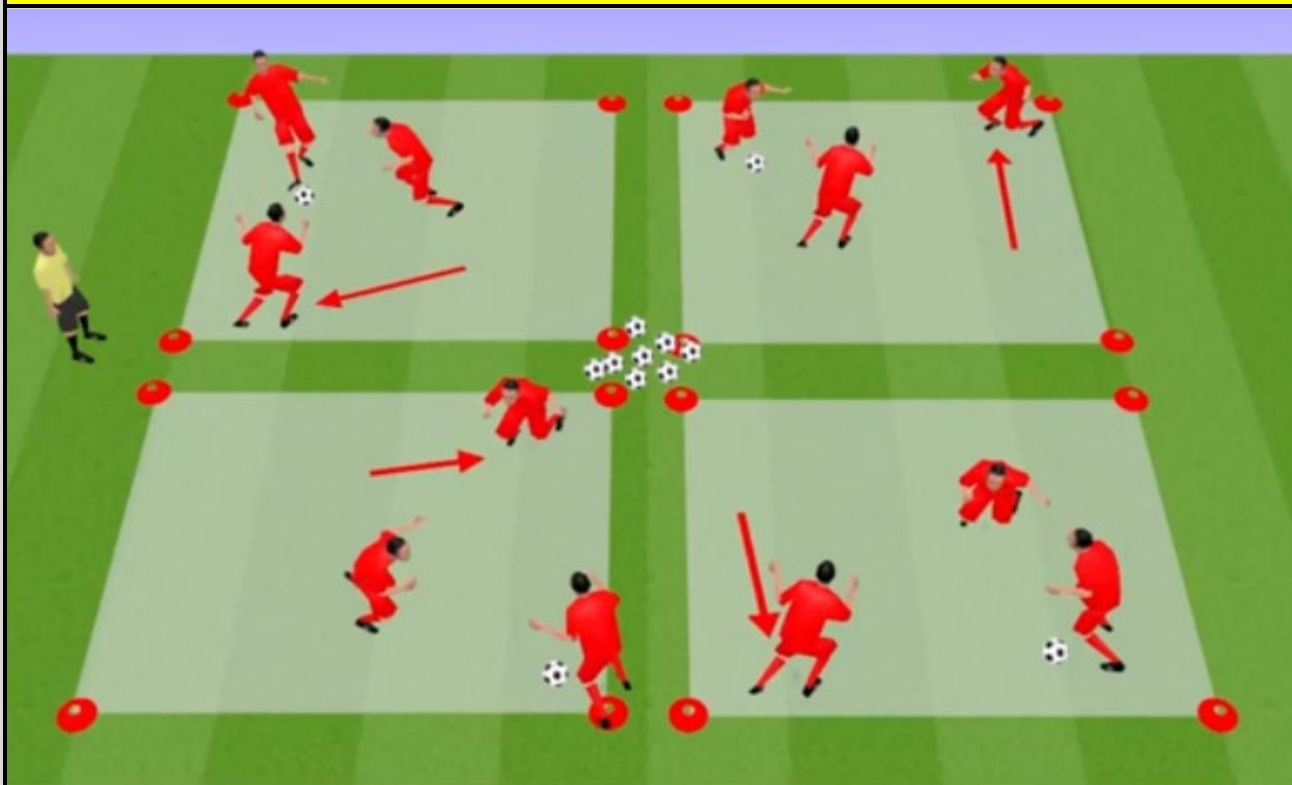


Session Plan 2 – Topic: Shape - Width & Depth

WARM UP: Keep Away - Continuous 2 v 1

[VIDEO LINK CLICK HERE](#)



Time: 10mins & after a dynamic & running warm-up

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Two players try to keep the ball away from the defender. If possession is lost, the defender and roles change

Coaching Points:

- i) Can you anticipate where the pass is going & move to support before the ball is played?
- ii) Move away from the ball – maximize width & depth
- iii) Support in most if not all directions (sides & in front)
- iv) Find the easy angle of support

