

## Session 1 – Playing Out From The Back

### Passing Practice – 15 Minutes

#### Organisation/ Explanation

- Players set up as illustrated in diagram A.
- Players #3 and #4 as well as the goalkeeper at the starting position.
- Players pass the ball in sequence 1-8 as shown in the diagram.
- Get players to follow their pass to next position.
- Encourage passing accuracy and ball speed.
- Gradually increase running speed in between cones.
- Get players to perform dynamic stretches whilst they wait to receive the ball.

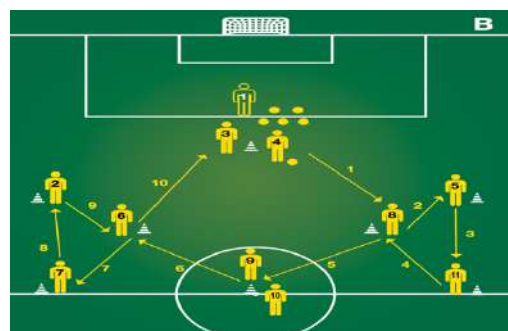
#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.

#### Progression

- Introduce a second ball when the first ball reaches the number #9.

#### Diagram

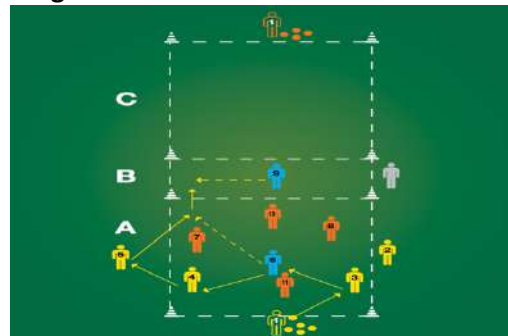


## Positioning Game – 20 Minutes

#### Organisation/ Explanation

- Positioning Game: 7v4.
- Playing Area: 30m x 30m (A & C), 10m x 30m (B).
- Session set up as illustrated.
- Players #6 and #9 are 'neutral' players who play for the team in possession. Player #9 plays in grid B only.
- Yellow #1 starts the game and try to get the ball to the 'neutral' #9. If successful, play restarts with yellow #1.
- If orange wins the ball in grid A, they must try and pass to the #9 in grid B or their goalkeeper at the far end. If successful, all players then transfer into grid C where play continues with orange in possession.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

#### Diagram



## Game Training – 20 Minutes

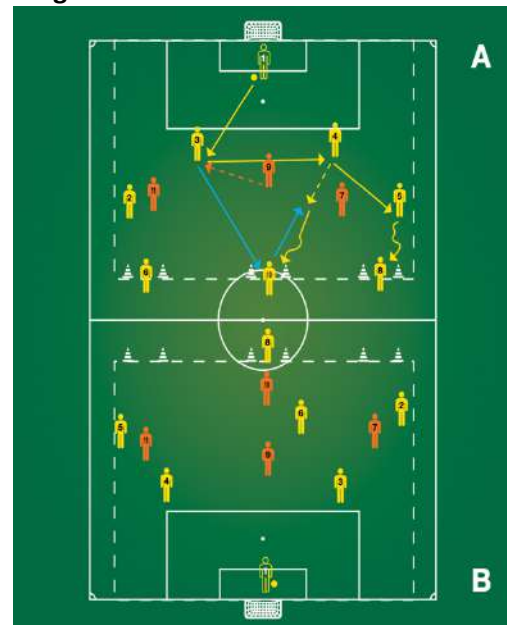
### Organisation/ Explanation

- Session set up as illustrated.
- Yellow team objective is to play out from the back, maintain possession and get one of the back four players #2, #3, #4 or #5 through one of the gates.
- Players #6, #8 and #10 are used as bouncers. See diagram A.
- If orange team win the ball, they attack the goal and try to score.
- Limit the amount of time the orange team has to score once they win possession.
- Game always restarts with yellow goalkeeper.

### Progression

- Session set up as illustrated in diagram B.
- Yellow #6 comes into the game to help achieve team objective.
- Yellow #10 joins the orange team as a direct opponent to the yellow #6.

### Diagram

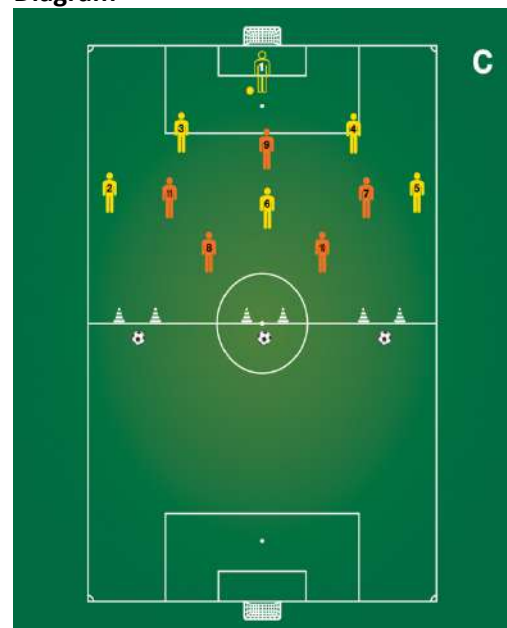


## Training Game – 20 Minutes

### Organisation/ Explanation

- Session set up as illustrated.
- 5v5 game + goalkeeper.
- Yellow team defends the big goal.
- Orange team defends the three smaller goals.
- Yellow team scores in the three smaller goals.
- Orange team scores in the big goal.
- Usual game rules apply.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to play out from the back effectively.

### Diagram



## Session 2 – Playing Out From The Back

### Passing Practice – 15 Minutes

#### Organisation/ Explanation

- Session set up as illustrated.
- Passing sequence starts with the two goalkeepers, one ball going to the right side and the other ball to the left side.
- Players pass the ball in logical order 1-7, player #10 goes to position #3/#4.
- Get players to follow their pass to next position.
- Encourage passing accuracy and ball speed.
- Gradually increase running speed in between cones.
- Get players to perform dynamic stretches whilst they wait to receive the ball.

#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

#### Diagram

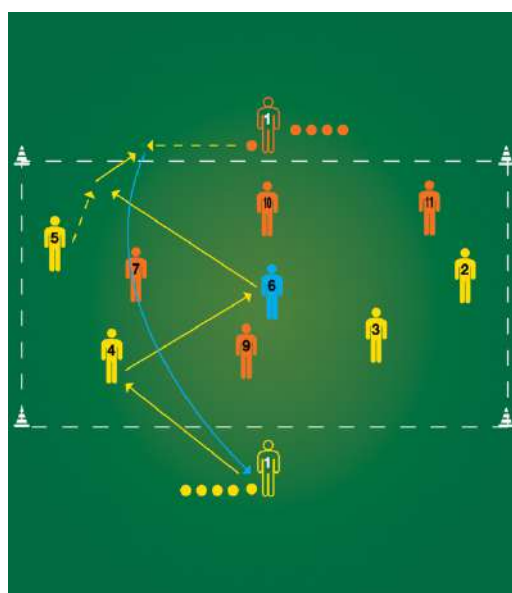


## Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 5v4 + 2 (7 v 4) positioning game.
- Playing Area: 40m wide x 30m long.
- Session set up as illustrated.
- Player #6 is a 'neutral' player and plays with team who is in possession.
- The two goalkeepers are also 'neutral' and play for the team in possession.
- Yellow player #1 starts with the ball, yellow team objective is to get the ball to the orange #1 goalkeeper the other end whilst maintaining player positions.
- If yellow succeed, play restarts with yellow player #1.
- If orange team win the ball, they look to play to yellow #1 player and game then restarts with orange #1.
- Step Up: Make grid smaller and or limit touches.
- Step Down: Make grid bigger and or unlimited touches.
- Points awarded for every completed pass from goalkeeper to goalkeeper.

