

Session Plan 9 – Topic: Transition to Offense with the 4Ss (Steal, Supply, Support, & Score)

WARM UP: British Bulldog

[VIDEO LINK CLICK HERE](#)



Time: 10mins & after a dynamic & running warm-up

Size: 20 x 30 yards

Organization / Equipment: Cones & Balls

Explanation: Players try to keep the ball away from the defenders / bulldogs. Once they dribble to the far-end they are safe. If possession is lost, the player becomes a defender/ bulldog.

Coaching Points:

- i) Urgently run with the ball into the open space – can you run past the defender / bulldog
- ii) Run with the ball, push the ball into space and then run to catch up with it

Intervention Key Questions:

- i) How do we know where to push the ball?
- ii) If no one is around me, how do I exploit space?

Constraints to Modify or Challenge: Play with one ball between two players. Can the support run in front ASAP

STATION 1: 4v4+2 Steal, Support, Supply & Score (4S)

[NO VIDEO LINK](#)



Time: 20mins

Size: 20x40 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A 4v4+2 towards an endzone. Players are encouraged to use the 4S to score points in their opponent's endzone; Steal, Support, Supply & Score (4s).

Coaching Points:

- i) If you think your team is Stealing the ball, can you start moving in a positive direction to Support – flip the switch early! (Steal & Support)
- ii) Can you run beyond the defenders ASAP. Can you be an outlet player to Supply to?
- iii) Support to the ball to score!

Intervention Key Questions:

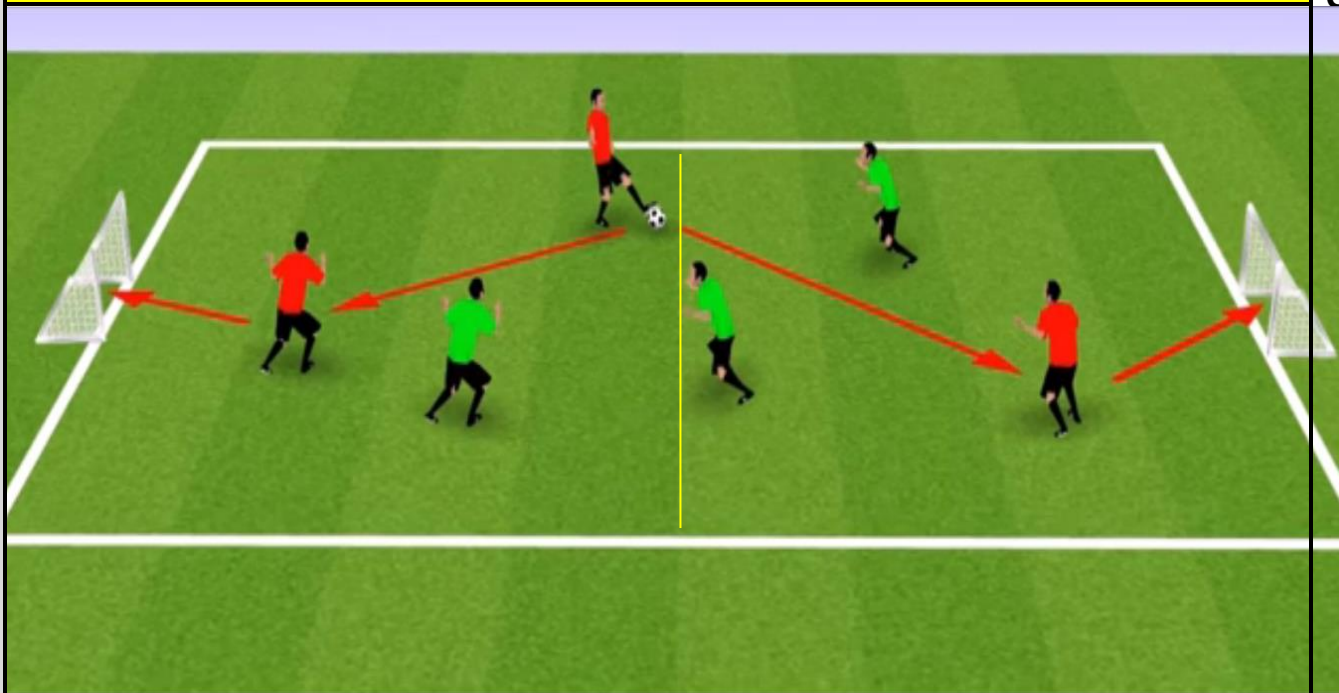
- i) If you know he/she is stealing the ball, where do we move to support?
- ii) If we know we are getting the ball, why is it beneficial to run into positive forward space?
- iii) Where can you run quickly to support?

Constraints to Modify or Challenge: Size of playing area. Numerical advantage or even play

Session Plan 9 – Topic: Transition to Offense with the 4Ss (Steal, Supply, Support, & Score)

STATION 2: Which Way?

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goals

Explanation: After a team dribbles over half way, they then can attack any goal to score. This activity builds offensive awareness as the players have to make quick decisions about where to attack and why. It is a regular game apart from the ability to score in either goal.

Coaching Points:

- i) If you think your team is Stealing the ball, can you start moving in a positive direction to Support – flip the switch early! (Steal & Support)
- ii) Can you run beyond the defenders ASAP. Can you be an outlet player to Supply to?
- iii) Support to the ball to score!

Intervention Key Questions:

- i) If you know he/she is stealing the ball, where do we move to support?
- ii) If we know we are getting the ball, why is it beneficial to run into positive forward space?
- iii) Where can you run quickly to support?

Constraints to Modify or Challenge: Perhaps a floater to support transitional offense.

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