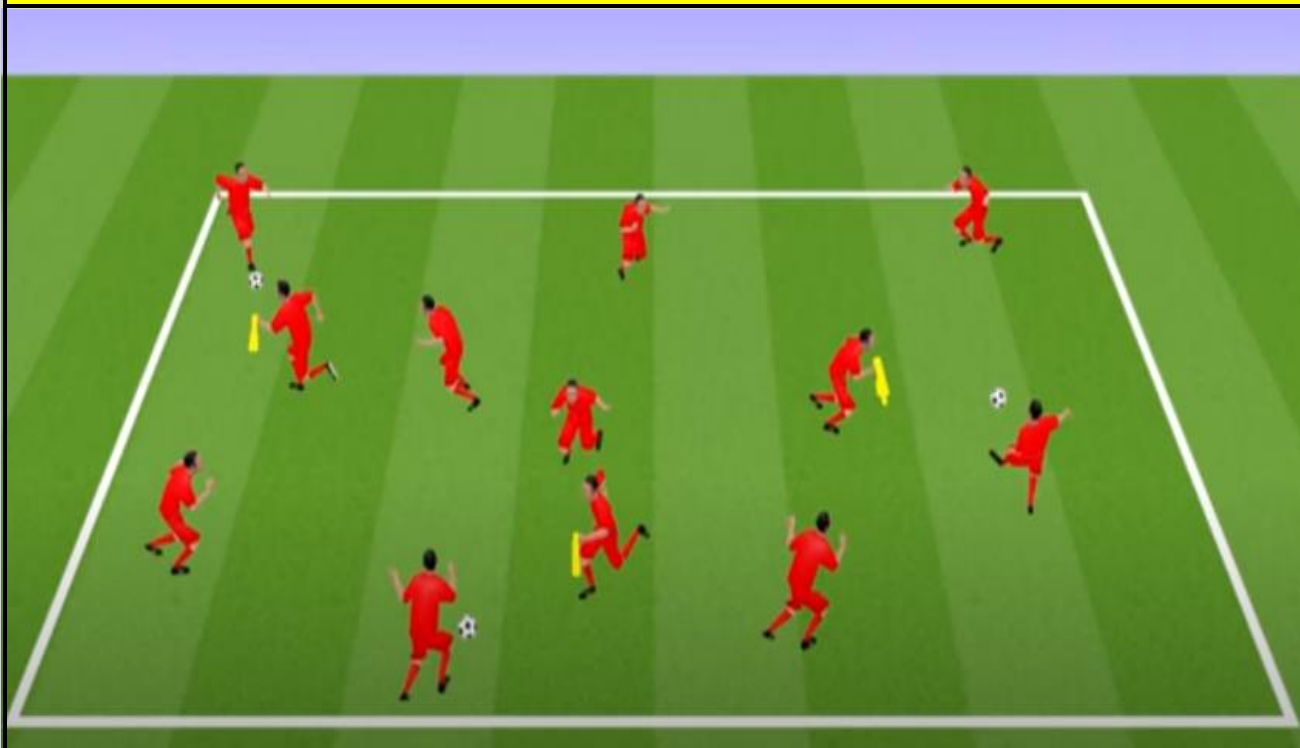


Session Plan 5 – Topic: Priority #3 – Start Again Pass ; Finding the Platform Player

WARM UP: Keep Away with Multiple Balls & Defenders

[VIDEO LINK CLICK HERE](#)



Time: 10mins (after a warm-up)

Size: 20 x 20 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: This activity could accommodate 10 players in a 8 v 2 or a 7 v3. Use 2 or 3 balls. If the defenders steal or spoil possession or there is a bad pass the defender and attacker switch roles.

Coaching Points:

- i) Anticipate where the ball is going before it is passed
- ii) Support - Timely flattening out (Mobility & Width); support on the sides of the ball carrier
- iii) First touch forward to eliminate players

Key Questions:

- i) If we can't go forward/thru, where is the best option?
- ii) How do you know where a player is passing the ball?
- iii) What are the visual clues where the pass is going?
- iv) How can ensure the pass stays on the ground?

Constraints to Modify or Challenge: Size of playing area or number of defenders

STATION 1: 4v2 Keep Away

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x10 yards **Organization / Equipment:** Cones & Balls

Explanation: Players try steal or spoil possession to switch roles or change the defenders ever 1-2 minutes.

