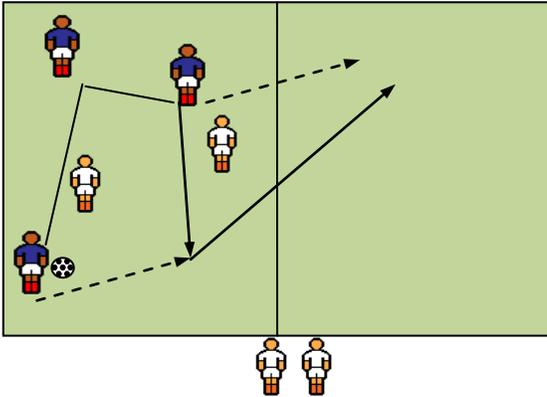


### Warm-Up

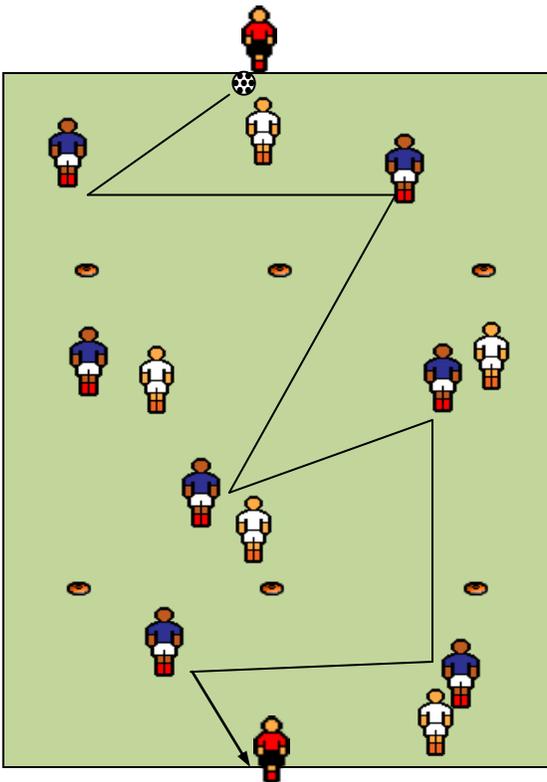


Start with groups of 4 just passing and moving

Area 30 x 15 as shown, Divide players into group of 4 and position them as shown. One group in possession against 2 opponents in a 15x15 grid. One square is vacant to being

2 Groups compete against one another as follows: 4 Blue v 2 White in one square, with 2 white players resting outside the square at the half way line. The coach serves the ball to the blue team and they must make at least **3 passes** before they can pass ball into the next square for one of the blue players to run onto. If successful all four blue players move into the next square and again try to get at least 3 passes before looking to play in the original square. If the Blue team is successful in playing into the open square the 2 defending players exit off beside the coach at half and the other 2 opponents enter. If the blue team plays the ball out of the playing area play commences from a services from the coach into the 4 white players and 2 blue play as defenders. Every successful movement from one square to the other = 1 point. First team to 10 points wins.

### Small Sided Activity



7 v 5 playing through the lines.

Blue team must transfer the ball from one target player to the other, playing through the zones. At least one pass must be made in each zone before it can be transferred to the next. If defending side intercept they must find any target player. Play starts again with the blue team.

Once the ball is played into a target player, the blue team try to play back the other way.

All players must stay within designated zones.

#### Progressions:

1. One player from end zone can join central zone to create 4v3 overload.
2. Once ball has been used in central zone, players' able to set back into first zone and play into end zone/man.
3. Ball can skip a zone