#### Diagram



## Game Training – 20 Minutes

### Organisation/ Explanation

- Session set up as illustrated.
- Size of playing area determined by players ability.
- In both grids the defenders of one team play against the attackers of the other team.
- Practice starts with the goalkeeper serving the ball to one of the defenders.
- Objective for team in possession is get a free player on the ball over the end line.
- If defending team win the ball they try to shoot at goal. Limit the time that the opposition has to score against the goalkeeper.
- Practice restarts with the goalkeeper.

### Progression

- Both practices now connected to make the one session as illustrated in diagram B.
- Yellow starts playing out from the back and tries to get a spare player across to the other grid to create a 4v3 to try and score.
- If yellow lose the ball in their own half, orange can try and score against the goalkeeper.
- If yellow lose the ball in the attacking half then play, orange play back to the goalkeeper and the resting orange player enters the game. One yellow player then rests next to their goalkeeper and play restarts.

### Diagram

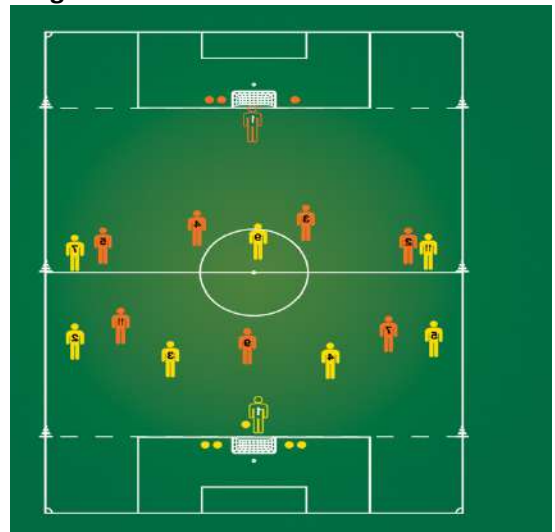


## Training Game – 20 Minutes

### Organisation/ Explanation

- 8v8 training game.
- Formation of both teams 1-4-3.
- All players can move across the whole field.
- Normal game rules apply.
- Pitch size depending on players ability.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to play out from the back effectively.

### Diagram



## Session 3 – Midfield Play

### Passing Practice – 15 Minutes

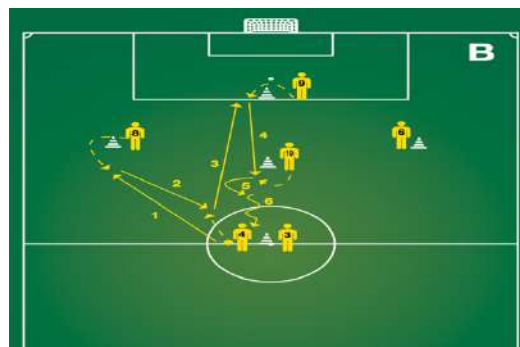
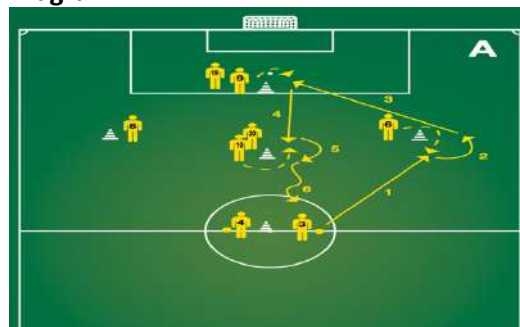
#### Organisation/ Explanation

- Session set up as illustrated.
- At least two players in positions #3/#4, #9 and #10.
- Passing sequence as shown in diagram.
- Players follow their pass.
- Passing sequence then continues on the left side of the playing area once completed on the right side.

#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

#### Diagram

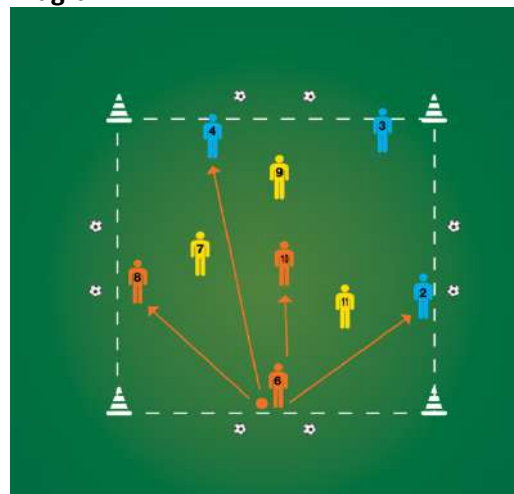


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 6v3 Positioning Game.
- Playing Area: 30m x 30m depending on players ability.
- Session set up as illustrated.
- 6 players (Orange and Blue) keep possession from defending red players.
- Team in possession look to always provide 4 options to the player on the ball. Left, right, centre and far as shown on the diagram.
- If possession is lost by a particular colour, orange, blue or red, they become the defending team.
- **Step Up:** Make grid smaller and or limit touches.
- **Step Down:** Make grid bigger and or unlimited touches.

#### Diagram





## Game Training – 20 Minutes

### Organisation/ Explanation

- Session set up as illustrated.
- Players must stay in their designated areas (A,B or C) as shown in the diagram.
- Practice always starts with Orange #3.
- To score, Orange midfielder players look to get on the ball facing forward and try to pass the ball through the end gates.
- 2 points awarded for if they score after combining with the Orange #9 in the end zone.
- If yellow players win the ball, they try and score in end gates located in grid A.

### Progression 1

- Add another yellow player to grid 3, creating a 3v3).
- Orange #3 can enter into grid B to create a 4v3.

### Progression 2

- Removes end gates in grid C, add a yellow player and a goalkeeper.
- Add a Orange #4 player and a yellow #19 to grid A to create a 2v1 in grid A.

### Diagram

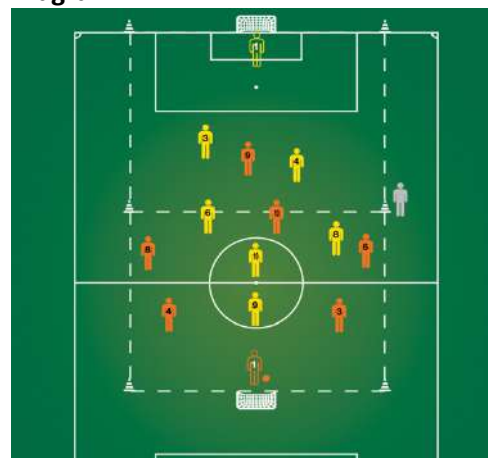


## Training Game – 20 Minutes

### Organisation/ Explanation

- 7v7 game (6v6 with goalkeepers).
- Session set up as illustrated.
- Field is long and narrow to emphasis midfield play in central areas.
- Normal game rules apply.
- Coaching on the 'run'. Don't stop the game.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to keep possession in midfield areas.

### Diagram



## Session 4 – Midfield Play

### Passing Practice – 15 Minutes

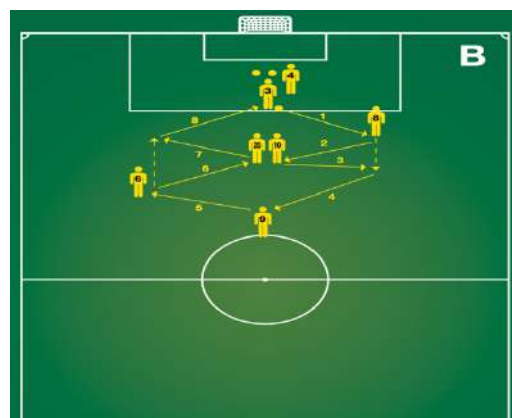
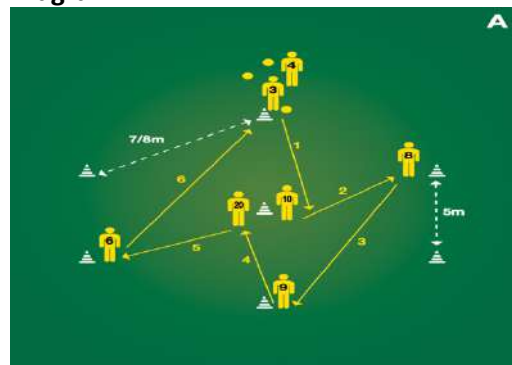
#### Organisation/ Explanation

- Session set up as illustrated.
- At least 2 players positioned at the starting cone and central cone.
- Players pass the ball in a logical sequence, (1-6)
- Players follow their pass and move to the next cone.
- Get players to then go the other way around.
- Encourage passing accuracy and good ball speed.
- Encourage players to check off their cone to receive the pass.
- Get players to increase their running speed to increase session intensity.

