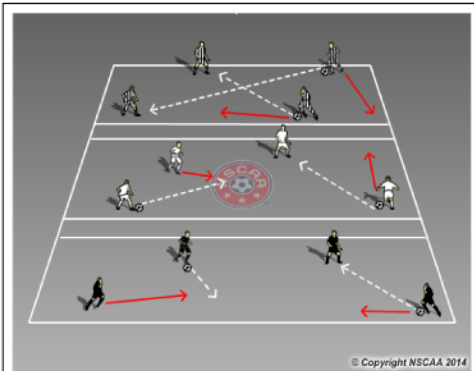


Coach

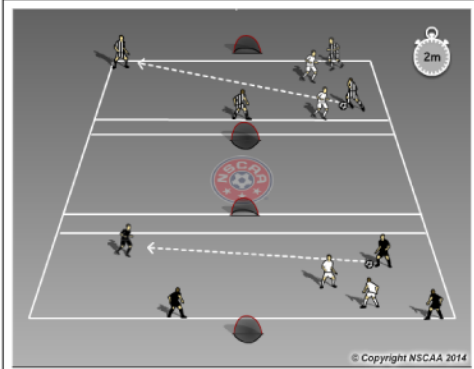
Session date

Team/Age Group

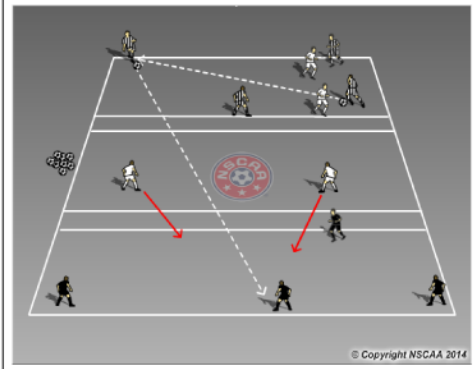
Theme



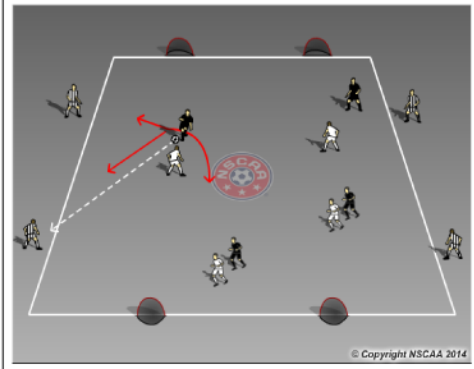
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### NOTES

x3 areas of 12x12 separated with a 1 yard channel  
 4 players per area with 2 balls per group  
 Instruction is to be constantly moving and to keep balls moving  
 Pass and move, pass and move with acceleration, pass and move on any other line than the ball, pass and move and "find" the second ball, 2 touch, 1 touch

Keep head up and see entire space  
 After pass be sure to accelerate to space  
 Get ball out from under the feet  
 Distinguish between pass to the man or to space  
 With one touch distinguish between a pass or "killing" the ball to incite movement

x2 areas of 12x12 with x2 mini goals in each area 4 vs. 2  
 Play for 2-3 minute sets and change the pairs  
 Objective of the 4 is to maintain possession and to execute a split pass when it is on  
 Objective of the 2 is to force the 4 to lose control outside the area or to dispossess and find the mini goal

Maintain possession as a priority  
 Move the ball to move the opponents to create the split opportunity  
 One player in possession, 2 players offer immediate support, 4th player offers the penetrating pass  
 As the ball moves so roles and responsibilities change--possession, support, mobility  
 Respond as the ball is moving to the pressure on the ball  
 If dispossessed win it back immediately

x3 areas of 12x12 separated with a 1 yard channel  
 4 vs. 2 in one area, central area has 2 defenders "on deck", far area has 4 players waiting to receive  
 After a set # of passes or split the team with the ball seeks to switch it to furthest space  
 Defenders in middle grid initially cannot intercept, then progress to allow them to  
 If the ball is switched 4 vs. 2 ensues in new area  
 If defenders win it and can play out teams switch  
 Coach introduces ball each time to far grid

Body shape and vision must consider both immediate possession and the longer pass to space  
 Longer pass out must be hit with purpose and be controllable  
 A position on top of the grid is important to turn out of pressure or to drop the ball for a teammate faced up  
 Receiving 4 must shape to be available and to stretch the opponent as they step in

