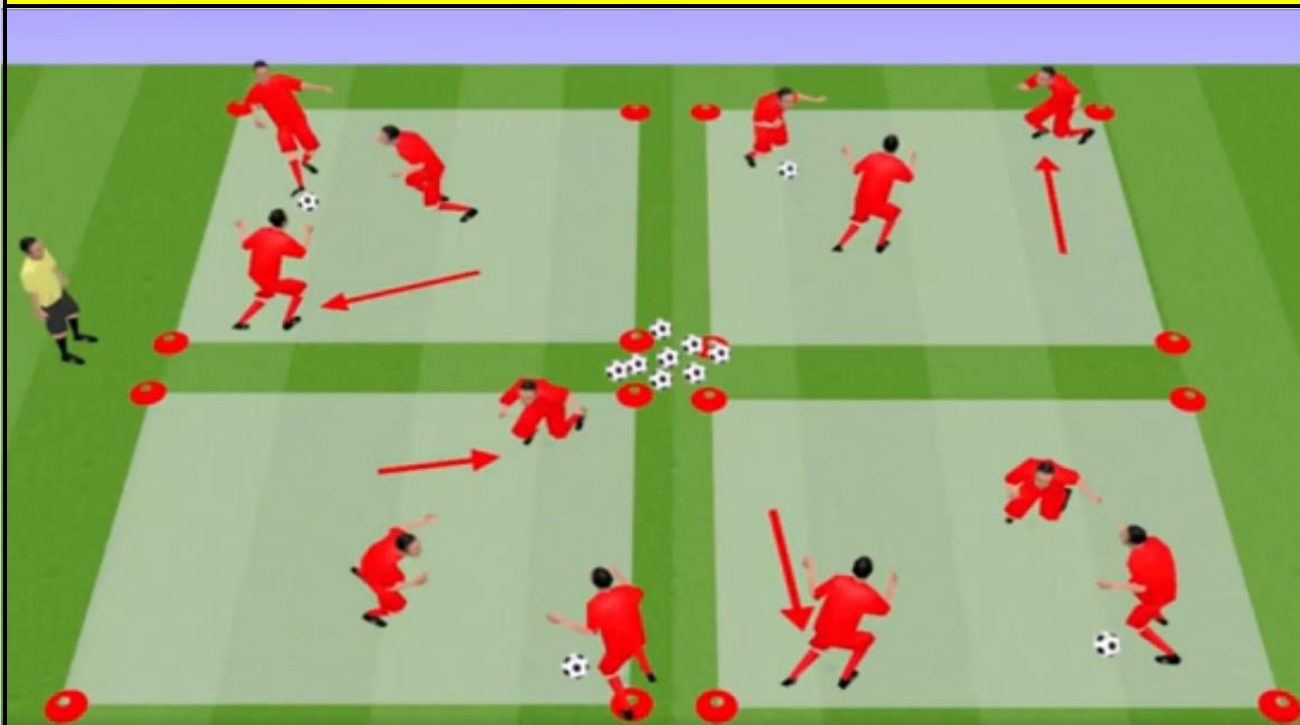


## Session Plan 4 – Topics: Forward Progression Through Mobility; Overlaps, One-Twos & the Equator Passing

### Keep Away - Continuous 2 v 1

[VIDEO LINK CLICK HERE](#)



**Time:** 10mins

**Size:** 8 x 8 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Two players try to keep the ball away from the defender. If a player gives the ball away they become the defender; a continuous 2v1.

**Coaching Points:**

- i) Moving away from the ball (Dispersal)
- ii) Timely flattening out (Mobility)
- iii) First touch forward &/or away from pressure (elude & eliminate)
- iv) One-Two wall passes & mobility to be an option