#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.

#### Diagram



## Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 3v3 + 2 creating a 5v3.
- Playing Areas: 30m x 25m.
- Session set up as illustrated.
- Players #3 and #9 play as 'neutral' players for the team in possession.
- Player #3 starts the game for yellow who try and keep possession and get the ball to player #9. If successful play restarts with player #3.
- If orange win the ball, they try and play to the #9 who then restarts the game with orange in possession and yellow defending.
- Step Up: reduce size of grid and or limit amount of touches.
- Step Down: increase size of grid and or unlimited touches.
- 1 point for every completed sequence.

#### Diagram



## Game Training – 20 Minutes

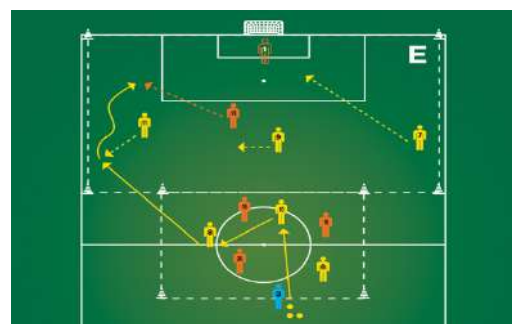
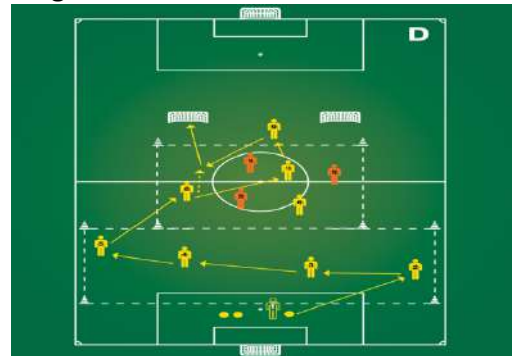
### Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: 25m x 50m adjacent to 30m x 25m grid.
- Practice starts with goalkeeper serving the ball into one of the four defenders, possession is then kept until a good moment is created to play forward into the midfield players located in the next grid. (See diagram).
- Yellow midfield players then look to try and score in either of the end goals using the #9 as a bounce player.
- If Orange win the ball they look to play forward into the hands of the goalkeeper.
- Play always restarts with the goalkeeper.

### Variation

- Same principle applies in diagram E, only this time midfield players are looking to get the ball forward to the attacking players to score a goal.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- Session set up as illustrated.
- 8v8 game.
- Normal game rules apply.
- Yellow team formation: 1-4-3-1.
- Orange team formation: 1-2-3-3.
- Pitch size depending on players ability.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to keep possession in midfield areas.

### Diagram





## Session 5 – Attacking Play (Central Areas)

### Passing Practice – 15 Minutes

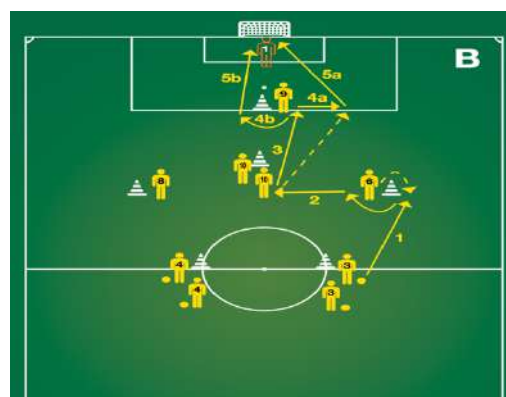
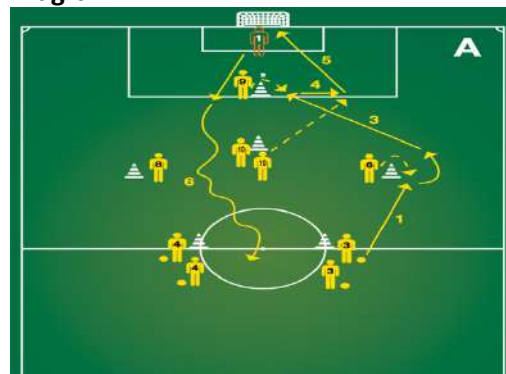
#### Organisation/ Explanation

- Session set up as illustrated.
- Players in game positions.
- Have 2 players on positions #3, #4 and #10.
- Passing sequence as shown in the diagram.
- Players follow their pass to the next cone with player #9 jogging back to the start of the practice.
- Begin with players in the #9 position passing the ball back to the goalkeeper to his/her hands.
- Gradually build up to players shooting at goal.
- Practice is repeated on the left side using players #4 and #8.

#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

#### Diagram

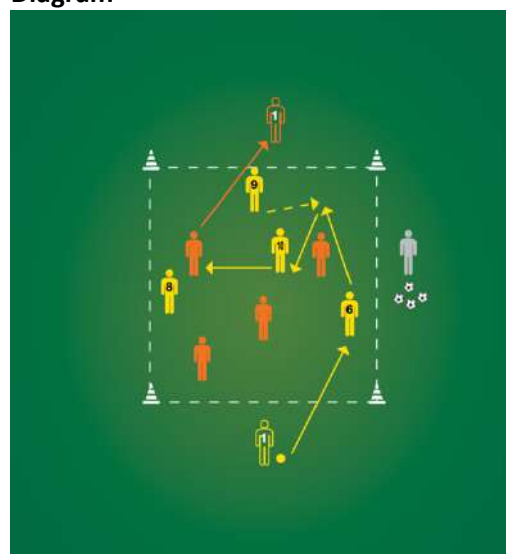


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 5v4 positioning game.
- Session set up as illustrated.
- Playing Area: 30m x 30m depending on players ability.
- 5 yellow players keep possession of the ball from the orange players.
- If orange players win the ball, they keep possession from the yellow players.
- Encourage team in possession to provide passing options left, right, central and far for the player on the ball.

#### Diagram



## Game Training – 20 Minutes

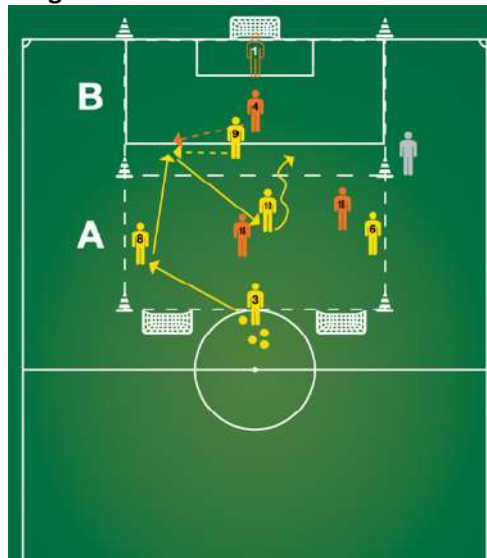
### Organisation/ Explanation

- Session set up as illustrated.
- Players must stay in designated grids as shown in the diagram.
- Practice starts with yellow player #3.
- Yellow team keep possession in grid A and attempt to get the ball and one yellow player, forward into grid B to create a 2v1.
- Offside rule applies to yellow #9.
- If the orange team win the ball they try and score in either of the two end goals.

