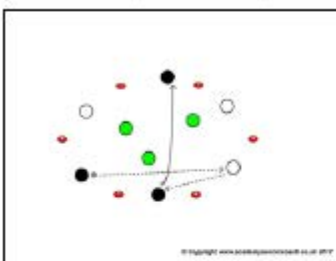


## COACHING SESSION PLANNER

**Activator: Finding the pass****Organisation:**

3v3v3 = 9 players.

Black and White keep possession away from Greens.

If Greens regain ball they swap with the team who misplaced their pass.

Practice is continuous.

15 mins.

**Session Objectives:**

Passing & Receiving

Decision when/where/how to pass

Communication

Speed/tempo/intensity

**Questions/challenges for players:**

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

**Interventions on players:**

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

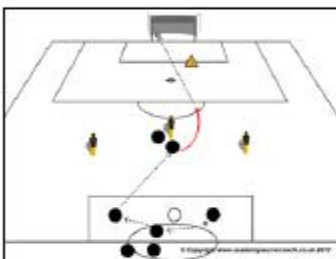
**Session variations:****Buzz words:**

S-T-E-P-S

1. FINDING
2. PROVIDING
3. EXECUTING
4. FINISHING

**Coaching Points:**

- Quality of pass – selection, weight, accuracy
- Movement of players (strikers) away then to the ball
- Receiving as ball is coming into path and 1<sup>st</sup> touch to take it away from defender
- Set/break/split/play/finish up counter attack
- Quality of finish – assess GK's vulnerable position in goal and score at opposite side

**Practice 1: 3v1 Finishing****Organisation:**

Set up as shown.

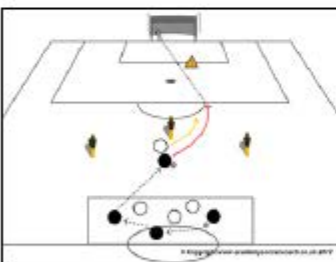
Blacks are keeping possession from the 1 White defender.

All Black attackers must have a touch before its played to striker. Striker taking ball around mannequin replicating defender and tries to score past GK to score.

Work both right and left sides.

If White defender wins ball they travel out at any side of grid for 5 points.

20 mins.

**Practice 2: Providing & Executing****Organisation:**

Set up as shown.

3v3+2 break out game.

Blacks are keeping possession away from white team and trying to play into Black striker playing 1v1 trying to score. If White team regains the ball same happens.

20 mins.

**Practice 3: Finishing from the pass****Organisation:**

Set up as shown.

1-3-1 = White team. 3-1 = Black team.

Blacks are playing 3v1 in the back half of the centre circle and trying to play out to Black striker. If this happens all 3 players can join in with attacking. White team tries to play into **COACH** with a counter attack.

25 mins.