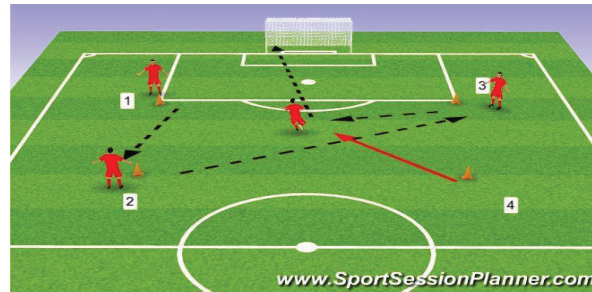


**Warm-up (10mins) - Rondos**

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



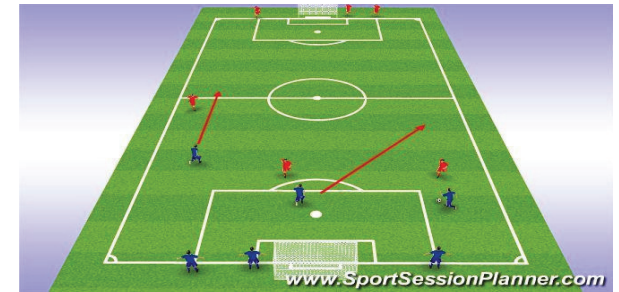
**Theme #1 (20 mins) - Attacking Patterns**

Player 1 passes ball to Player 2. Player 2 passes ball to Player 3. Player 3 lays ball off for Player 4. Player 4 takes 1 time shot on goal. Players follow their passes to next cone.

Variation: Player 1 passes ball to Player 2. Player 2 and Player 1 do a give and go around the cone.

Coaching Points

- Quality of passes
- Checking shoulders
- Checking away
- Timing of run
- Accuracy on shot

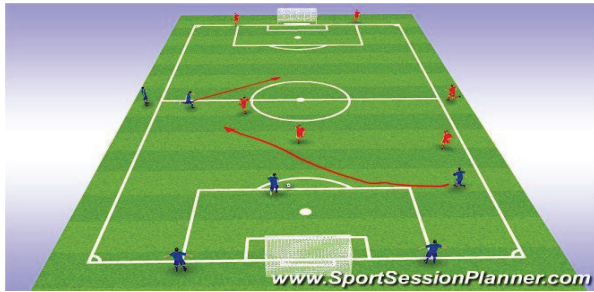


**Theme #2 (30 mins) - 3v3 Transition**

Players on the outside have a ball waiting. Once the ball goes out/scored, attacking team (team that dribbled the ball in first) becomes the defending team on transition.

Coaching Points

- Movements off the ball
- 3rd man runs
- Creativity in movements, opening space for other players
- Intensity/Work rate



**THEME #3 (15 mins) – 3v3 Transition**

Players on the outside have a ball waiting. Players making runs from the middle w/ no ball. Once the ball goes out/scored, attacking team (team that dribbled the ball in first) becomes the defending team on transition.

Coaching Points

- Movements off the ball
- 3rd man runs
- Creativity in movements, opening space for other players
- Intensity/Work rate
- Can we play the ball early?

**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 attacking movements. 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