### Progression

- Add an orange player into grid A. Yellow player #3 can dribble into grid A to create a 4v3.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 5v5 + goalkeeper training game.
- Yellow team attempts to score in the big goal.
- Orange attempt to score in the two smaller goals.
- Usual game rules apply.
- Coaching on the 'run', don't stop the game.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to combine in central areas.

### Diagram



## Session 6– Attacking Play (Wide Areas)

### Passing Practice – 15 Minutes

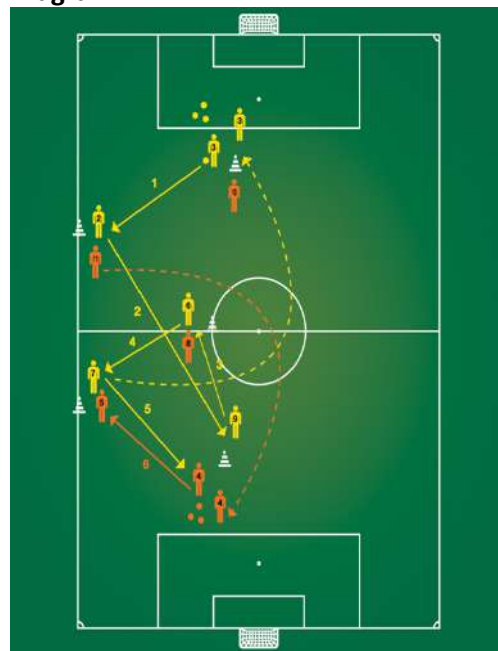
#### Organisation/ Explanation

- Session set up as illustrated.
- Minimum of 2 players positioned at #3 and #4
- Yellow players working on the right side and the orange players on the left side, opposite to one another.
- Yellow players move the ball from top down, orange move the ball bottom in the sequence demonstrated in the diagram.
- All players follow their pass but on their own team.
- Get players to come up with their own passing pattern as a further variation.

#### Variation

- Get players to come up with their own passing pattern as a further variation.
- Get opposition team not in possession to apply passive pressure on the ball and opposition.

#### Diagram

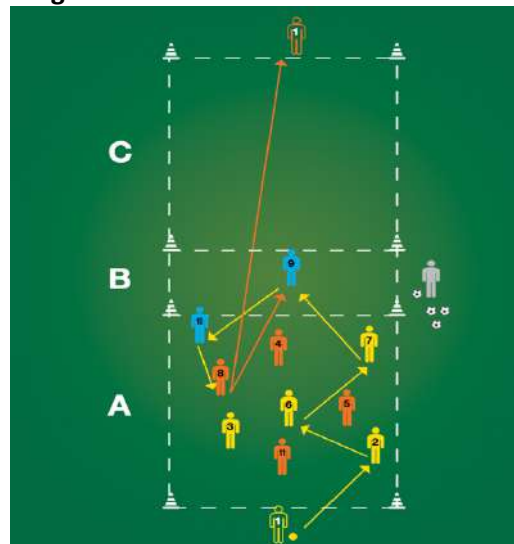


## Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 7v4 positioning game.
- Playing Area: 30m x 30m separated by a 5m corridor.
- Session set up as illustrated.
- Blue players #9 and #10 play for the team in possession with player #9 remaining in the grid B.
- Team in possession look to always provide 4 options to the player on the ball. Left, right, centre and far.
- If orange win the ball in grid A, they must try and pass to blue #9 or to player #1 at the other end of the playing area in grid C.
- If orange succeed, all players excluding yellow #1 cross over into grid C where the game continues with yellow defending against orange in possession.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

#### Diagram



## Game Training – 20 Minutes

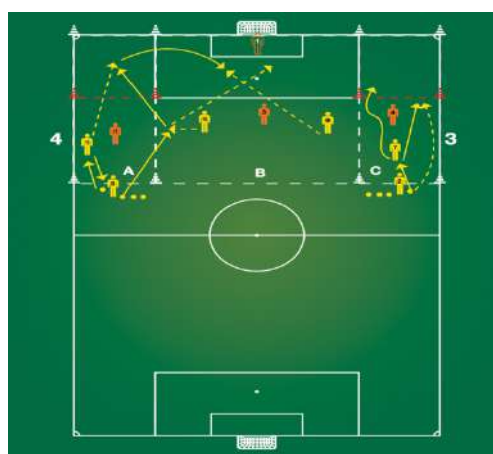
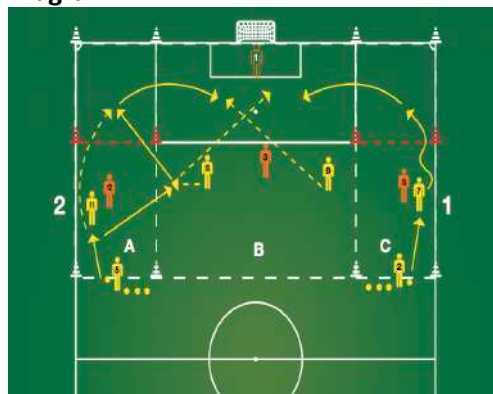
### Organisation/ Explanation

- Session set up as illustrated.
- Players set up as shown in the diagram.
- Yellow #2 and #5 alternately serve a ball to yellow #7 and #11 respectively.
- Yellow #2 and #7 attempt to beat the orange defender through combination play and deliver a cross to #9 and #10 who try to score.
- Yellow #5 and #11 attempt to beat the orange defender through combination play and deliver a cross to #9 and #10 who try to score.
- Orange defenders in grids A and C cannot defend beyond the red dotted line as shown in the diagram.

### Wing play options.

- The winger beats the defender 1v1
- The winger plays a wall pass with #9 or #10
- The winger combines with the full back who overlaps to create a 2v1.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 5v5 + goalkeepers training game.
- Playing Area: 70m x 35m depending on players ability.
- Session set up as illustrated.
- Usual game rules apply.
- Players in their 'usual' playing positions.
- Maintain team formations for both teams.
- Observe improvement in teams ability to combine in wide areas.
- By setting the game up in this way, it will automatically encourage wing play which is the session topic.

### Diagram



## Session 7– Disturbing & Pressuring.

### Passing Practice – 15 Minutes

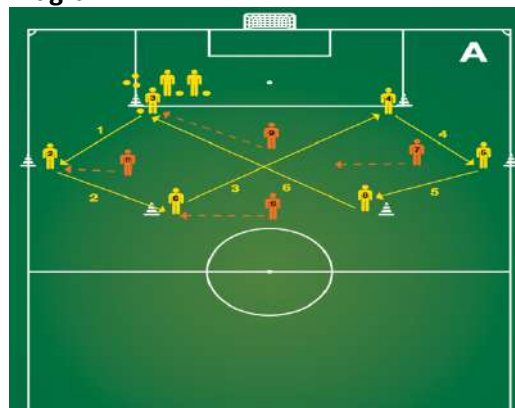
#### Organisation/ Explanation

- Session set up as illustrated.
- At least 2 players positioned at the starting position #3.
- Passing sequence as demonstrated in the diagram.
- Players follow their pass.
- As the ball is moving the defending orange team need to collectively move as a unit towards the ball.
- Defending team as that move collectively, look to continue to keep their shape as shown in diagram B.
- Rotate players from defenders to attackers and vice versa.

#### Progression

- Increase passing and running speed.
- Sudden change of passing sequence on coaches call.
- Introduce a second passing sequence.
- Allow players to decide on who they pass to.