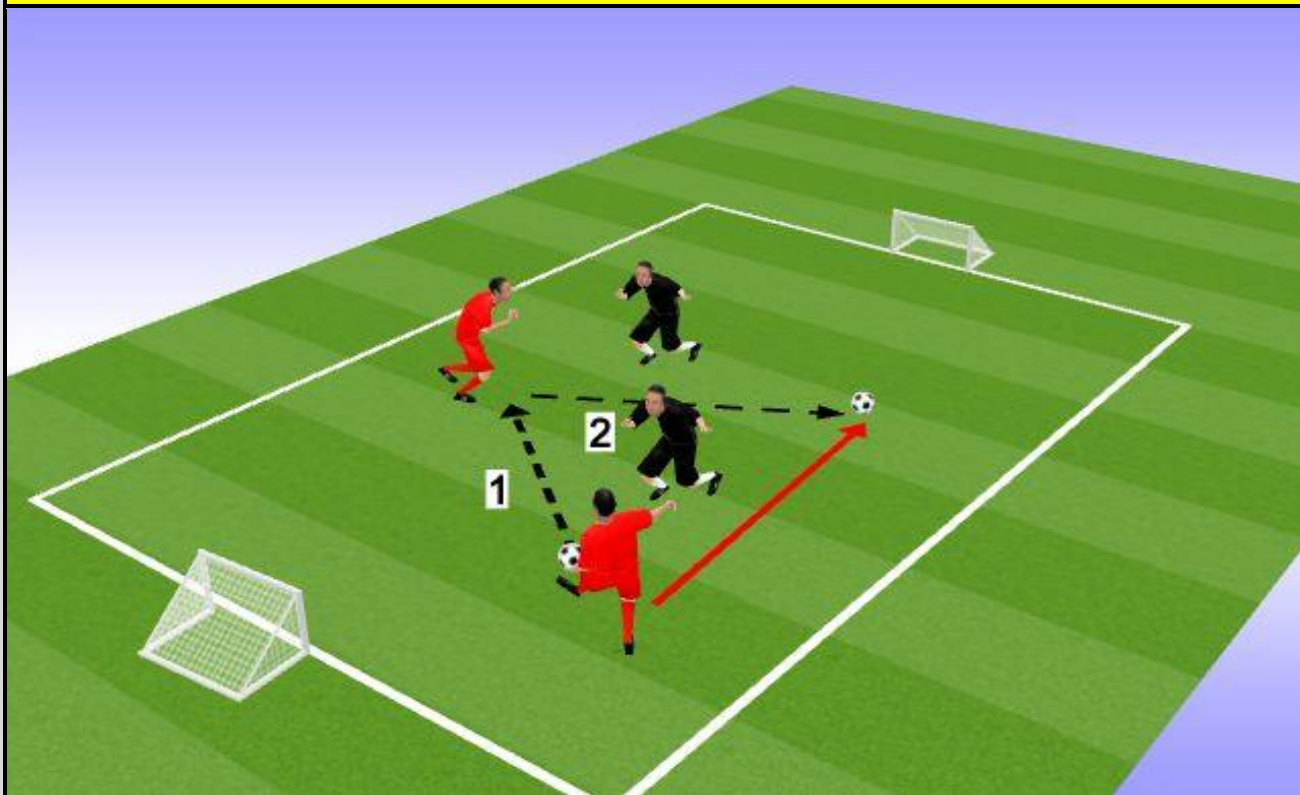
**Intervention Key Questions:**

- 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) After I pass the ball, what should I do next?

**Constraints to Modify or Challenge:** Size of playing area. Touch restriction – 2 or 3, or 10 passes equals a point competition.

### 2v2 Games

(Encourage One-Twos & Overlaps)



**Time:** 20mins

**Size:** 10x15 yards

**Organization / Equipment:** Cones, Balls, Pinnies & Goals

**Explanation:** A 2v2 game. Change the team match ups every 4 mins. Award 3pts if a partnership can score with an overlapping run or one-two wall pass.

**Coaching Points:**

- i) Shape - Width between team mates while supporting player being in front (Mobility & Width)
- ii) Passing on the equator of the ball on the safe side
- iii) Mobility of passer to provide a forward option by either:
  - Overlapping run
  - Or One-Two (Combination Play) Wall Pass

