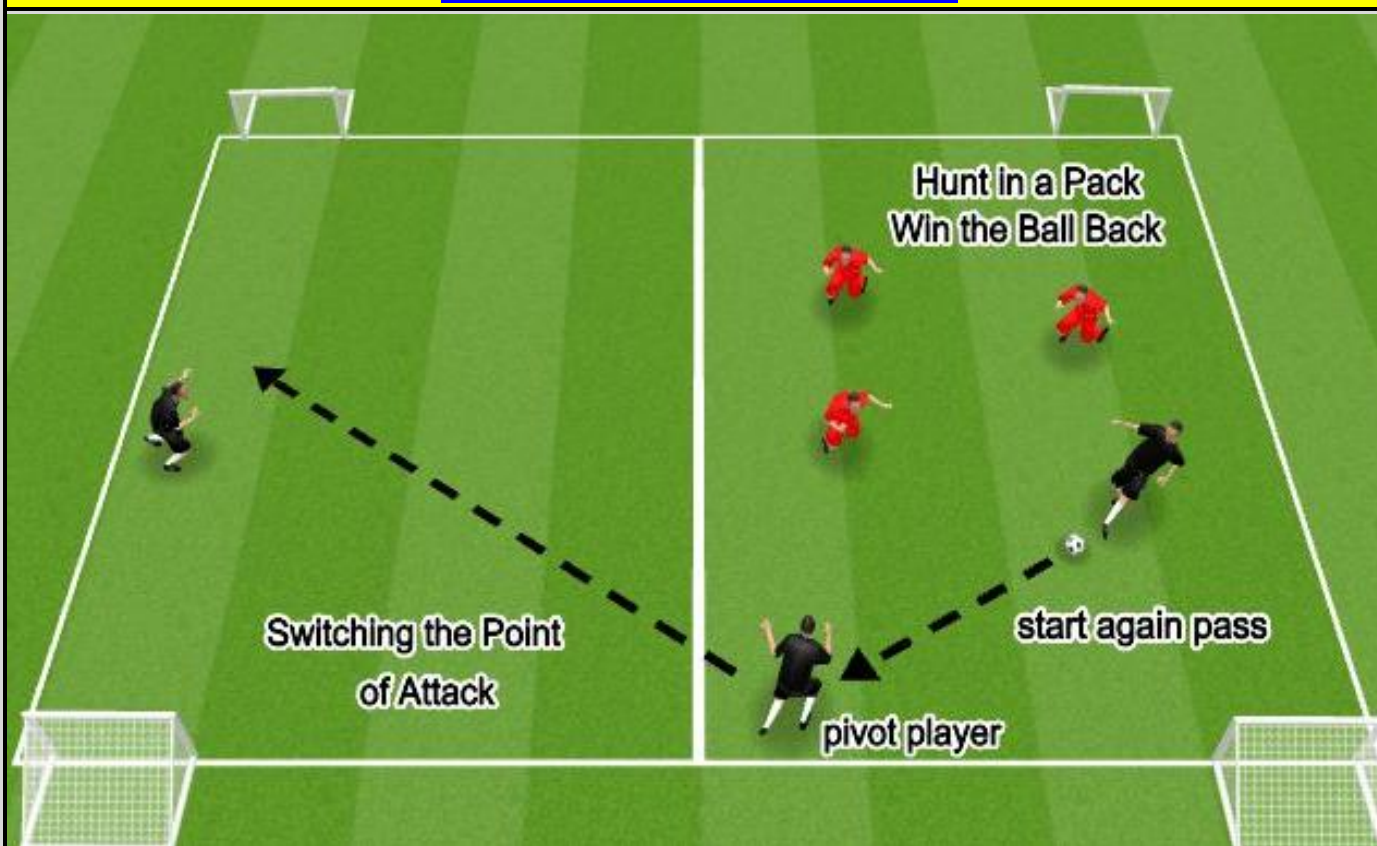


Session Plan 11 – Topics: Team Shape & First Touch Fun / Constraints- Led Approach