#### Diagram

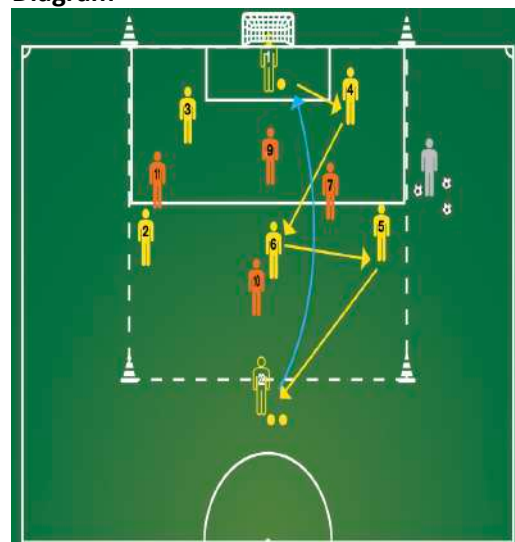


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 7v 4 positioning game.
- Playing Area: 40m x 40m depending on players ability.
- Players set up in session as illustrated.
- Player remain in game positions as much as possible.
- #1 yellow starts the practice.
- Objective for yellow team is to get the ball to the yellow #22 player.
- If successful, play restarts with yellow player #1.
- If orange win the ball, they try and score in the goal.
- **Step Up:** Make playing area smaller and or limit touches on the ball for the yellow team.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball for the yellow team.

#### Diagram



## Game Training – 20 Minutes

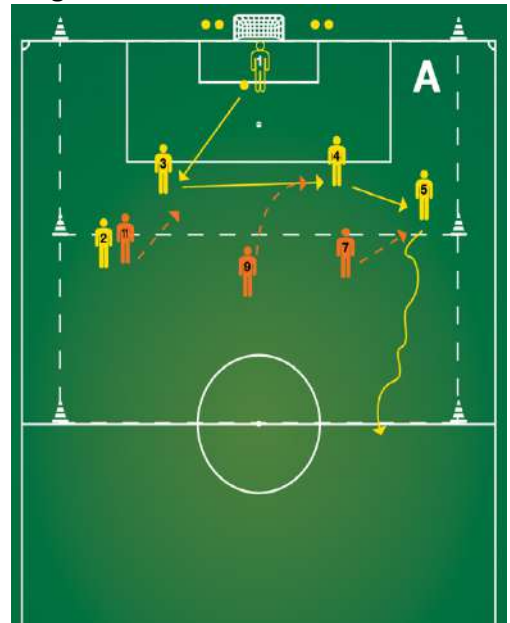
### Organisation/ Explanation

- 5v3 Game Training.
- Playing Area: 50m x 50m divided by a halfway line and depending on players ability.
- Players set up as shown in the diagram.
- Practice starts with yellow #1 serving the ball into any of the back four players.
- Yellow objective is to keep possession and try to get one of the yellow players over the end line in possession of the ball.
- If orange win the ball, they try and score in the big goal.
- Practice always restarts with the yellow player #1.
- Offside rules play.
- Encourage defending team to work as unit, keeping defensive shape.
- Encourage nearest defensive player to press the player on the ball.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

### Variation

- Add central goal on end line or two smaller goals.

### Diagram

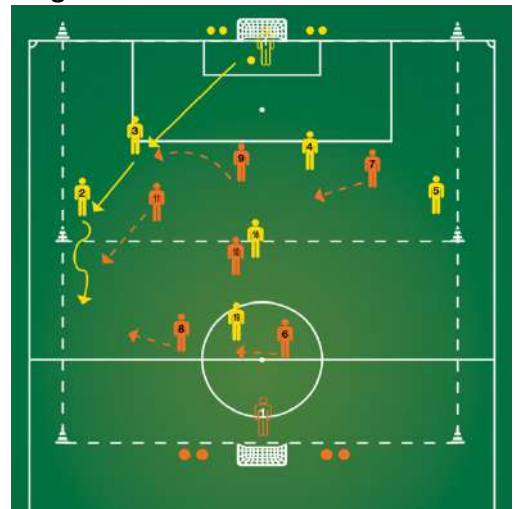


## Training Game – 20 Minutes

### Organisation/ Explanation

- 6v6 + goalkeepers training game.
- Players set up on the field as illustrated.
- Usual game rules apply.
- Maintain players positions so that the orange team maintain their defensive shape.
- Observe improvement in orange team's ability to collectively pressure the opposition.

### Diagram





## Session 8– Disturbing & Pressuring.

### Passing Practice – 15 Minutes

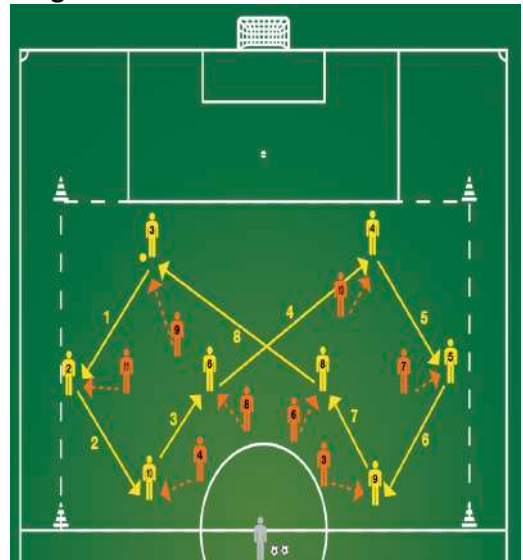
#### Organisation/ Explanation

- Session set up as illustrated.
- Players positioned as shown in diagram.
- Playing Area: 35m x 50m depending on the players ability.
- Practice starts with yellow player #3.
- Passing sequence is in order as shown in diagram.
- Player stay in their positions after they have passed the ball but must not stay static.
- Orange players pressure the ball as a unit without intercepting (passive) the pass.

#### Progression

- Passing sequence to the left and to the right.
- Change the role of the yellow and the orange team.
- Increase the passing and ball speed.
- Introduce a second passing sequence.
- Get players to come up with their own passing pattern as a further variation.

#### Diagram

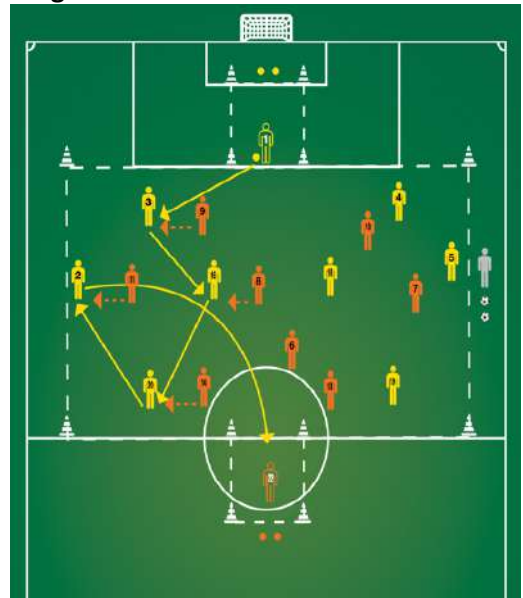


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 8 v 8 + goalkeepers positioning game.
- Playing Area: 30m x 50m depending on the players ability.
- Session set up as illustrated.
- Yellow team goalkeeper starts play.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball the roles change, and yellow team defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.
- 1 point for every completed pass into the end goalkeeper.

#### Diagram

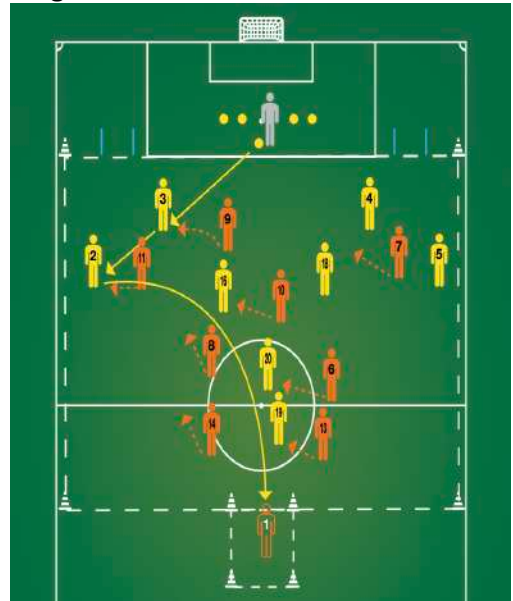


## Game Training – 20 Minutes

### Organisation/ Explanation

- Playing Area: 50m x 60m.
- Session set up as illustrated.
- Players set up on the field as shown in the diagram.
- Coach starts with the ball and serves into the yellow team.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball, they try to score in either of the two end goals.
- Usual game rules apply.
- Practice always starts with the coach.
- Encourage defending team to press the ball carrier.
- Encourage the defending team to prevent time and space for opposition to play forward.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 8 v 8 + goalkeepers on a  $\frac{3}{4}$  pitch depending on players ability.
- Players set up on the field as illustrated.
- Usual game rules apply.
- Maintain players positions so that the orange team maintain their defensive shape.
- Observe improvement in orange team's ability to collectively pressure the opposition.