**Intervention Key Questions:**

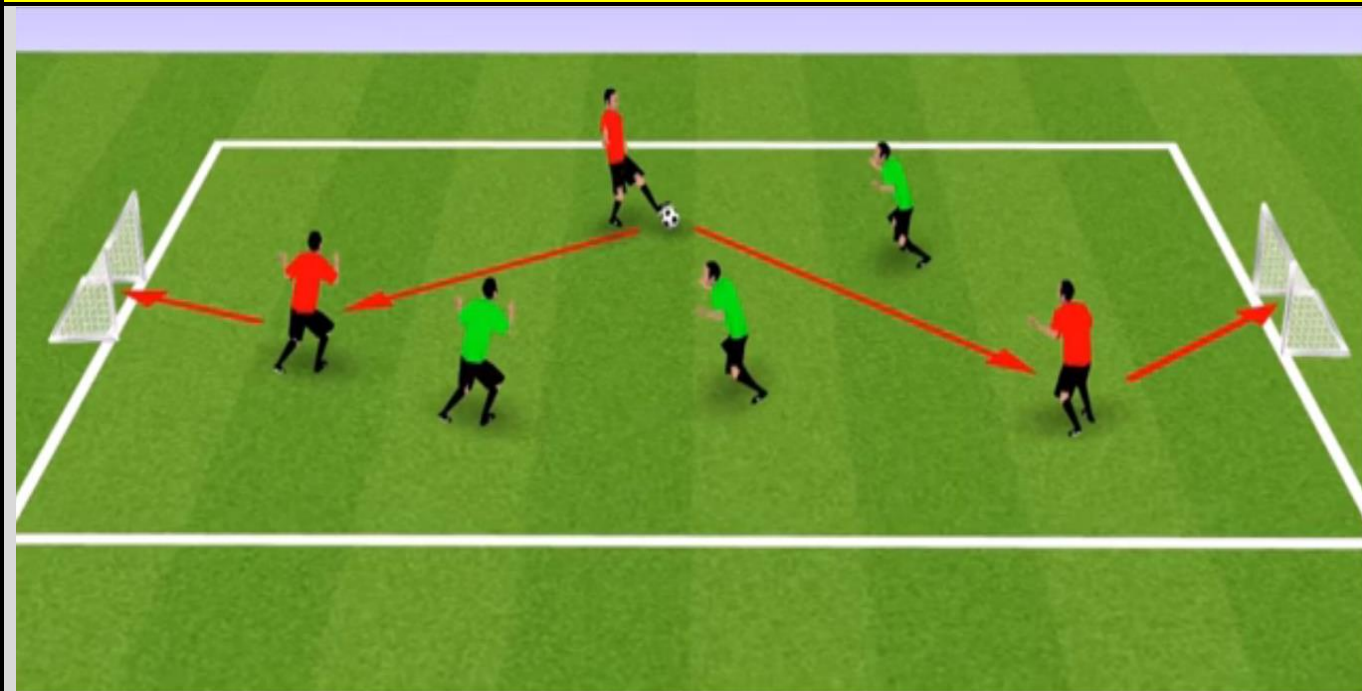
- i) When & how should I take my first step to support the player with the ball?
- ii) When my partner and I are close together does that make it easier or harder for the defenders?
- iii) Why is it always important to have forward passing options?

**Constraints to Modify or Challenge:** Size of playing area or add a floater (2v2+1)

## Session Plan 4 – Topics: Forward Progression Through Mobility; Overlaps, One-Twos & the Equator Passing

### WHICH WAY?

[VIDEO LINK CLICK HERE](#)



**Time:** 20mins

**Size:** 15 x 20 yards

**Organization / Equipment:** Cones, Balls, Pinnies & Goals

**Explanation:** The team in possession tries to advance the ball past the half way line and then can attack either goal. Incentivize the one-two wall pass or overlapping run goals by awarding 3 points if they score that way.

**Coaching Points:**

- i) Maximizing width / Flattening out
- ii) Forward movement/mobility to be an option.
- iii) Pass & MOVE! One-Two Wall Pass or Overlapping Run?

**Intervention Key Questions:**

- i) What can I do to influence the pass & show I'm an option?
- ii) Where & when should I 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) When should you make that penetrative run after passing?

**Constraints to Modify or Challenge:** # of defenders, add a floater/neutral player, or size of playing area

### EVEN SMALL SIDED GAMES (Regular FIFA Rules)

**Time:** 20mins

**Size:** May vary but ideally 15x20 yards or more

**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

**Constraints to Modify or Challenge:** floater use or size of playing area