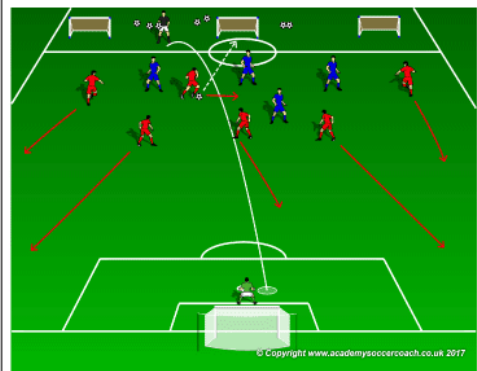
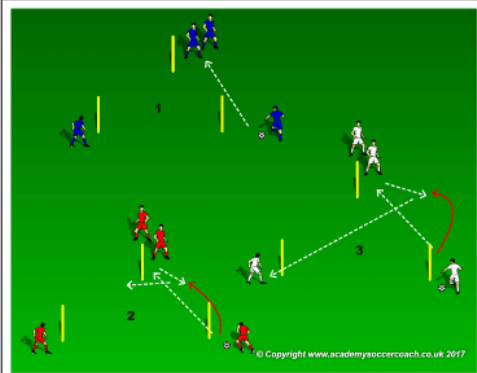


Coach

Session date

Theme



NOTES

The activation activity is designed to prep the players technically for the main part of the session. There are three variations in the activity:

1. Pass the ball and follow. The pass should be to the receiver's back foot. The receiver should be open to the ball and to the next pass. The receiver should also check off the cone/pole to receive.
2. Pass and follow playing a give and go around the cone/pole. The receiver must cushion the ball back to the passer and hold movement until the return pass is played.
3. Pass, receive a drop pass and then play across the triangle to a third player. The movement after the first pass should be such as to be able to receive the ball back and be able to play the ball with an open body across the space.

The activity begins with the coach serving the ball to the GK. All the players should be upfield and narrow as starting the point. As the ball is received by the GK the recovering red team should be seeking to take up positions to build from the back. The blue team may organize however they wish to defend the three counter goals. The number of blue players is reduced and then added to in order for the reds to have success and then increased challenge.

GK options:

1. Find the full backs and support.
2. Find the central player checking back and support.
3. Find the higher wider players with accurate delivery.
4. Play the highest player if the option is there with assured possession.

Wide players must maintain angles off of each other and not get stacked. GK must be active after releasing the pass. Central player must have excellent awareness and decision making.

The activity begins with the coach serving the ball to the blue team attacking the big goal. The red forward and one blue opponent are not initially involved. Blue team looks to score. Upon winning the ball red must seek to counter from the deep position and attack the counter goals.

Upon winning the ball player A's options are:

1. Play long quickly as the rest of the team supports the target.
2. To advance the ball on the dribble.
3. To pass out the back through the wide players.
4. To pass out the back through the GK.

Transition upon winning the ball by the red team is key and the decision making of the ball winner (A) relative to options is critical. If width is achieved early and quickly player A will have space somewhere to exploit through options 1-4.

To begin play with a reduced number of blue players for successful repetition of transition from deep and progress to even numbers for the fullest challenge.

Final game is 7v7.

1-2-3-1 v 1-1-3-2.

Develop the themes of the preceding activity. Decide whether to focus exclusively on one team or both teams. The option to restart each time from a keeper may be used initially and then play should be unconditioned.

Emphasis should be on developing play with possession from deep positions.

Emphasis must also be on risk/reward so building is optimum is possession is secure and more direct play occurs when a scoring chance is assured or "clearing the lines" is necessary.