

## Session Plan 5 – Topic: Priority #3 Start Again Pass; Find 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
- iv) Open your body to see all players (face forward)

#### Key Questions:

- i) If we can't go forward/thru or around, where is the best option?
- ii) 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: 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:

- i) Can you anticipate where the pass is going & move to support before the ball is played?
- ii) Open your body to see all players (face forward)
- iii) Move away from the ball – maximize width & depth
- iv) Find the easy angle of support

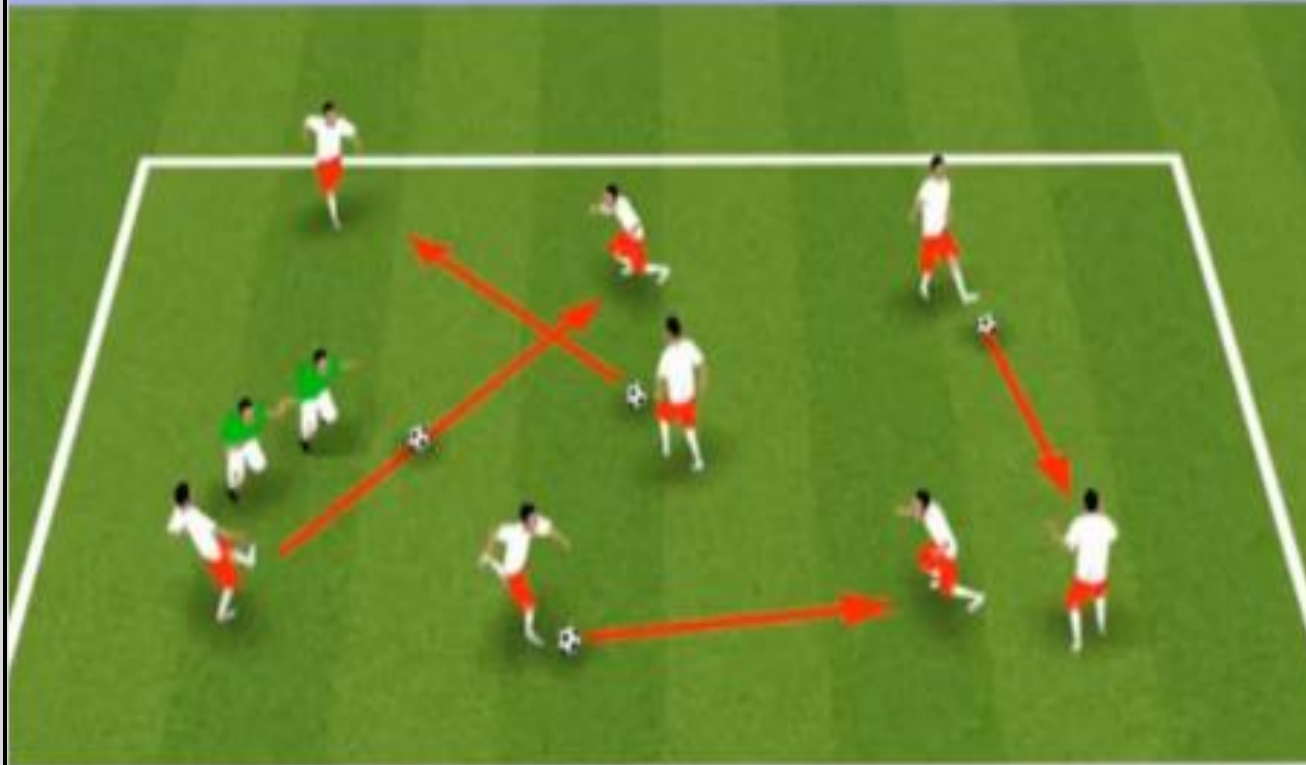
#### Intervention Key Questions:

- i) What do we need right now?
- ii) If they are passing the ball to you, what position should your body be & where do we want to look?
- iii) How do we make it harder for the defender?
- iv) If we are close together, do we make it easier or more difficult for the defender?

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

**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:**

- v) Can you anticipate where the pass is going & move to support before the ball is played?
- vi) Open your body to see all players (face forward)
- vii) Move away from the ball – maximize width & depth
- viii) Find the easy angle of support

**Intervention Key Questions:**

- v) What do we need right now?
- vi) If they are passing the ball to you, what position should your body be & where do we want to look?
- vii) How do we make it harder for the defender?
- viii) If we are close together, do we make it easier or more difficult for the defender?

**Constraints to Modify or Challenge:** # of defenders/Great Glob. 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