

## COACHING SESSION PLANNER

**Practice 1: Killer pass of 4****Organisation:**

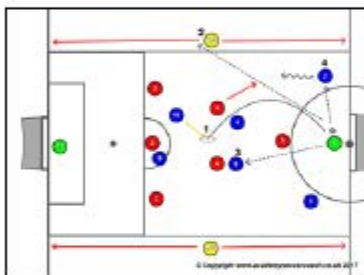
Players are set up as shown.

4 situations of the killer pass for starting player to play back to front quickly and direct. Movement of front 2 vital with their runs to penetrate.

If reds win ball they keep the ball for 5 passes or score in the 2 goals.

Practice re-starts.

(20 mins).

**Practice 2: Move to score from a cross, through ball, OTP, set****Organisation:**

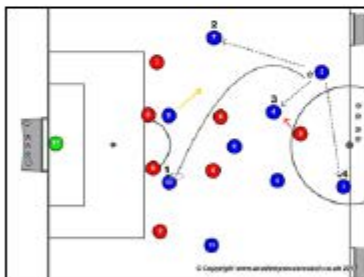
Players set up as shown.

Players either score from a ball from a cross, a through ball or a ball being played over the top.

Like in practice 1 vital movement from front 2 to create spaces for the 4 situations of pass.

Players score in the 2 big goals. Practice re-starts.

(20 mins).

**Practice 3: 4 of something****Organisation:**

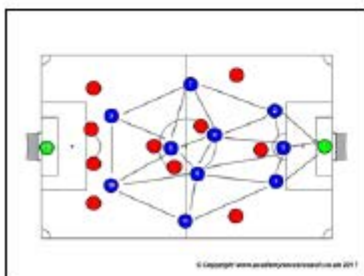
Players set up as shown.

Movement of front 2 players; blind side run, cross-over run, pin and spin and the set.

Can front 2 be clever and work to combine movement with a quality finish.

If reds win ball they have 5 passes or score into the 2 wide goals. Practice re-starts.

(20 mins).

**Practice 4: Triangles of 3****Organisation:**

Players play 11v11. 1-3-4-1-2 or (1-3-5-2) v 1-4-1-4-1.

When players have ball they need to be in the right positions and have the right distances to players to create triangles for the right pass, at the right moment, at the right time.

If reds regain ball, blues must close the distances to the triangles and keep their discipline in their positions.

(30 mins).

**4 Corner Conditions:**

ATTACKING movement of front 2

DECISION MAKING when/where to run to effect play

SPEED & TEMPO moving passing & receiving

COMMUNICATION verbal or non-verbal ask for pass

**Questions/Challenges for players:**

1. What?
2. Who/when?
3. Where/why?
4. How?

**Intervene on players:**

1. Technique
2. Actions
3. Positional awareness
4. Tactics

**Session variations:**

**S-T-E-P-S**

**Coaching Points:**

1. Play in realistic positions and move ball quickly.
2. Fast movements to receive ball in key areas of pitch. **DIRECTNESS.**
3. Play ball in front of player into space to advance up pitch. **EXPANSION**
4. Clever movement of front 2 **CROSS-OVER, BLIND SIDE RUNS** with pin – spin & set. **CREATION.**
5. Quality of the productivity. **FINISH.**