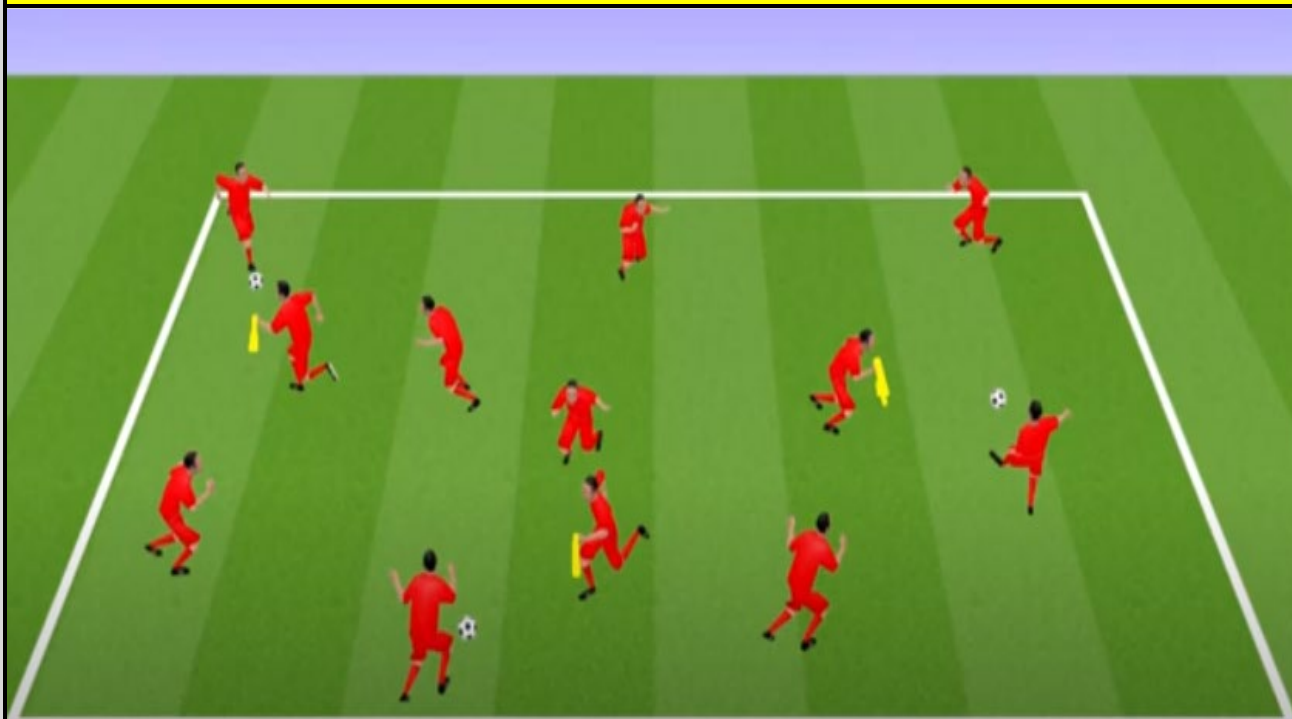


Session Plan 6 – Topic: Forward Runs – Overlaps & One-Twos

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 an 8 v 2 or a 7 v 3. 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) Supply to & then support your team mate
- ii) Pass & move forward on one step
- iii) Can you make a one-two (wall pass) around a defender to eliminate them?
- iv) Supply the ball and run around the receiver – overlap & create a 2v1

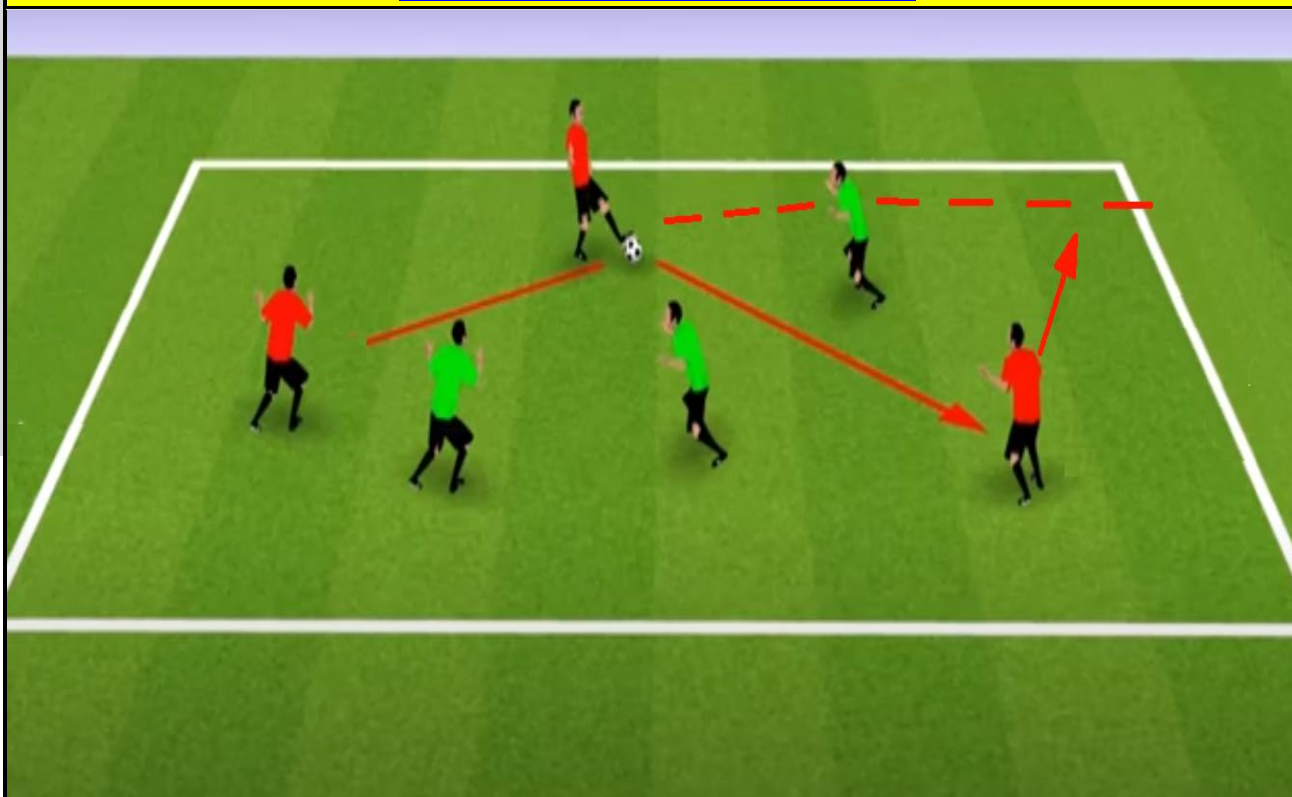
Key Questions:

- i) How can we make it really difficult for the defender?
- ii) How do we make a 2v1 & outnumber?
- iii) Where could you run to now, to make a numerical advantage?

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

STATION 1: Which Way? (No Goals – With Endzones)

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 30x20yards

Organization / Equipment: Cones, Balls & Pinnies

Explanation: In a 4v4 + 2 Players try to advance possession past an endzone line. If the team is able to do a one-two or overlap and then make it over the endzone line, they get 3 points. Without is 1 point.

Coaching Points:

- i) Supply to & then support your team mate
- ii) Pass & move forward on one step
- iii) Can you make a one-two (wall pass) around a defender to eliminate them?
- iv) Supply the ball and run around the receiver – overlap & create a 2v1

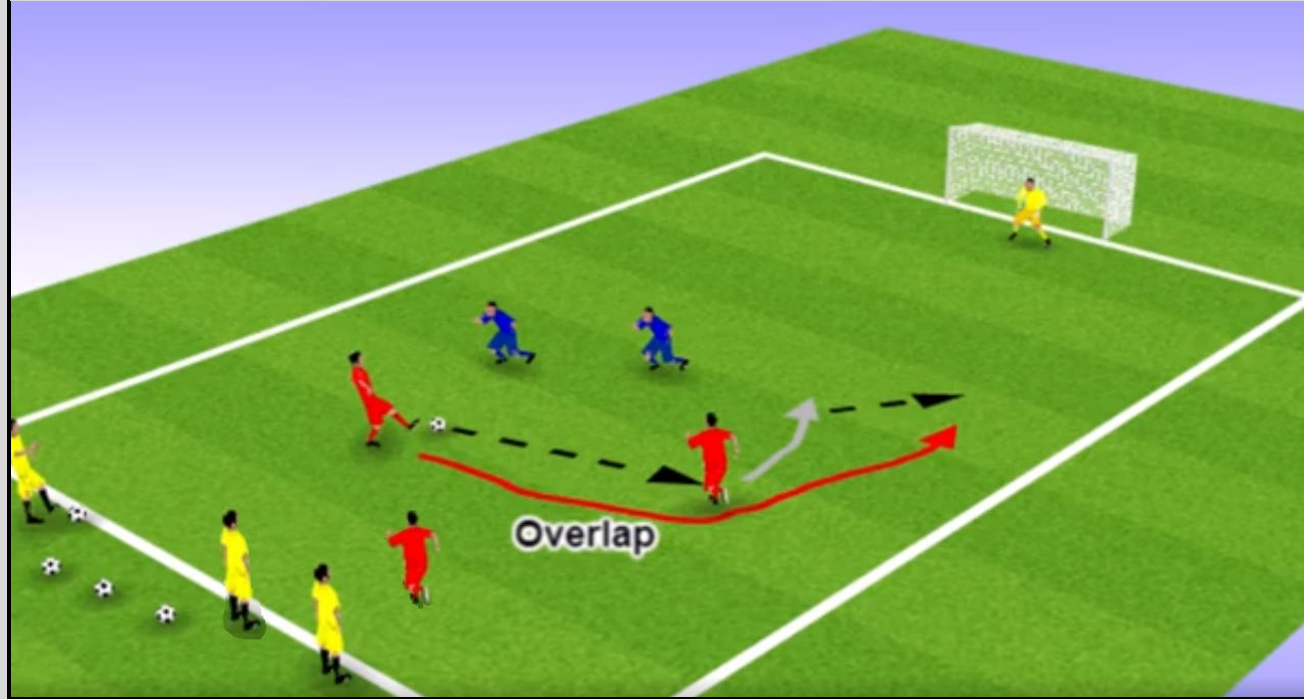
Key Questions:

- i) How can we make it really difficult for the defender & other team?
- ii) How do we make a 2v1 & outnumber the opposition?
- iii) Where could you run to now, to make a numerical advantage?

Constraints to Modify or Challenge: Size of playing area

STATION 2: 3v2 Towards a Goal

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goals

Explanation: A wave activity. Three players attack two defenders with the emphasis of overlaps & one-wall wall passes. Change the defenders periodically.

Coaching Points:

- i) Supply to & then support your team mate
- v) Pass & move forward on one step
- vi) Can you make a one-two (wall pass) around a defender to eliminate them?
- vii) Supply the ball and run around the receiver – overlap & create a 2v1

Key Questions:

- i) How can we make it really difficult for the defender & other team?
- ii) How do we make a 2v1 & outnumber the opposition?
- iii) Where could you run to now, to make a numerical advantage?

Constraints to Modify or Challenge: # of defenders. 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