

Session Plan 4 – Topic: Priority #2 Playing Around; Flattening Out & Supporting on the Sides

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

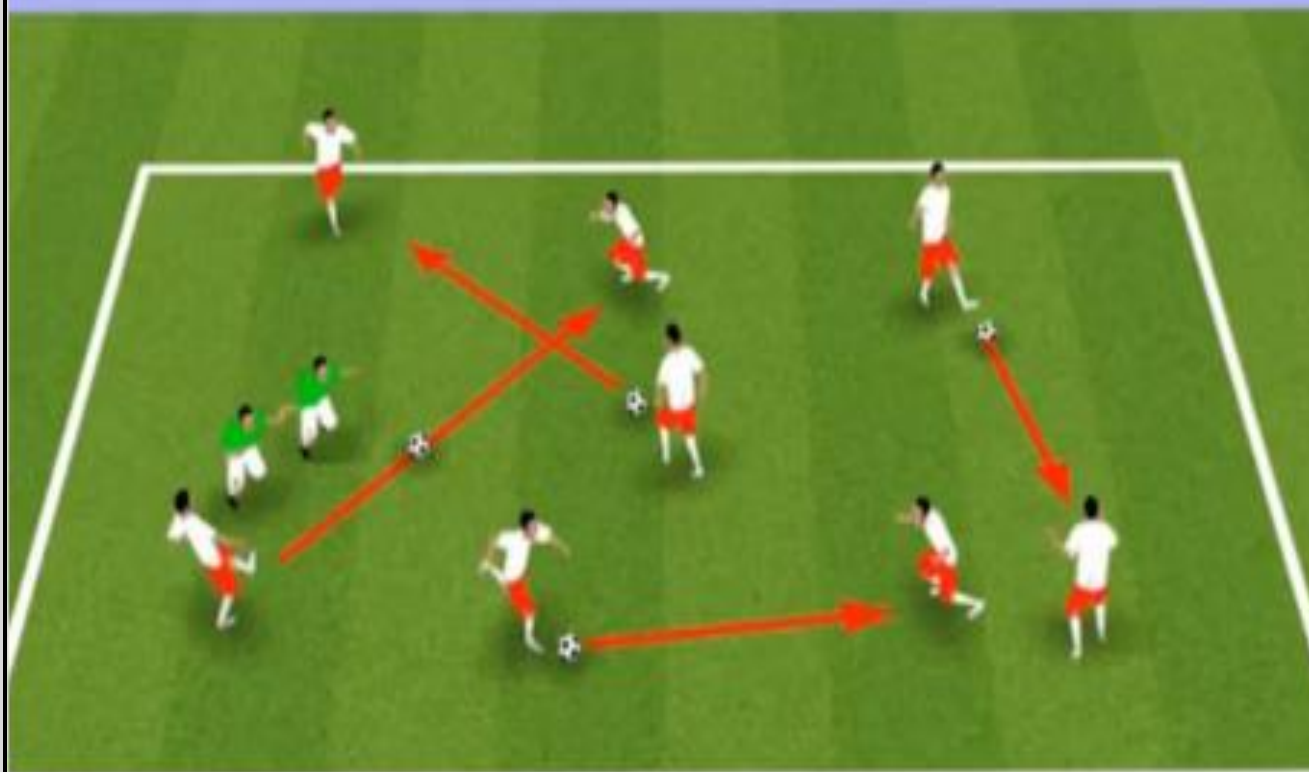
Intervention Key Questions:

- 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 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)

STATION 2: Great Glob Passing – Supply & Support

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x20 yards

Organization / Equipment: Cones & Balls

Explanation: Partners try to keep the ball away from the Great Glob (coaches at first). Encourage players to pass and move away from the Great Glob. If the Great Glob captures a partnership's ball they then link arms and become part of the Great Glob.

Coaching Points:

- i) Move away from the ball & defender – maximize width
- ii) Support quickly on the side of the defender / great glob
- iii) Find an easy angle of support – flatten out!

Intervention Key Questions:

- i) If we can't go forward/thru, where is the best option?
- ii) Who should determine where the pass is going?
- iii) How can you ensure the pass stays on the ground?

Constraints to Modify or Challenge: # of defenders/Great Globes. Size of playing area.

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

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