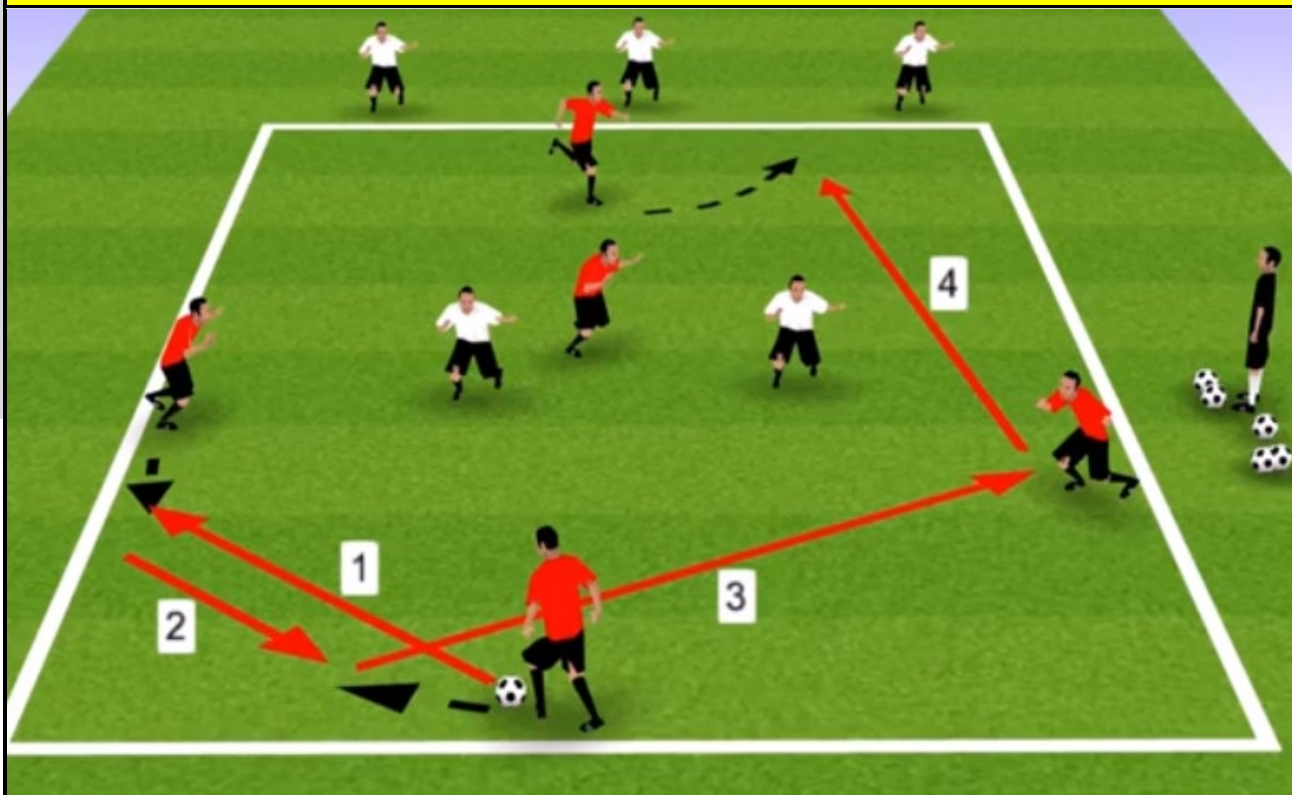
Intervention Key Questions:

- i) What do we need right now?
- ii) How do we know someone is about to pass the ball?
- iii) How do we make it hard for the defender?
- iv) If we are close together, do we make it easier or more difficult for the defender?
- v) Where should my touch go?

Constraints to Modify or Challenge: Size of playing area or the numerical balance (ie could be 3v2 or 3v1)

STATION 1: 5v3 Building Out of the Back

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x25 yards

Organization / Equipment: Cones, Balls, Pinnies & a Gates

Explanation: 5 players try to keep the ball away from 2 or 3 defenders. The team in possession try to get the ball to the top player and then back to the lower pivot play; continuous possession. If the defending team get the ball they play it to their team mates waiting outside the area & the two teams switch roles.

Coaching Points:

- i) Width & depth – move away from the ball
- ii) Wider players flattening out on the sides of the ball carrier
- iii) Center Mid & Center forward providing depth on different passing lines/lanes
- iv) Supply it & support it as early as possible

Intervention Key Questions:

- i) How do we make it hard for the defender?
- ii) If we are close together, do we make it easier or more difficult for the defender?
- iii) Where should my touch go?

Constraints to Modify or Challenge: Size of playing area or the numerical balance (ie could be 5v2 or 5v3)

STATION 2: Octo-Rondo

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 10x10 yards

Organization / Equipment: Cones, Balls, Pinnies & a Goal

Explanation: A 3v1. The 3 try to maintain possession by providing quick support & shape. Can the players supporting advance to the red cones to ensure maximum support.

Coaching Points:

- v) Can you anticipate where the pass is going & move to support before the ball is played?
- vi) Move away from the ball – maximize width & depth
- vii) Find the easy angle of support – try & get to the red cone

Intervention Key Questions:

- vi) How do we make it hard for the defender?
- vii) If we are close together, do we make it easier or more difficult for the defender?
- viii) Where should my touch go?

Constraints to Modify or Challenge: Size of playing area. Change the player numbers (ie 3v2?)

STATION 3: Odd Man Out

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25 x 30 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: 4v4+2 directional game. The team in possession tries to advance the ball from one side of the field to the other for a point. Each time one of the players must act as an end player to provide depth. If the defenders acquire the ball, they find their players behind the line.

Coaching Points:

- i) In possession, maximize the shape of the team's area – width & depth
- ii) Support on the sides & flatten out
- iii) Support on the half turn – can your first touch go forward?
- iv) 360 degree support

Intervention Key Questions:

- i) Look at our shape, does it allow us to advance the ball?
- ii) What do we need right now?

Constraints to Modify or Challenge: Size of playing area. # of floaters/neutral players decreased. There and back equals a point.

Session Plan 2 – Topic: Shape - Width & Depth

**SMALL SIDED END GAME 4v4 or 5v5
(Regular FIFA Rules)**

Time: 20mins

Size: May vary but ideally 30x40 yards or more

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 questions