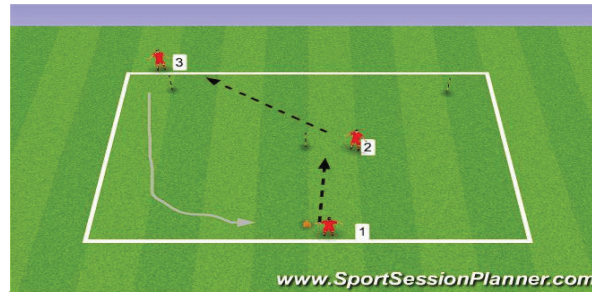


Warm-up (10mins) - Rondos

Create a square 7 yards apart on each side. Players will possess the ball on the outsides, while defenders are in the middle to win the ball. Players in the middle switch with player that lost possession. Must gain possession in order for defender to switch out.

Coaching Points

- Movement to support player on the ball
- Quality of passes
- Do not let players flick or be static during this, make sure there is constant movement



Theme #1 (20 mins) - Y-Passing

Player 1 plays ball to Player 2. Player 2 checks away from pole and receives with their backfoot and passes ball to Player 3. Player 3 checks away from pole and takes a touch around pole and dribbles back to original cone. Make sure players on top poles rotate to opposite pole.

Coaching Points

- Movement away from the pole (Pretend poles are defenders)
- Quality of pass (Pass should lead player into backfoot)
- Using backfoot to receive ball
- Checking Shoulders
- Intensity

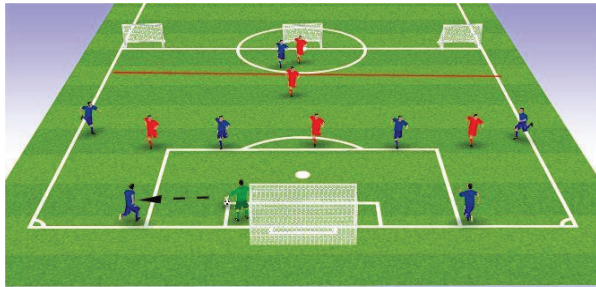


Theme #2 (30 mins) - Building from the back w/ counter goals (8v5)

Ball always starts off a goal kick. Have players get into their positions early. GK plays short pass and attacking team will look to build and score on counter goals.

Coaching Points

- Players need to be in their positions early
- Off ball movement
- Checking into open space
- Combination play
- GK involved in build up, not always passing ball to CB on outside of 18, but finding gaps in between defense to play the #6 or #8



THEME #3 (20 mins) – Building from the back w/ counter goals (8v5)

Ball always starts off a goal kick. Have players get into their positions early. GK plays short pass and attacking team will look to build and find target player (#10/#9). Target player will have defender (#6) in a 1v1 situation, going to the 3 counter goals.

Coaching Points

- Off ball movement
- Combination play
- GK involved in build up, not always passing ball to CB on outside of 18, but finding gaps in between defense to play the #6 or #8



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 3v3 or 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on building from the back. Continue to make correct coaching points.

COACHING POINTS:

- Movements off the ball
- Creating space with your movements
- Creativity
- Combination Play



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (7v7;11v11) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

- Movements off the ball
- Creating space with your movements
- Creativity
- Combination Play