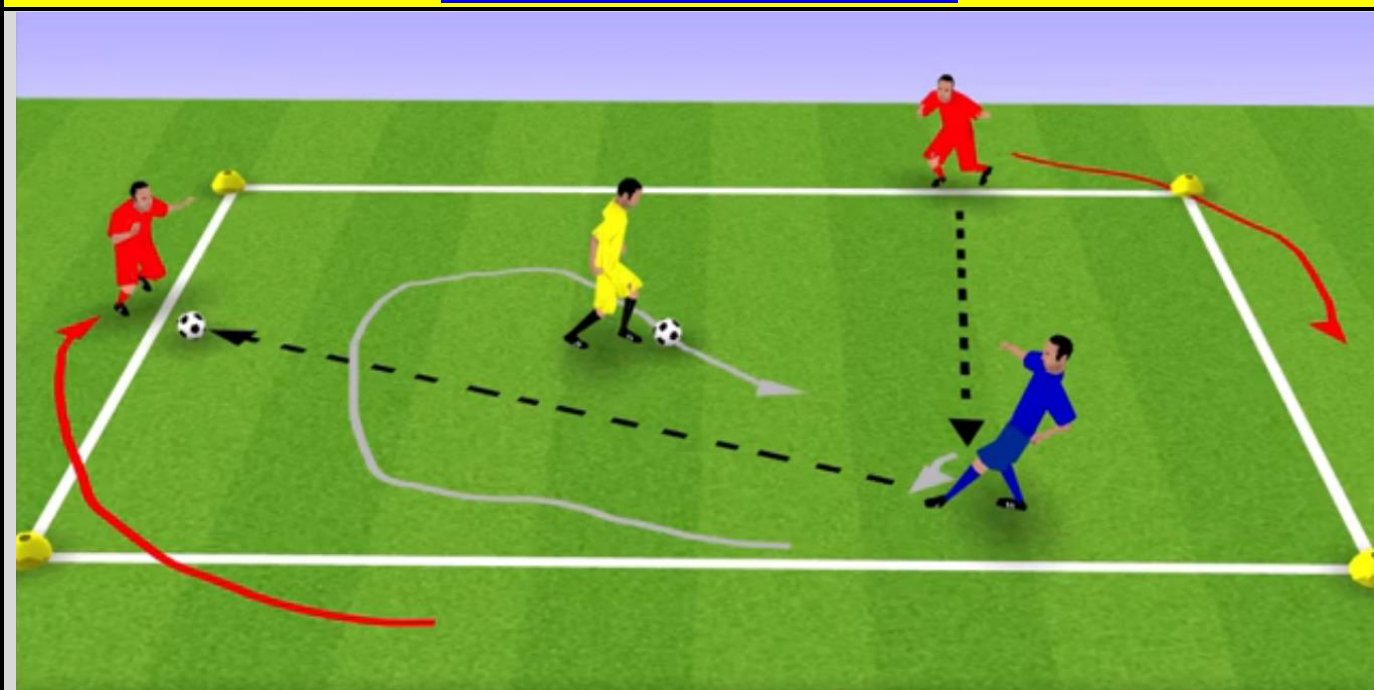


## Session Plan 10 – Topics: Team Shape & Breaking Lines with Equator Passing

### Front Foot - Connector

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 10 x 10 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Two players outside the square pass and receive to the pivot player in the middle while a dribbler runs interference

**Coaching Points:**

- i) Moving away from the ball (Dispersal)
- ii) Timely flattening out (Mobility)
- iii) First touch toward the target

