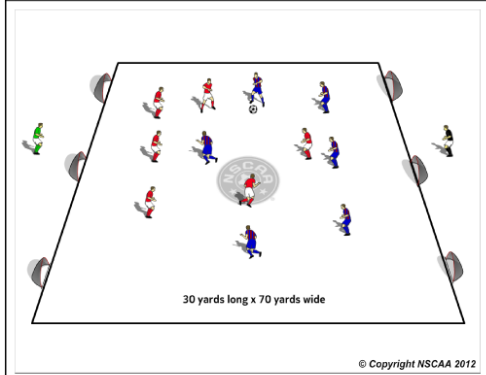
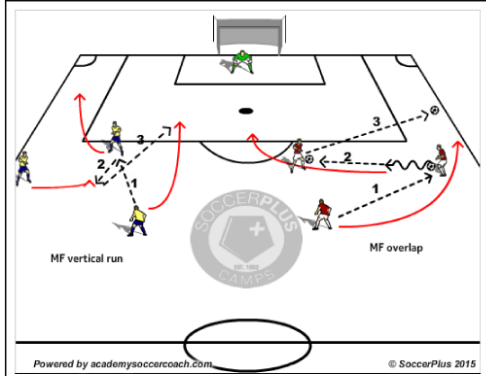


Coach  Session date  Team/Age Group

Theme  Time available



### NOTES

Warm-up1: 1. Groups of 4 passing in a 4x4 grid; 2. Move to vertical organization to create lay-off pass and quick support movements

Keys are: 1. Taking looks to increase range of play. 2. Support movements to improve speed of play. 3. Passing technique

Warm-up 2: Passing through disks 8 yards apart: 1. receive wide, pass through cones, change lines; 2. Receive wide, spin turn and pass through; 3. Receive wide, spin turn, 1-2 to get in

Patterns of Play to get in behind the defense - 4 players (CF - Wing Forward - 2 Center Midfielders)

Pattern 1: MF plays to WF and overlaps, WF plays to CF who plays MF in.

Pattern 2: MF plays to CF; WF supports centrally and play MF making a vertical run in behind. CF makes bent run to get in also

Pattern 3: MF plays to WF. WF plays to CF who 1-2s with MF to get in

Change of Point Game - 4 or 6 goal game played.

Reinforce the role of the CF to change the point to weak side to create space for personality players or number-up situations. Also encourage double-change

Add Restriction - divide field into thirds. In outside thirds no touch restriction. In middle third 2 touch restriction

Play 3+3 vs 3+3 to one goal.

Start with free play to score.

Add restriction that there must be a combination play to score.

1. Take-over
2. Wall pass
3. Overlap
4. 3 player combination

Finish 6v6 to two goals no restrictions