered into 3rd player.
3rd player tries to head ball down whilst 2nd player is moving towards the ball when in the air. 2nd player takes a touch and tries to score in the bottom right corner. (As shown on diagram).
Practice re-starts from other side.

Coaches can add in defenders as well as various rules/conditions.

Key Coaching Points:

- | | | | |
|---|---|---|---|
| 1 | Creating space – individual and team dispersal | 4 | Timed reaction of supporting players when/where to attack the space – entering space |
| 2 | First touch – touch direction to set up for the long ball | 5 | Correct contact on ball for touch and selection of shot – scoring in space |
| 3 | Other players movement i.e. ST/CMs to drag defenders away – clearing space | 6 | Productivity – Score in GKs most vulnerable position in goal |