Coaching Points:

- i) If you can't go forward or to the side, go backwards – Start Again!
- ii) The start again / platform player should move laterally to support players behind the ball
- iii) Open your body when supporting to allow you to go in either direction
- iv) Don't support too close to the ball
- v) First touch from the start again / platform player should go away from pressure to free side

Intervention Key Questions:

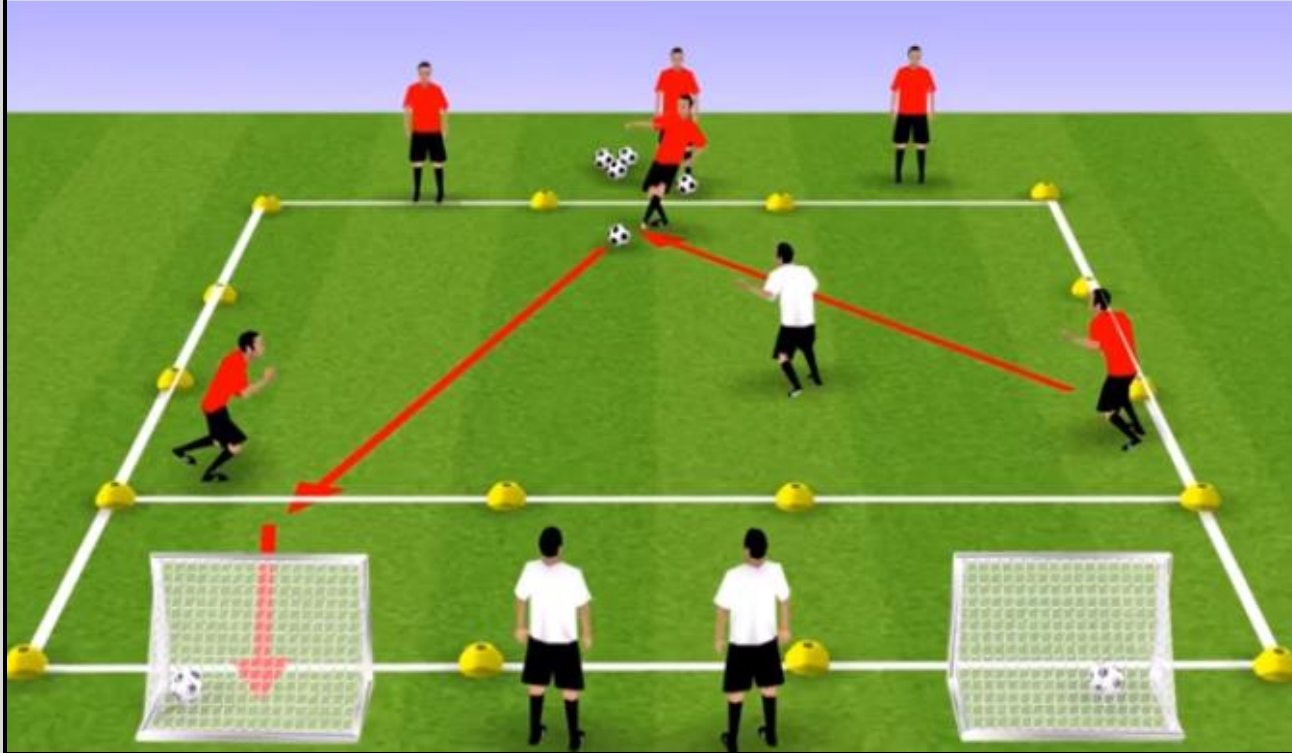
- i) If we can't go forward/thru, or around, where is the best option?
- ii) What does the start again / platform player have that other players might not have?
- iii) How can you ensure the pass stays on the ground?

Constraints to Modify or Challenge: Size of playing area or the numerical balance (ie could be 5v1)

Session Plan 5 – Topic: Priority #3 – Start Again Pass ; Finding the Platform Player

