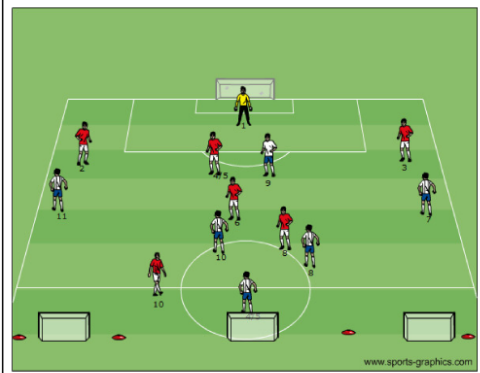
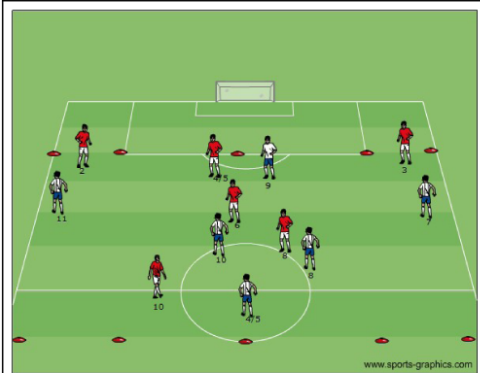
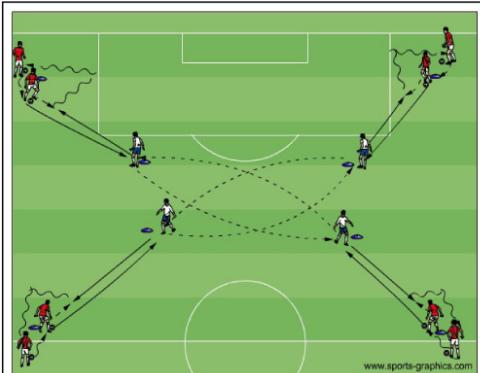


Coach  Session date  Team/Age Group

Theme



### NOTES

#### Functional Warm Up (10 Minutes)

##### SEQUENCE # 1

Set up: 8-12 players 25 x 20 grid; adjust size depending on age and ability of players; 2 variations. Instructions: The first passing sequence, RED players passes it to BLUE players who make diagonal runs and pass back to RED players' feet with one touch avoiding the defender (disc). RED players alternate turn with their own teammate at the same disc. See Diagram. Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Change of pace, speed of play, game awareness .

#### Small Sided Activity (15 Minutes)

6v6 to end zones. Teams score by combining with a pass into the end zone. Player that receives the ball in the end zone has to time his run or will be offside, player can't be static in the end zone when receiving the ball. Player has to make a timed run into the end zone to score a goal. Red team players: #2, #4/5, #3, #6, #8 and #10 White team players: #11, #9, #7, #10, #8 and #10

##### Coaching Points

Timing of passing and movement  
Principles of Attack (penetration, mobility, improvisation, support, width) Game cues for penetration versus possession  
quality passing and receiving, sound individual defending, positional awareness for disrupting opponents attack, tactical sense for initiating attack (penetration versus possession)

#### Expanded Small Sided Activity (15 Minutes)

7v6 Red team defends the big goal and the white team defends three small goals. With off sides at the midfield mark offensively for red team and at the top of the box for the white team. Red team players: #1, #2, #4/5, #3, #6, #8 and #10.

White team players: #11, #9, #7, #10, #8 and #10

##### Coaching Points

Coaching points from above  
Timing of passing and movement  
Principles of Attack (penetration, mobility, improvisation, support, width) Game cues for penetration versus possession

#### Match.

Duration 30 min

8v8 game with Goal keepers (on a 3-3- Formation) or 7v7 with Goal keepers (on a 2-3-1 Formation)

##### Coaching Points

Coaching points from above