3v3, 4v4, or +1 Four Goal Switching the Point of Attack

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 30 x 25 yards

Organization / Equipment: Cones, Balls, Pinnies, & Pugg-Nets

Explanation: With a constraints-led approach, constrain the defenders to be in the half where the ball is. In doing so, two behaviours will emerge. Defensively, the team will be more compact while try to stop the other team from switching the point of attack. Offensively, the team in possession will spread out more and begin to switch the point of attack without any coaching intervention

Coaching Points:

- i) Maximizing width & depth (Shape)
- ii) Flattening out to support
- iii) Start-again pass & backwards and lateral support when closed down
- iv) Switching the point and leading the player to the goal to eliminate defenders

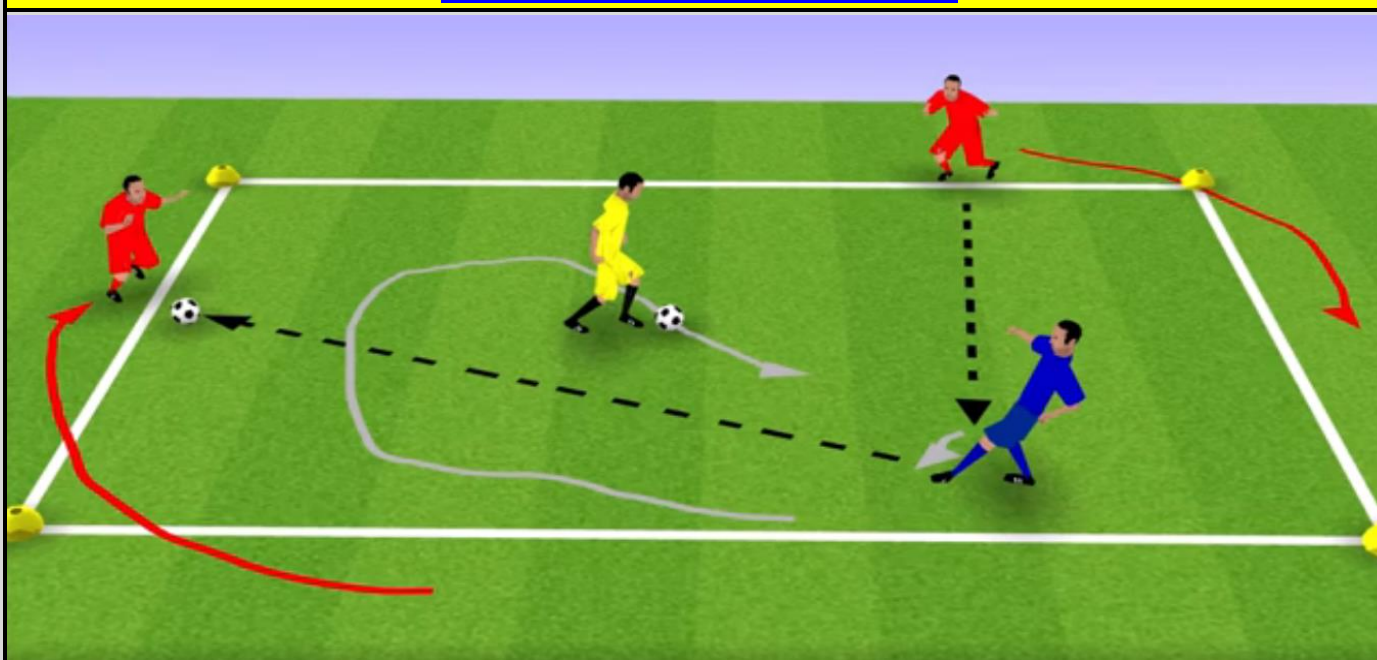
Intervention Key Questions:

- i) If all the players are on one side, where should we attack?
- ii) Where & when should you move to support a player with the ball?
- iii) Where should I look when I am receiving the ball? When I have the ball?
- iv) Where should your pass lead the receiver?
- v) Where should I look when I am receiving the ball?

Constraints to Modify or Challenge: # of defenders or size, add a floater, or decrease or increase the area.

