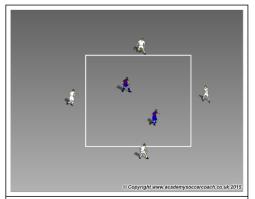


Soccer Champions Coaches' Clinics



Interactive Session Plan ™

Coach	Gary Lewis	Session date	March 4, 2016	Team/Age Group	
Theme	Developing Possession				Time available







NOTES

4 v 2 Possession

Organization: 2 x 12 x 12 yard box, 12 players.

- 1) Work on through, around and over
- 2) Players rotate on outside overlaps underlaps
- B) Movement off the ball
- 4) Players moving in and out of area to create opportunities to play wide
- 5) Play over if 2 defenders press high

Key Points: Different surfaces, Awareness of space to penetrate, Body position to receive, Movement before the pass

Possession to break lines

Organization: 12 outfield players, 2 goalkeepers.

Using mannequins players aim to pass the ball through the mannequins for a runner to break in to the final third. The receiving player has 3 seconds to score unopposed.

Progressions

- \cdot 2 players can drop in to defensive third to build the play with one opposing player allowed in to apply pressure.
- · 1 Defender can track player in to final third following break the line run.

Key Points: Patient possession, Timing of movement, Weight of pass, End product

Organization: 6 v 6 with 2 neutral players.

Feam 1 aiming to play out of high press to attack from wide areas

Team 2 aiming to high press to prevent opponents playing longer passes

Additional Notes / Key Coaching Points