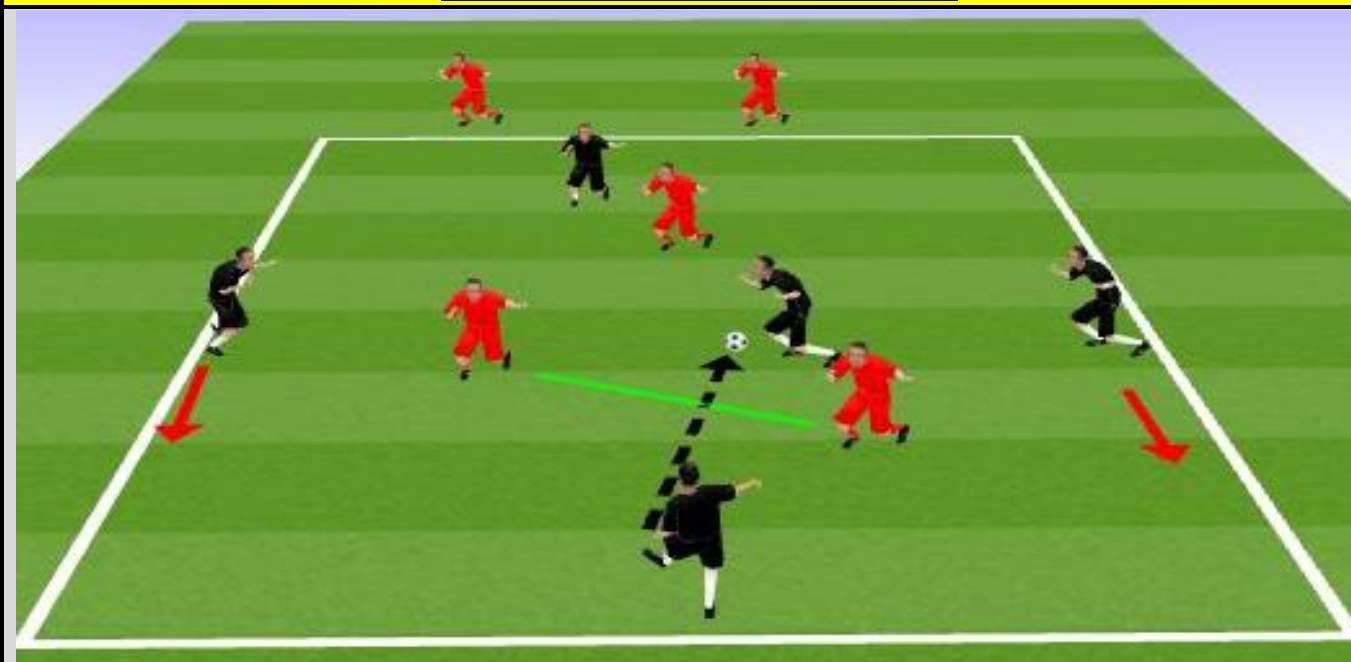
**Intervention Key Questions:**

- i) Where & when should I support the player with the ball?
- ii) What can you do to let the player know you're an option?
- iii) How should you position your body when you receive the ball?
- iv) Where should my first touch go when you receive the ball?

**Constraints to Modify or Challenge:** Size of playing area / length of pass. Number of dribblers.

### 5v2 or 3 Building Out of the Back

[VIDEO LINK CLICK HERE](#)



**Time:** 20mins

**Size:** 25 x 20 yards

**Organization / Equipment:** Cones, Balls, & Pinnies

**Explanation:** The team in possession tries to advance the ball from one side of the field to the other for a point. If the defenders acquire the ball, they find their players behind the line.

**Coaching Points:**

- i) Maximizing width & depth (Shape)
- ii) Flattening out
- iii) Break lines by looking forward first to eliminate defenders
- iv) Start-again pass & backwards and lateral support when closed down

**Intervention Key Questions:**

- i) What can I do to influence the pass & show I'm an option?
- ii) Where & when should I move to support a player with the ball?
- iii) Where should I look when I am receiving the ball? When I have the ball?
- iv) Where should your first touch go?
- v) Where should I look when I am receiving the ball? When I have the ball?

**Constraints to Modify or Challenge:** # of defenders or size of playing area

**Session Plan 10 – Topics: Team Shape & Breaking Lines with Equator Passing**

**2v2+2 Directional Possession Game**

[VIDEO LINK CLICK HERE](#)



**EVEN SIDED END GAME  
(Regular FIFA Rules)**

**Time:** 10mins

**Size:** 15 x 20 yards

**Organization / Equipment:** Cones, Balls, & Pinnies

**Explanation:** The team in possession tries to advance the ball from one end to the other. If the other team intercepts, they then try to keep possession and advance possession to and from the two floaters at either end.

**Coaching Points:**

- i) Maximizing width & depth (Shape)
- ii) Flattening out
- iii) Break lines by looking forward first to eliminate defenders (keep the defenders honest!)
- iv) Start-again pass & backwards and lateral support when closed down
- v) Defensive points: Two jobs of defenders (Mark a Lane & Mark a Player)

**Intervention Key Questions:**

- i) Where should I look when I am receiving the ball? When I have the ball?
- ii) How does getting wide influence the defenders?

**Constraints to Modify or Challenge:** # of defenders or size of playing area, or break lines for points

**Time:** 20mins

**Size:** 35 x 50 yards

**Organization / Equipment:** Cones, Balls, Pinnies & two goals

**Explanation:** A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

**Coaching Points:** Previous coaching points

**Intervention Key Questions:** Previous intervention key questions

**Constraints to Modify or Challenge:** Size of playing area