25x40 field with x4 goals  
 4 vs. 4 with 4 neutrals on the flanks  
 Neutrals have a touch condition  
 Neutral must be played before a goal can be scored  
 Play 2-3 minute sets

Space according to the support offered by the neutrals  
 Movement after finding a neutral must be distinct-  
 -give and go on the blindside of opponent  
 -give and go across the front of the opponent  
 -give and drop into a support position

## Interactive Session Plan™

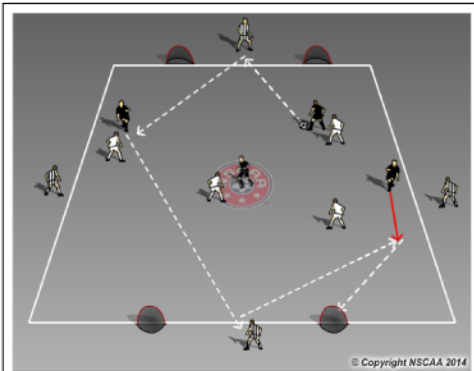
Coach

Session date

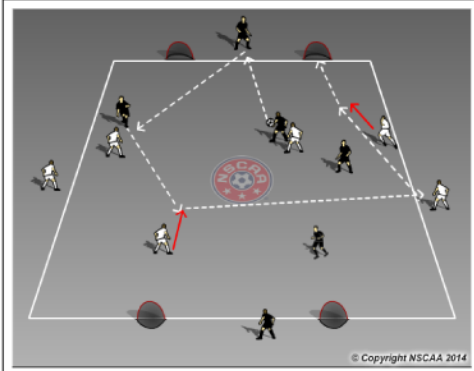
Team/Age Group

Theme

Transitioning from Possession to Attacking Play (part 2 of 2)



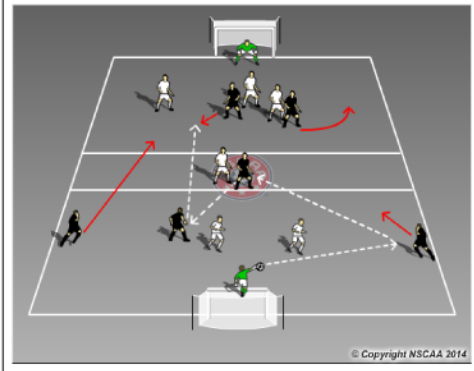
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### NOTES

25x40 field with x4 goals  
 4 vs. 4 with 4 neutrals on the flanks and on end lines  
 Neutrals have a touch condition  
 Attacking end line neutral must be played before a goal can be scored  
 Play 2-3 minute sets

Be prepared to play the way you are facing and employ support neutral player  
 Be aware of spacing in order to allow passing channels to flank and advanced neutral  
 Move the ball to move the opponents and create channel to advanced neutral  
 As ball is traveling support advanced neutral in order to find a strike at goal

25x40 field with x4 goals. 4 vs. 4  
 One team has a support and target player  
 One team has support flank players  
 At least one of the +2 players must be played to before going to goal  
 Team with support and target players play the way they are facing and look to be direct  
 Make early movement off the ball into positions for a strike at goal

Team with flank players must go wide to go forward  
 Movement from a wide pass should be-  
 -give and go on the blindside of opponent  
 -give and go across the front of the opponent  
 -give and drop into a support position

25x50 field with two small goals  
 5 vs. 5  
 Every restart comes from the goalkeeper  
 Team shape in possession should be a diamond  
 (GK, flanks, deep central player)  
 OR  
 (Deep central player, flanks, high central player)  
 Every pass must have corresponding movement to penetrate, support or draw opponents  
 In possession employ the GK to create an effective overload, 5 vs. 4

40x70 field with two full goals  
 A central zone 40x10 is delineated. 7 vs. 7 (1-3-1-2)  
 Every restart comes from the goalkeeper. Ball must be introduced into the first third  
 If the ball is received by midfielder or forward one deep player may release forward  
 If the ball is received by the forward the midfielder may release. Progress to 7 vs. 7 unconditioned play

Maintain possession on the entry pass from GK by offering width and length  
 Maintain vision forward to find midfielder or forwards  
 Support the forward ball. Communicate the best option of player to release forward  
 Forward players should identify support movement and clear and find space  
 Objective is to score from an attacking overload