

COACHING SESSION PLANNER

DATE: 06/12/2016

PHASE: Attacking – In possession

THEME: 1/3rd man running

FORMAT: Technical/Functional

OBJECTIVE:

To score by using a 1/3rd man run

4 Corner Conditions:

Passing & Receiving

Confidence

Completed by s&c Coach

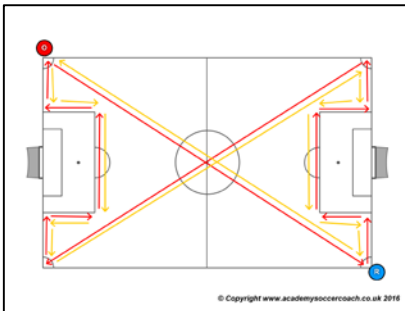
Valuing & Believing

Competition (linked to 4 CC):

1. First team to score as many goals as they can

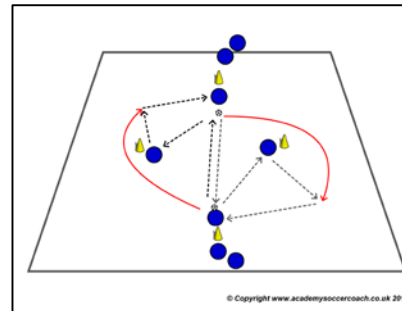
2. Believing and having confidence to score

Exercise #1: 'Warm – up Box to Box'



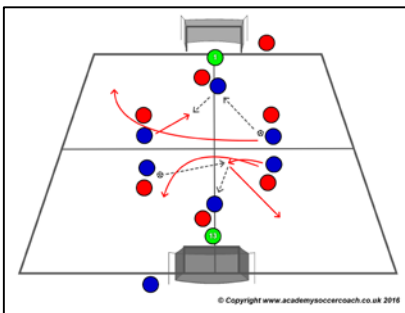
- Set up as illustrated.
- Players run laps together. x1 or x2
- Players move onto box to box x2

Exercise #2: 'Technical passing 1/3rd man running'



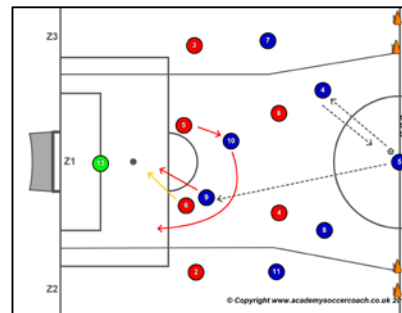
- Set up as illustrated.
- Top player passes to bottom player.
- Top player overlaps.
- Meanwhile there is a set with bottom and side player.
- Top player who has made overlap receives ball into space and plays bottom next player.
- Exercise continues.

Exercise #3: 'Skill 3:4 positional 1/3rd man running'



- Set up as illustrated.
- Any 2 bottom players start with the ball.
- Bottom player passes to Target Player (TP) who sets and player with/without ball overlaps to score.
- Roles for all.

Exercise #4: 'Functional 1/3rd man running'



- Set up as illustrated.
- Play starts in Zone 1 - No.5 starts with ball and passes to no.4.
- No.4 passes back to no.4, no.4 passes forward to start the attack.
- No.9 needs good shielding technique to retain ball for the 1/3rd man run from no.10.
- No.10 tries to score by shooting across GK
- Roles for all.

Coaching Points:

1. RELEASE – Passing quality (selection, weight, accuracy)

2. RECEIVE – Movements to open body to play forward

3. RUN-WITH – Progressing with dribbling/RWTB/passing

4. RETAIN – Keep possession of ball until available space/passing lines

5. Creative cleverness – **probe & penetrate**

6. **Productivity – Score!!**