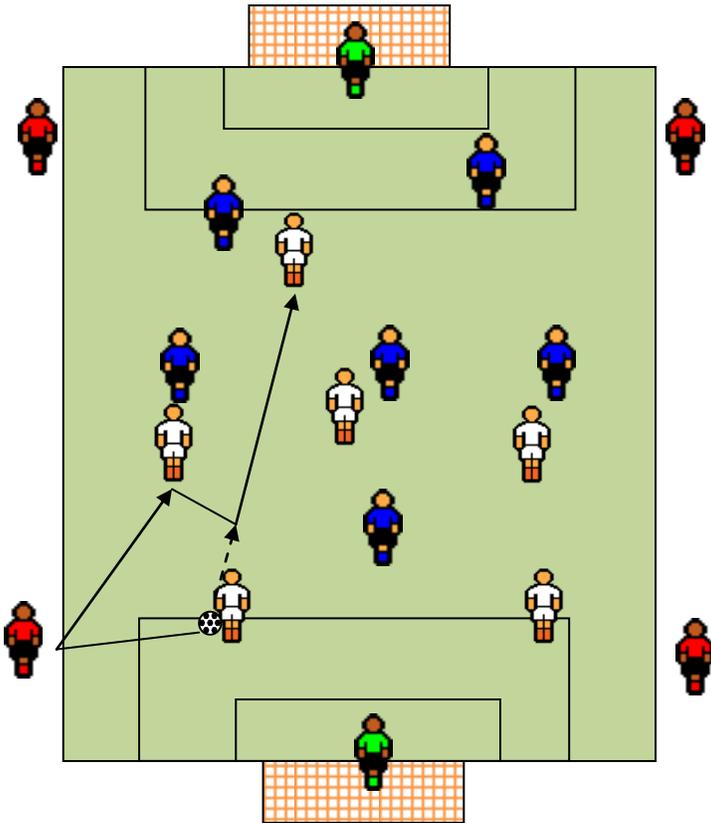
#### Coaching Points

Pass of Passing

First touch to be taken in the direction you want to play (try to receive with hips open)

Movement off the ball, supporting angles & distance

**Expanded Small Sided Activity**



6v6 with 4 Target Players. Teams play in a 1-2-3-1 Formation  
 Target players can move up and down the sidelines but are restricted to play two touch maximum.  
 Normally soccer rules, except if the ball goes out for a throwing it has to be throw back in by a target player

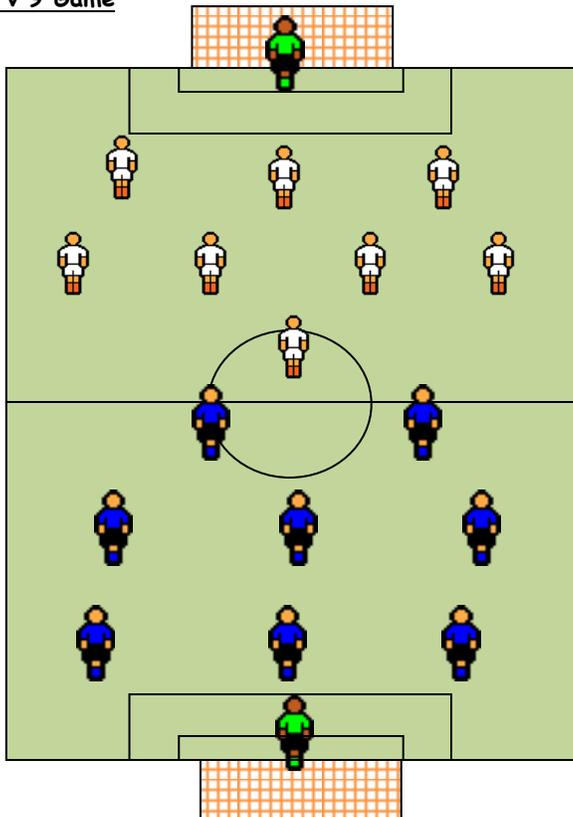
Encourage teams to recognize when and why to use the extra target players so that they understand how to control the tempo so they see when it is important to retain possession and not force the pass.

Progress to allow the target player to dribble on to the field when gaining possession of the ball. When possession is lost they must go back to the sideline

**Key Moments**

- If the opposition has players behind the ball, maintain possession
- Forwards #9 providing depth and movement in between the lines
- Combination Play
- Switching the Point of Attack, when & why

**9 v 9 Game**



\* 9 v 9 Game

- \* One team plays in a 1-3-4-1 Formation
- \* One team plays in a 1-3-3-2 Formation
- \* Normal Soccer Rules
- \* Allow the players to play, observe for pictures that have been painted throughout the session

\* Cool Down

- \* In pairs players lightly pass and move the ball around
- \* Remove the ball and do stretching in pairs.