

Session Plan 1 – Topic (s): Team Shape & Breaking Lines

Keep Away with Multiple Balls & Defenders

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 20 x 20 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: This game can be played with the feet or hands. Defenders try to steal or spoil possession. If they do this, they then change roles with the player that made the mistake.

Coaching Points:

- i) Moving away from the ball/Dispersal
- ii) Flattening out
- iii) Being aware of your surroundings before you get the ball / Visual Exploratory Behaviour (VEB)
- iv) Direction; Looking forward first to break lines

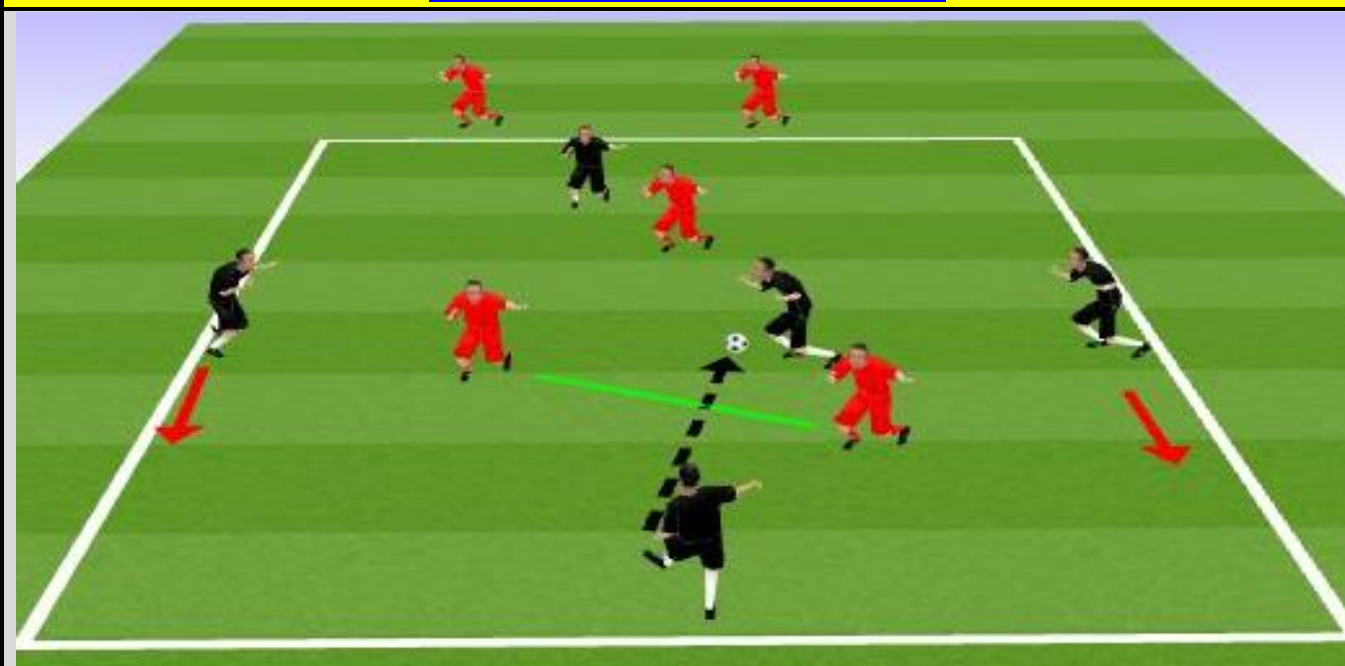
Intervention Key Questions:

- i) Where & when should I move to support a player with the ball?
- ii) 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

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) Where should I look when I am receiving the ball?
- ii) Where should I look when I receive the ball?

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

Session Plan 1 – Topic (s): Team Shape & Breaking Lines

2v2+2 Directional Possession Game

[VIDEO LINK CLICK HERE](#)



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?
- ii) Where should I look when I receive the ball?

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

EVEN SIDED END GAME (Regular FIFA Rules)

Time: 20mins

Size: 30 x 40 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:

- iii) Above coaching points

Intervention Key Questions:

- iv) Where should I look when I am receiving the ball?
- v) Where should I look when I receive the ball?

Constraints to Modify or Challenge: floater use or size of playing area