Front Foot - Connector

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Two players outside the square pass and receive to the pivot player in the middle while a dribbler runs interference

Coaching Points:

- i) Moving away from the ball (Dispersal)
- ii) Timely flattening out (Mobility)
- iii) First touch toward the target

Intervention Key Questions:

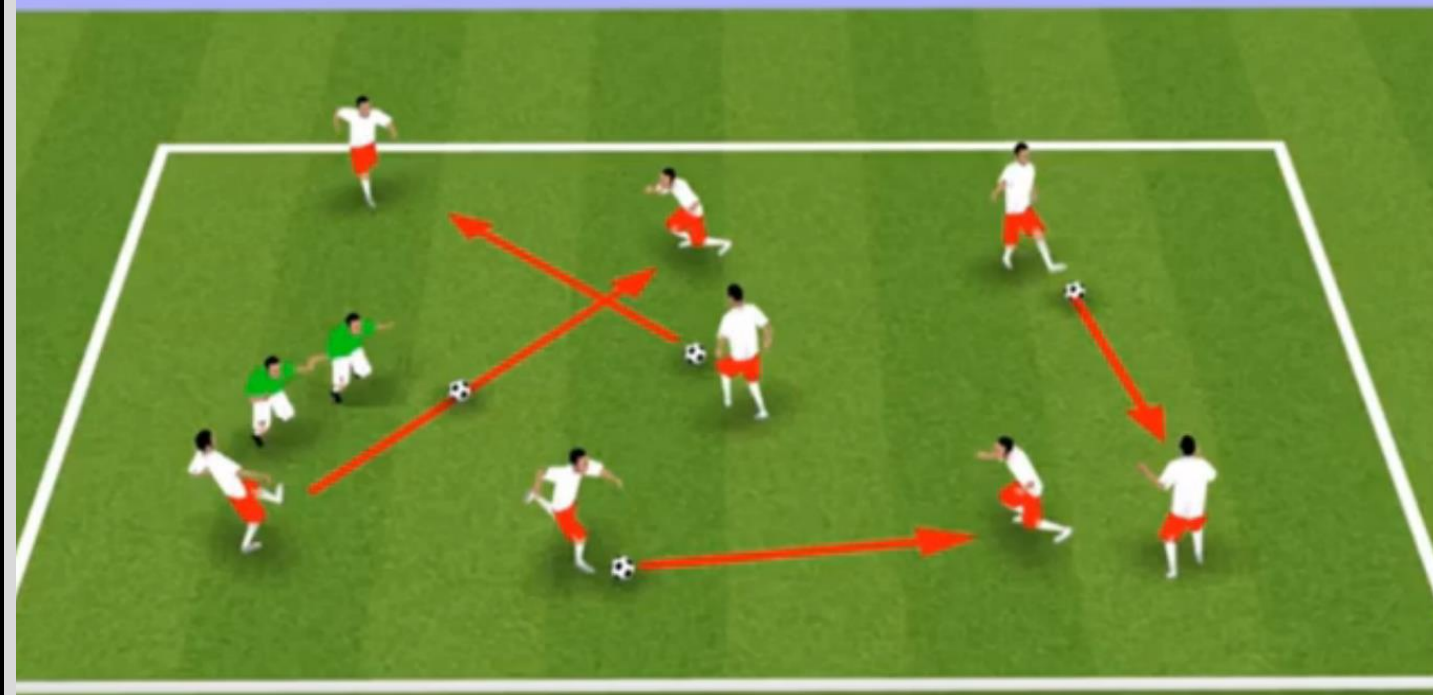
- i) Where & when should I support the player with the ball?
- ii) What can you do to let the player know you're an option?
- iii) How should you position your body when you receive the ball?
- iv) Where should my first touch go when you receive the ball?

Constraints to Modify or Challenge: Size of playing area / length of pass. Number of dribblers.

Session Plan 11 – Topics: Team Shape & First Touch Fun / Constraints- Led Approach

Great Glob Passing

[VIDEO LINK CLICK HERE](#)



Time: 10mins

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) Passing and receiving on the equator
- ii) Moving away from the ball & pressure
- iii) Quick mobility to support

Intervention Key Questions:

- i) Where do we want to make contact with the ball when passing?
- ii) How can we make it easy to receive the ball?

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

EVEN SIDED END GAMES

Small Sided 3v3 or 4v4

(Regular FIFA Rules)

Time: 20mins

Size: 35 x 50 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 intervention key questions

Constraints to Modify or Challenge: Size of playing area