### Diagram



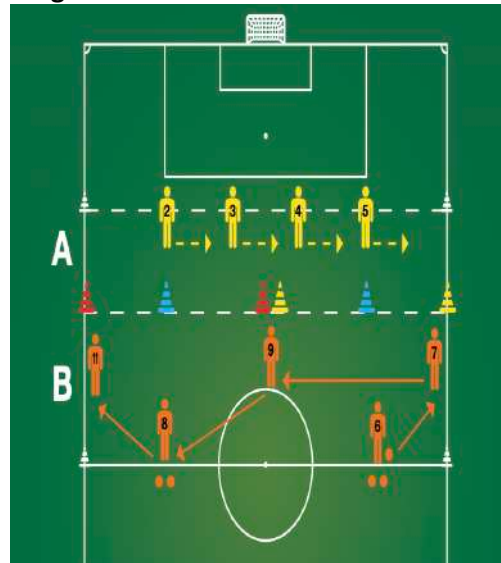
## Session 9– Defending / Recapturing

### Passing Practice – 15 Minutes

#### Organisation/ Explanation

- Playing Area: Grid A, 10m -15m, Grid B, 20m x 15m.
- Session set up as illustrated.
- Ensure that cones are set up as shown in the diagram.
- On coaches' instruction, orange players pass the ball in a random order.
- As the ball is being moved by the orange team, the yellow team collectively move as a unit keeping relative distance between themselves.
- When the ball moves to orange #7, all yellow players must be in between the yellow cones.
- When the ball moves to orange #9, all yellow players must be in between the blue cones.
- When the ball moves to the orange #11, all yellow players must be in between the red cones.
- When the ball moves to either orange #6 or #8, yellow players are to move forward towards the half-way line.

#### Diagram

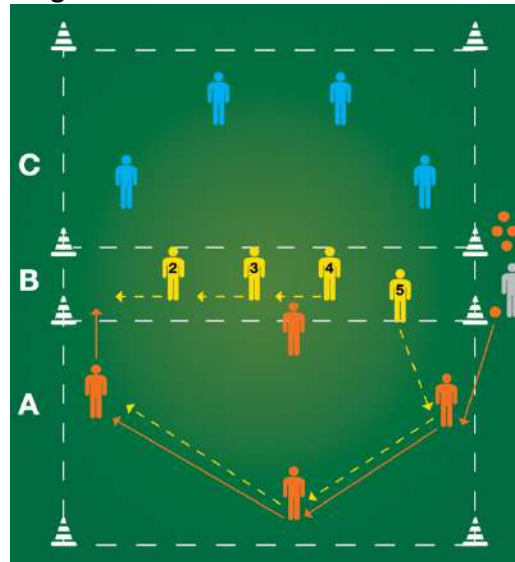


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- Playing Area: 15m x 10 m (Grid A &\* C), 15m x 5m (Grid C).
- Session set up as illustrated.
- Coach starts the game by passing the ball to orange in grid A.
- One yellow defender sprints into grid A and attempts to win the ball.
- Orange look to keep possession from the defender and try to play a pass across into grid C to a blue player.
- Remaining yellow defenders in grid B must work collectively to move as a unit to stop the ball going across.
- Rotate every 2-3 minutes so all three teams defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

#### Diagram



## Game Training – 20 Minutes

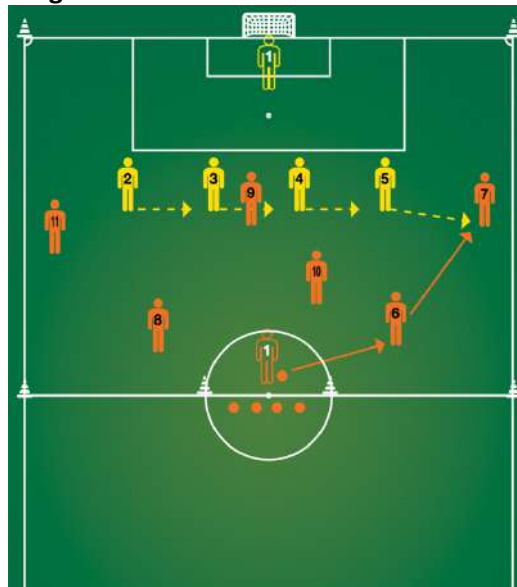
### Organisation/ Explanation

- 7 v 5 game training.
- Playing Area: Half Pitch depending on players ability.
- Teams set up as shown in the diagram.
- Orange objective is to score by beating defensive line of yellow and shooting at goal.
- Yellow objective is to maintain defensive shape, win the ball off orange and play a pass into orange #1.
- Offside rules apply.
- Play always restarts with orange #1.

Coaches Remarks to defending team.

- Keep your relative distances.
- Cover each other.
- Press the ball if your close enough to do so.
- Drop as a defensive unit if yellow look to play in behind.
- Move forward collectively if orange play backwards.

### Diagram

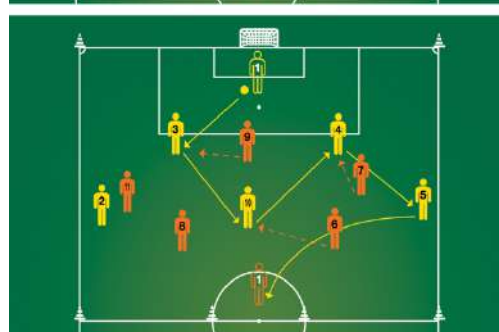


## Training Game – 20 Minutes

### Organisation/ Explanation

- 6 v 6 training game.
- Playing Area: Half Pitch.
- Teams in formation as show in the diagram.
- Orange #1 has a dual role.
- Objective for orange is to score in the goal against the yellow goalkeeper.
- Objective for yellow is to win the ball and passing into the hands of orange #1.
- Coach focuses on the zonal defending of the yellow team.
- Observe improvement in yellows team's ability to collectively pressure the opposition.

### Diagram



## Session 10– Defending / Recapturing

### Passing Practice – 15 Minutes

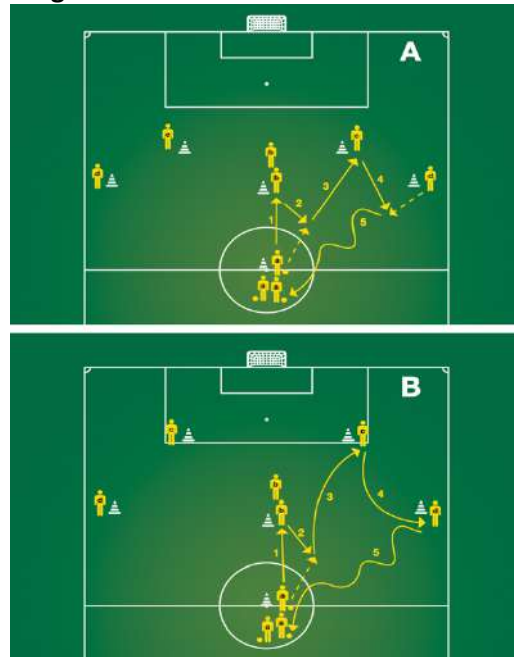
#### Organisation/ Explanation

- Session set up as illustrated.
- At least three or more players at the starting position (a) and two players at the net position (b).
- Passing sequence in order as shown in the diagram.
- Players follow their pass.
- Alternate the passing practice from left and right side of the grid.
- Encourage accuracy and good ball speed in the pass.
- Gradually increase the running speed between passes.