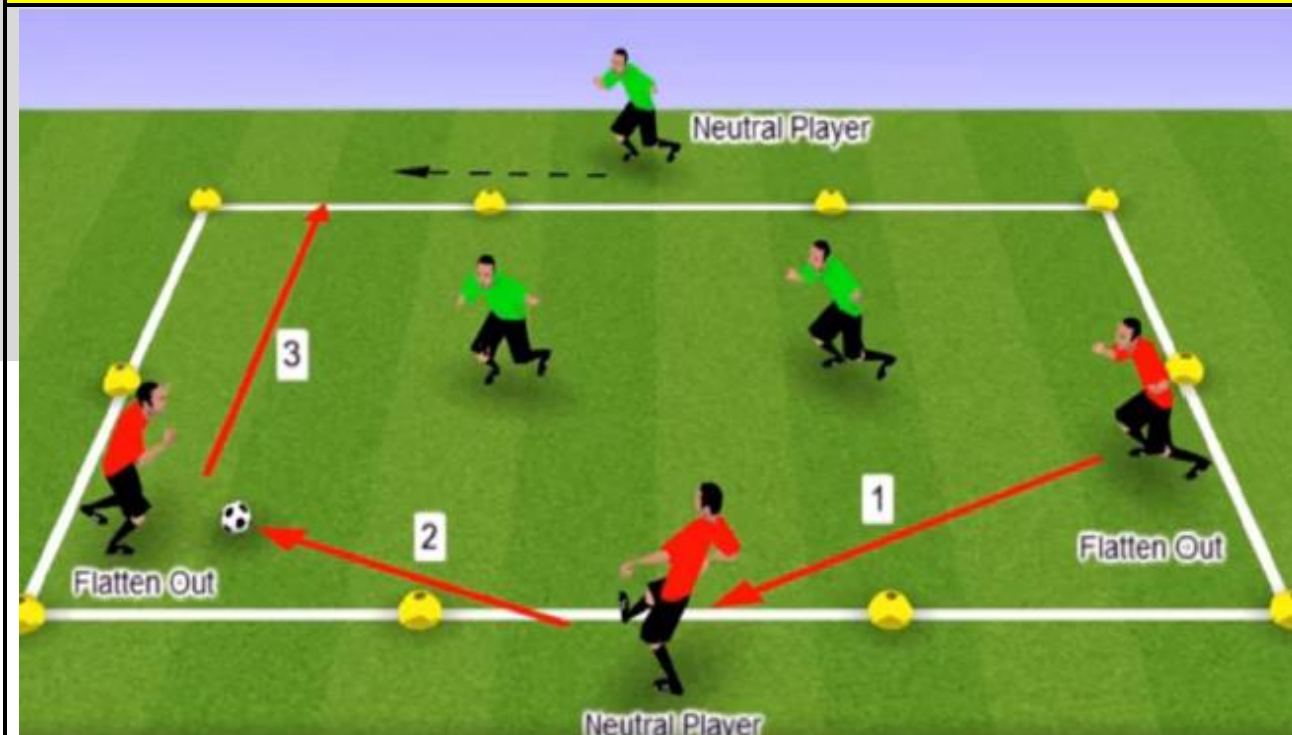
STATION 2: Switching the Point of Attack (3v0, 3v1, 3v2)

[VIDEO LINK CLICK HERE](#)



STATION 3: 2v2+2 Directional Possession

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goals

Explanation: Three players keep possession and advance the ball through the pivot platform player. Ideally the platform player receives 2 start again passes before the 3 can try and score on the goals. They are only allowed to score beyond the line which is around 5 yards out. Start with a 3v0. Then 3v1. Then 3v2 once the patterns & movement is consolidated.

Coaching Points:

- If you can't go forward or to the side, go backwards – Start Again!
- The start again / platform player should move laterally to support players behind the ball
- Open your body when supporting to allow you to go in either direction
- Don't support too close to the ball
- First touch from the start again / platform player should go away from pressure to free side

Intervention Key Questions:

- If we can't go forward/thru, or around, where is the best option?
- What does the start again / platform player have that other players might not have?
- How can you ensure the pass stays on the ground?

Constraints to Modify or Challenge: # of defenders. Size of playing area. No mandatory passing restriction

Time: 20mins

Size: 15x10 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A 2v2 in the rectangle with the end players acting as floaters (2v2+2). Players work the ball one way and then back in the opposite direction.

Coaching Points:

- If you can't go forward or to the side, go backwards – Start Again!
- The start again / platform player should move laterally to support players behind the ball
- Open your body when supporting to allow you to go in either direction
- Don't support too close to the ball
- First touch from the start again / platform player should go away from pressure to free side

Intervention Key Questions:

- What happens to the defenders when we get wider?
- If we can't go forward/thru, where is the best option?
- Who should determine where the pass is going?
- How can you ensure the pass stays on the ground?

Constraints to Modify or Challenge: Size of playing area. Change the numerical advantage (2v1 in middle)

Session Plan 5 – Topic: Priority #3 – Start Again Pass ; Finding the Platform Player

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

Time: 20mins

Size: May vary but ideally 35x20 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 questions