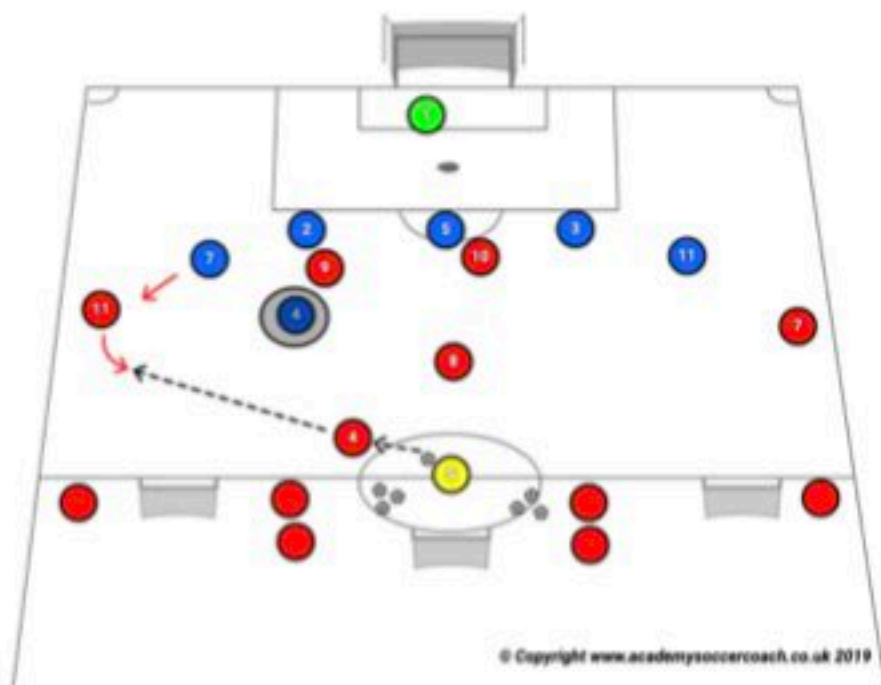


MEDIUM BLOCK – (JOINING & RECOVERING)

RF

Reading, Screening Play & Intercepting



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Session Set-Up

Phase of play
2/3rds of pitch
Wave practice

Supply of
footballs

1 big goal
3 smaller goals

6 Blue bibs
6 Red bibs
1 Green bib – GK
1 Yellow bib -
Server

Session Detail

Server starts practice off by playing into red #4.

Red #4 can then play into any red, here the player has chosen to play into red #11. Reds score into big goal.

If blues regain the ball they score into the 3 smaller goals.

After the first red attack, if they score, goes wide or over the bar they all come off and the other set of 6 reds come onto play. Practice is continuous.

Progressions

Add another blue midfielder so screening can happen more often

Swap teams around – roles for all

Time limit to score from the reds

Time limit for blues to score after they have regained possession

Key Questions

Screener – how can I be most effective when screening?

Screener 2 – where and when does the screener screen the passes coming into reds?

Which way is it best to screen?

Coaching Points

1. Discipline in being compact as units and team.
2. Screener sliding across when required to screen
3. Patience to press but if needed, nearest player presses the ball
4. Supporting by other team players in that unit.
5. After a successful regain spreading out to play forwards after reds have been dis-organised.
6. Finishing quality.

4 Corners

Defending
Movements – reading, screening,
intercepting
Tackling

Decision making to intercept
Awareness of players movements
Discipline of the screener

ABCS

Communication
Playing with friends