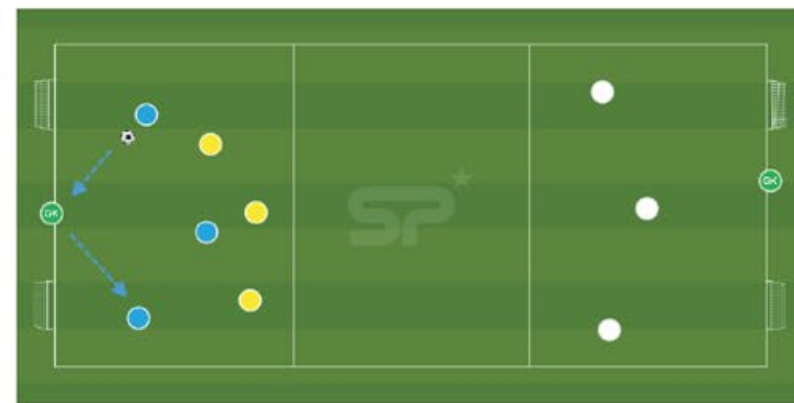
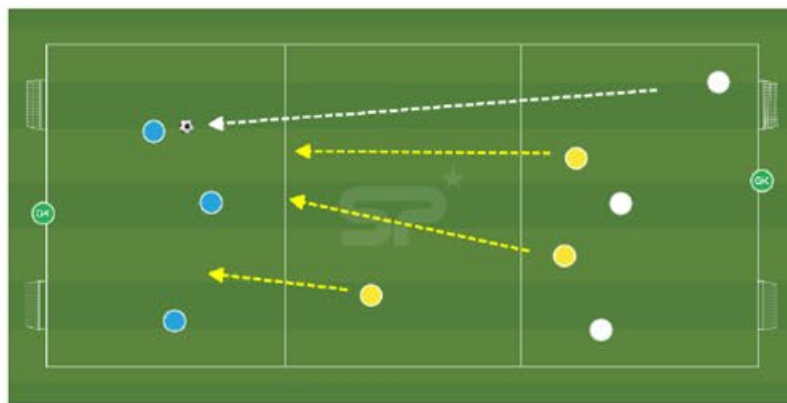
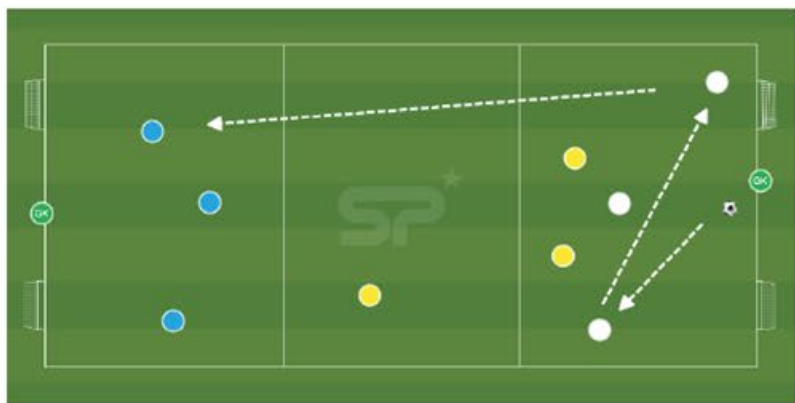


PLAYERS REQUIRED (11)

- 2 x Total Player Count Green
- 3 x Total Player Count Blue
- 3 x Total Player Count Yellow
- 3 x Total Player Count White

EQUIPMENT REQUIRED (5)

- 1 x Football
- 1 x Goal - Goal 1
- 3 x Mini Goal - Goal 1



Session Overview

This practice focuses on possession and transferring the ball between three zones. It introduces key technical components that will be essential for the rest of the session. The setup requires nine players, divided into three teams of three, and two goalkeepers.

Progression

SET UP

- Diagram 1 illustrates a scenario where Team A, including one of the goalkeepers, is playing in a 4v2 setup against Team B in the first zone.
- The objective for the team in possession (Team A) is to play through or around the defenders and reach Team C in the far zone, as shown in Diagram 1.
- Once the ball is successfully transferred to the goalkeeper in the far zone, the game shifts to that zone. Team B's defenders adjust and react accordingly, as depicted in Diagram 1. Diagram 2 shows the new setup, where Team B has decided to press with all three players in the far zone.

SCORING AND TRANSITION

- If the defending team (Team B) steals possession, they attempt to score in either of the mini-goals in the zone where they won the ball. If they score, the team that conceded becomes the new defending team, and the possession restarts in the opposite far zone.
- If the defending team (Team B) misses the scoring opportunity, the team that lost possession restarts the game from their goalkeeper at the end line.
- If the possession team (Team A) plays the ball out of bounds, they become the new defending team, and the game restarts at the opposite end line.

This session encourages quick thinking, precise passing, and effective decision-making as players work to transfer possession between zones and exploit scoring opportunities. The continuous transition between zones and alternating roles of defending and attacking teams create a dynamic training environment that sharpens players' skills and tactical awareness.

Coaching Points

BODY POSITION

- Instruct players to position themselves strategically to receive possession in a way that enables them to break the opponents' lines of pressure.
- Encourage players to play on the shoulder of or behind their opponent on a line that facilitates breaking the pressure effectively.

PASS DETAIL

- Emphasize the importance of fast-paced passes to the back foot of the receiving player, enabling the in-possession side to play around or through the pressing players.
- Passes played to a receiving player's front foot may signal the need for the receiver to protect the ball and find an alternative way to play forward.
- Encourage players to utilize disguised passes, keeping the opposition guessing and enhancing the effectiveness of the passing game.

RECEIVING SKILLS

- Focus on players' ability to receive the ball and move it away from pressure with their first touch. Highlight the significance of a positive first touch to play forward or the option to hide the ball from pressing players, allowing for better ball circulation and retention.

AWARENESS

- Stress the importance of a high level of awareness among all players in possession, understanding the type of pressure they are facing at any moment and the movement of their teammates.
- Constantly perceiving the situation through glances and shoulder-checks is crucial for maintaining strong awareness and making effective decisions on the field.

By honing these technical details, players will improve their ability to navigate pressure and make intelligent decisions in possession. Proper body positioning, precise passing, efficient receiving, and heightened awareness will collectively elevate the team's performance, enabling them to break through opposition defenses effectively and maintain better ball circulation.