#### Variation

- Move the cones back to increase the distance between each player.
- Pass 3 now becomes a lofted pass that player (c) must head, volley or control and pass to player (d).

#### Diagram

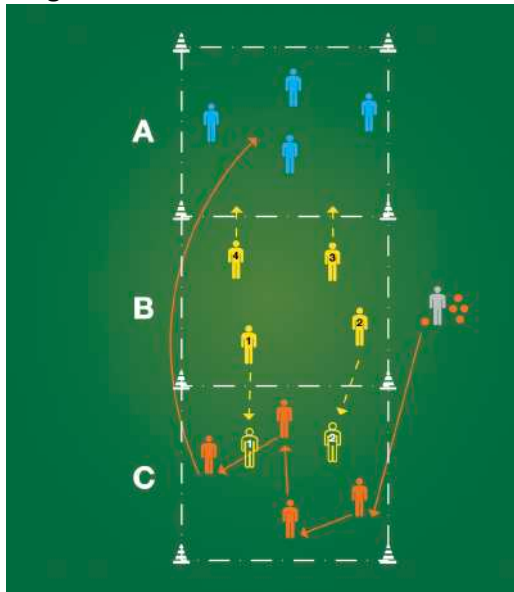


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: 3 squares of 15m x 15m or 20m x 20m depending on players ability.
- Practice starts with the coach serving the ball to either players in grid A or C.
- As the ball is served by the coach, players #1 and #2 from the yellow team from grid B immediately start defending in grid A or C.
- As shown in the diagram, orange team must keep possession and get the ball over to the blue team. If successful yellow players #3 and #4 the defend against the blue team.
- If orange or blue team lose possession or the ball goes out of play, they change roles with the yellow team and become the defenders.
- 

#### Diagram

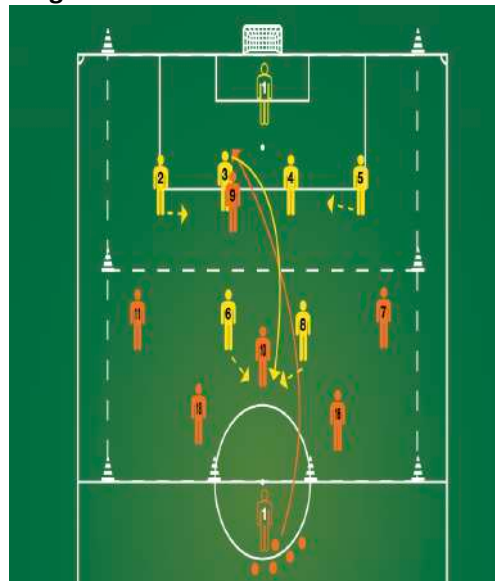


## Game Training – 20 Minutes

### Organisation/ Explanation

- 6 v 6 + goalkeepers Game Training.
- Playing Area: 50m x 50m divided by a half-way line.
- Players set up as shown in the diagram.
- Orange goalkeeper has a dual role.
- Practice starts with orange #1 playing a long ball into one of the orange attacking players.
- Orange players look to keep possession and score in the big goal.
- Yellow look to defend their goal win the ball off orange and play a forward pass into the hands of the orange #1 goalkeeper.
- Offside rules apply.

### Diagram

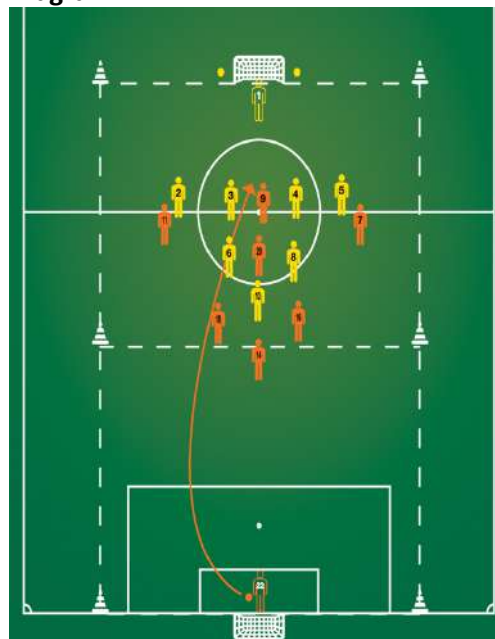


## Training Game – 20 Minutes

### Organisation/ Explanation

- 8 v 8 training game.
- Playing Area: 70m x 50m depending on players ability.
- Players set up as shown in the diagram.
- Usual game rules apply including offside.
- Orange GK must always start play with a long ball into the orange attacking players.
- Coach focuses on team defending the long ball.
- Observe improvement in yellow's team's ability to defend the long ball.

### Diagram





## Session 11– Transition from Ball Possession to Ball Possession Opponent.

### Passing Practice – 15 Minutes

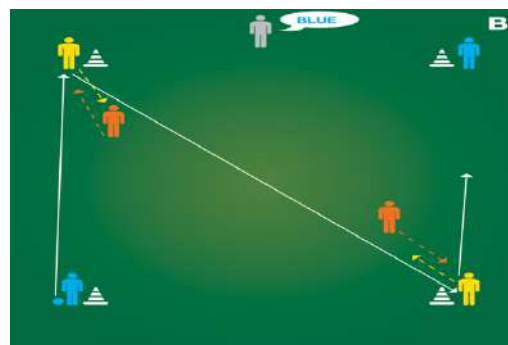
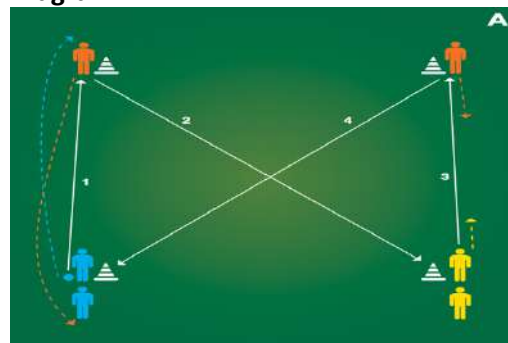
#### Organisation/ Explanation

- Playing Area: 15m x 15m.
- Players set up as shown in the diagram.
- Passing sequence in logical order (1-4) and players then run to their opposite side. Don't follow their pass.
- Change direction regularly.
- Encourage good ball speed and accuracy.

#### Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B.
- Players now stay in their positions and don't run to the opposite side.
- Change direction regularly.

#### Diagram



### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 4 v 2 positioning game with 8 players.
- 8 players divided into two groups as shown in the diagram.
- Playing Area: 10m x 10m / 15m x 15m depending on players ability.
- Session set up as illustrated in diagram A.
- Orange team look to keep possession from defending yellow players in a 4
- If yellow win the ball through or the ball goes out of play, the game immediately transfers across (diagram B) with two orange players immediately defending four yellow players.

#### Diagram

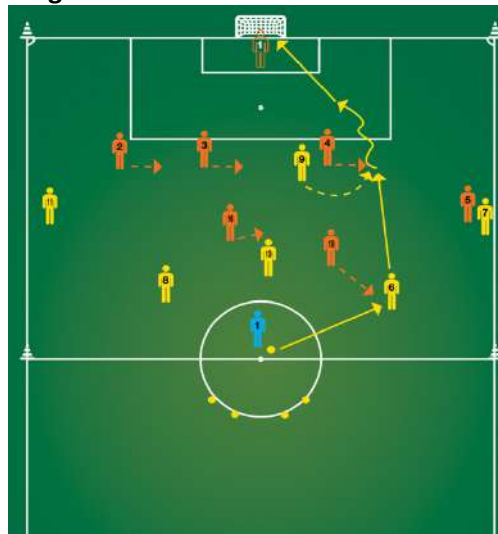


## Game Training – 20 Minutes

### Organisation/ Explanation

- Transitioning game. Yellow team with the ball then without the ball, orange team without the ball then with the ball.
- Session set up as illustrated.
- Playing Area: Half pitch depending on the players ability.
- Blue goalkeeper has a dual role.
- Practice starts with blue goalkeeper feeding into the yellow team.
- Objective for the yellow team is to keep possession and try to score against the orange goalkeeper.
- Objective for the orange team is to win possession off the yellow team, maintain possession and try and play forward into the hands of the blue goalkeeper.
- The yellow team must try and stop the orange tea, quickly transitioning the ball to the blue goalkeeper.

