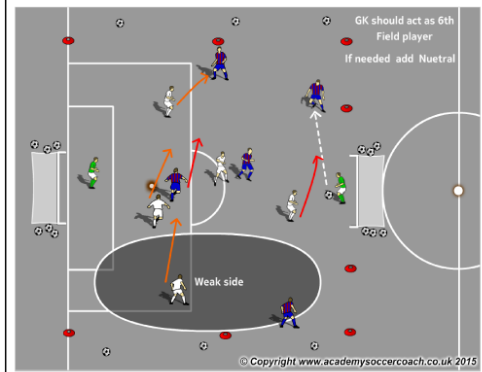


Coach  Session date  Team/Age Group

Theme



### NOTES

4 v 4 + 3 in Grid 20 x 20yds. The 3 neutral players are positioned as 2 on end line and 1 central.

Team in possession looks to circulate the ball with players moving along axis and creating triangles with neutral in middle.

4 defenders work together to make ball go around them not through the middle.

Upon winning the ball they should play to neutrals and quickly assume wide positions.

Loss of possession players enter middle and begin to defend.

3 v 3 + 1 on field approx 20 x 25yds. Game is directional and requires attacking team to stop the ball in end zone 2-3yds deep.

Extra player in possession should allow ball movement and force def group to adjust shape of pressure, cover, balance.

Team in possession can use teammate behind end zone as outlet when in trouble to create defensive adjustment.

Attacking team must use principal of length and width to maintain ball while trying to penetrate end line.

4 v 4 (4 Goal Game). Attack 2 goals and defend 2 goals. Goals should act as simulation of penetrating pass/goal.

Players can score from anywhere on field forcing defending team to get immediate pressure on the ball so no easy penetrative pass/goal can be made.

Ball circulation and spreading the game out in width and length should enhance the idea of pressure, cover and balance and general principles of attack.

Player behind each goal can be used as outlet for team in possession. Player can enter game on dribble and other player must exit.

5 v 5 + GK's to Big Goals approx 48 x 45yds.

Game should mirror the game. You must try and score, win ball back, maintain possession.

Use of GK's in possession as your extra attacker. Division of space in attack.

Organization defensively. Compact with general defensive principles.

If needed add a neutral to facilitate game in possession.