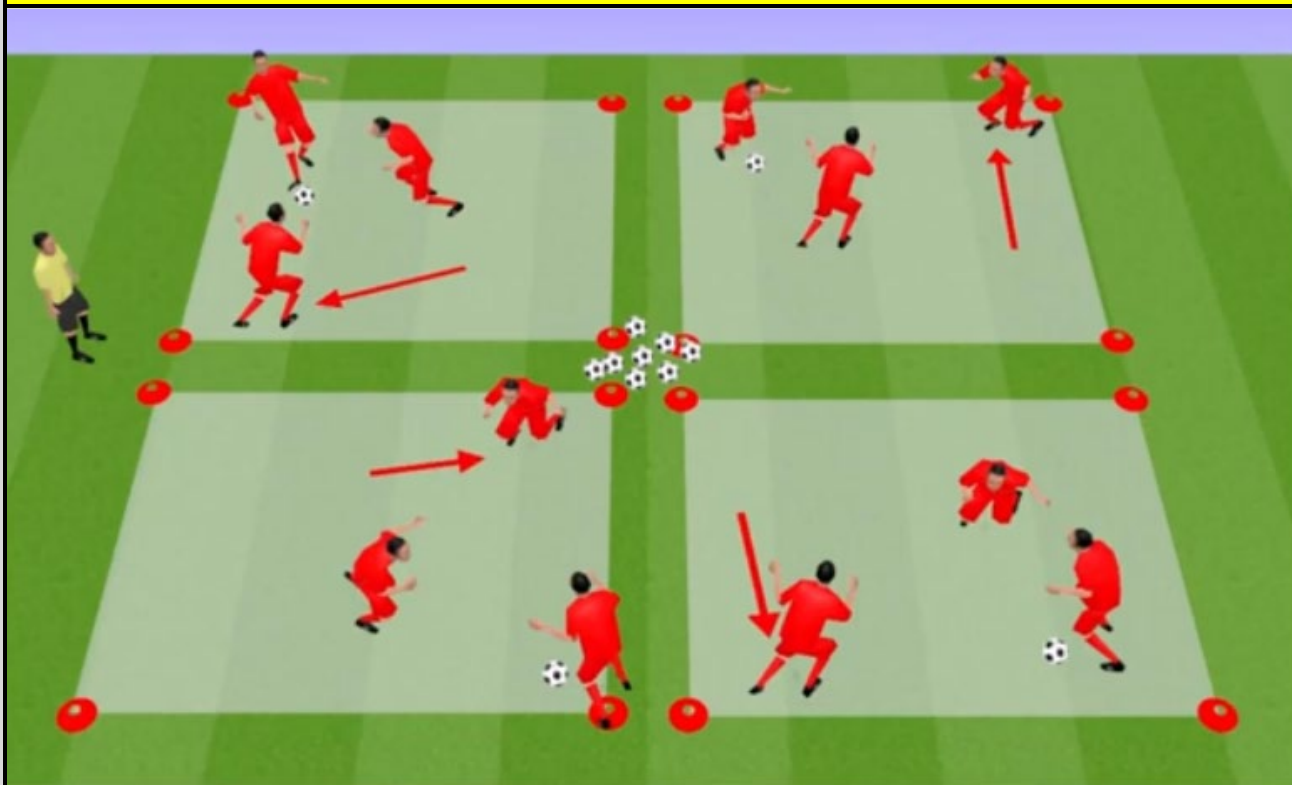


## Session Plan 2 – Topic: Shape - Width & Depth

### 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) Move away from the ball & use all the space the has to offer
- ii) Once passed, support quickly by moving into the space (Supply & Support)
- iii) First touch away from pressure / defender
- iv) Shield and be patient if a pass is not on

**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 3v2 or 3v1)

### 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) 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 5v1)

**STATION 2: Octo-Rondo**

[VIDEO LINK CLICK HERE](#)



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

**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) Support in most if not all directions (sides & in front)
- viii) Find the easy angle of support

**Intervention Key Questions:**

- vi) What do we need right now?
- vii) How do we know someone is about to pass the ball?
- viii) How do we make it hard for the defender?
- ix) If we are close together, do we make it easier or more difficult for the defender?
- x) Where should my touch go?

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

**Time:** 20mins

**Size:** May vary but ideally 25x20 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