### Diagram

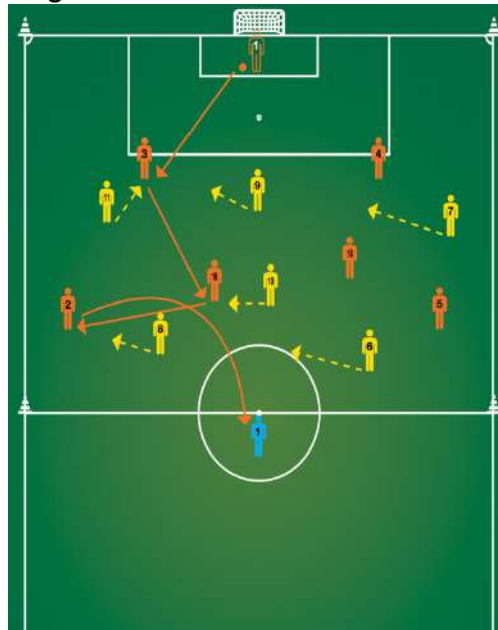


## Training Game – 20 Minutes

### Organisation/ Explanation

- Same organisation as the game training component of the session.
- Non-stop game with no coaches' stoppages.
- Coach only on the run.
- 3 points for every goal scored by yellow, 1 point for every time orange successfully get the ball into the hands of the blue goalkeeper.
- Usual game rules apply.
- Observe improvement in yellow's team's ability to collectively pressure the opposition immediately when they lose possession.

### Diagram



## Session 12– Transition from Ball Possession Opponent to Ball Opponent

### Passing Practice – 15 Minutes

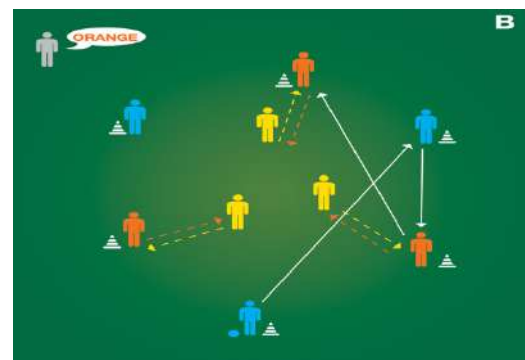
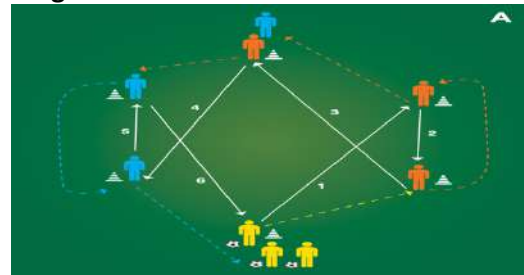
#### Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: Cones set up 10m – 15m apart.
- Three teams of three as shown in the diagram.
- Passing sequence is random no logical order.
- Once pass is played player to move to the next cone in an anti-clockwise direction as shown.
- Players then follow the passing sequence illustrated.
- Change direction regularly.

#### Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B on the coaches call of a colour.
- Players now stay in their positions and don't run to the opposite side.

#### Diagram

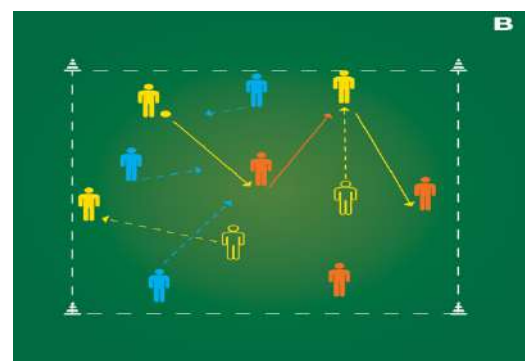
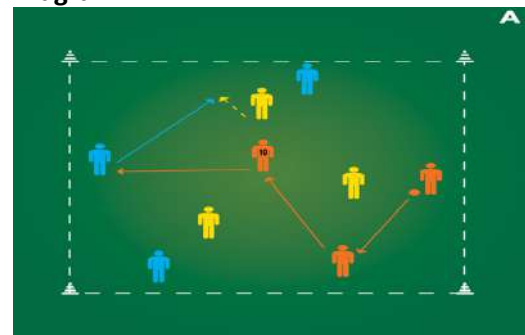


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 6 v 3 Positioning Game.
- Session set up as illustrated.
- Playing Area: 30m x 30m depending on the players ability.
- Practice starts with Orange and Blue team keeping possession from the yellow team.
- As shown in diagram B, if blue lose the ball, they immediately become the defending team against the yellow and red team. This will create the transition moment.
- **Step Up:** Reduce the size of the playing area or limit the amount of touches on the ball.
- **Step Down:** Make the playing area bigger.

#### Diagram

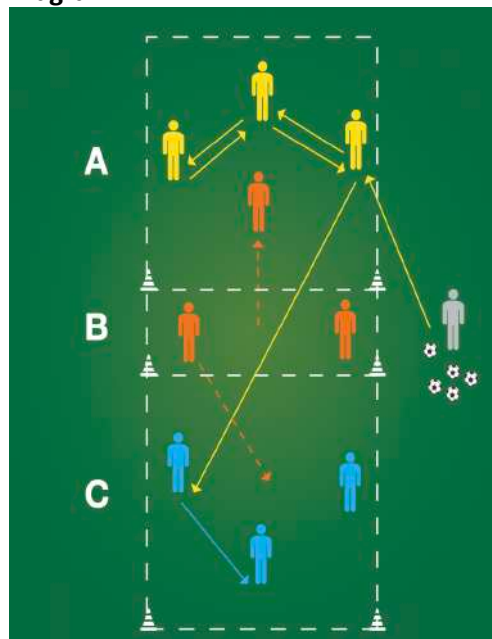


## Game Training – 20 Minutes

### Organisation/ Explanation

- 3 v 1 game training with 9 players.
- Playing Area: 12m x 12m (Grid A & C), 12m x 5m (Grid B).
- Session set up as illustrated.
- Coach starts the game by serving the ball into grid A as shown in the diagram.
- At that moment one orange player immediately defends the ball creating a 3v1.
- Yellow team look to keep possession of the ball and play a killer pass across into grid C.
- If successful, immediately another orange player defends the ball against the blue team.
- If a team in possession loses the ball, they immediately transfer into grid b to become the defenders and the orange team swap and become a team in possession.
- Emphasis on quick transitioning.
- Step Up: make the playing area smaller or limit amount of touches on the ball.
- Step Down: make the playing area bigger or unlimited touches on the ball.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 6 v 6 + 1 goalkeeper training game.
- Playing Area: 40m x 40m depending on the players ability.
- Session set up as illustrated.
- The goalkeeper acts as a neutral player.
- Practice starts with the coach located serving the ball to the yellow team as shown in the diagram.
- Objective for yellow team is to try and score.
- If the yellow team score. Game restarts with coach serving the ball to a yellow player.
- Objective for the orange team is to win the ball and score in the two small gates.
- If orange win the ball and score, the coach immediately serves the ball to an orange player and the orange team now look to score the other way in the big goals with the yellow team defending the goal.

### Diagram

