

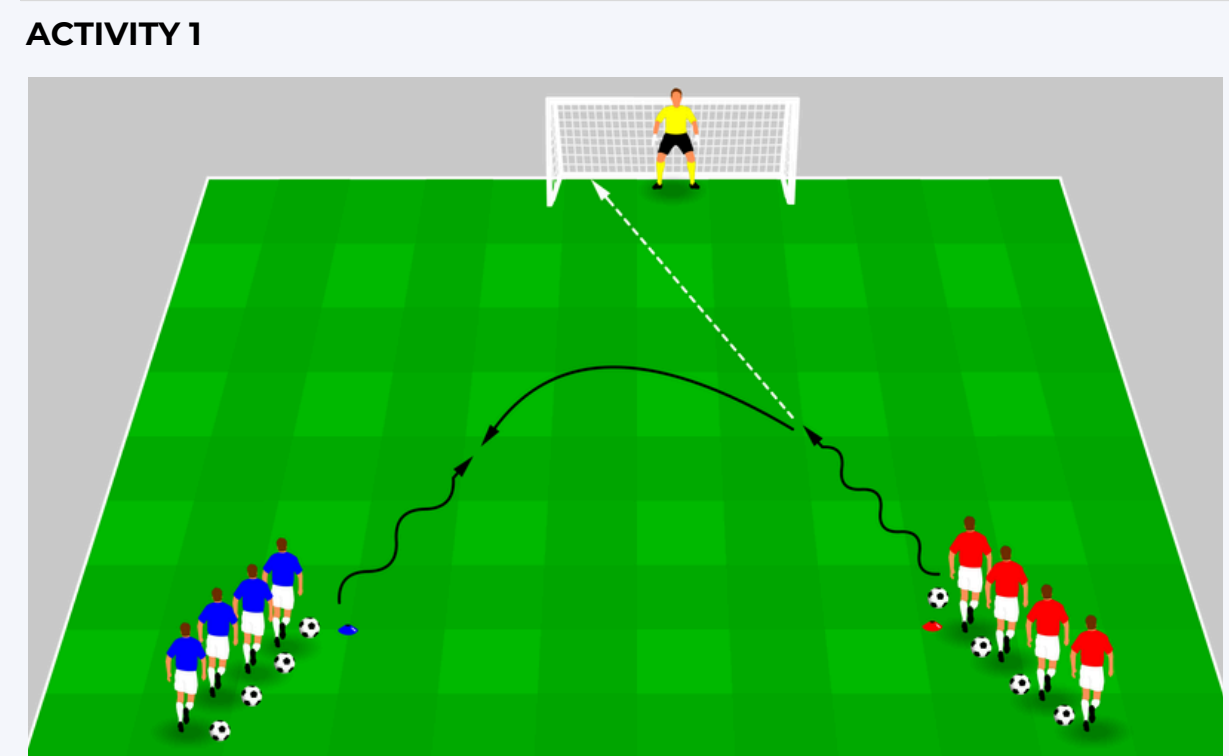


DECISION MAKING

BLOCK 3 - DECISION MAKING

SESSION 1 PLAN

THEME:		TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE: JANUARY 3RD / 7TH	PLAYER #: 12-15 / TEAM
WARM UP	Passing Against the Boards	20 passes 2 feet away from the boards for each sequence > Right Foot Only, Left Foot Only, Two Touch (Right foot to Left foot), Single Foot two touch			
ACTIVITY 1	Shoot then 1v1 Transition to Defend	FOCUS - Transitioning from Attacking to Defending Mentality and being able to adjust quickly to the game moment quickly.			
ACTIVITY 2	2v2 Continuous Attacking Transition	FOCUS - Teaching players to attack the space in front of them quickly and make the appropriate decision for the game moment.			
ACTIVITY 3	6v6 Playing Out of Pressure Small Sided Game	FOCUS - Teaching players to play the ball out of pressure quickly after winning the ball back from the opposition.			



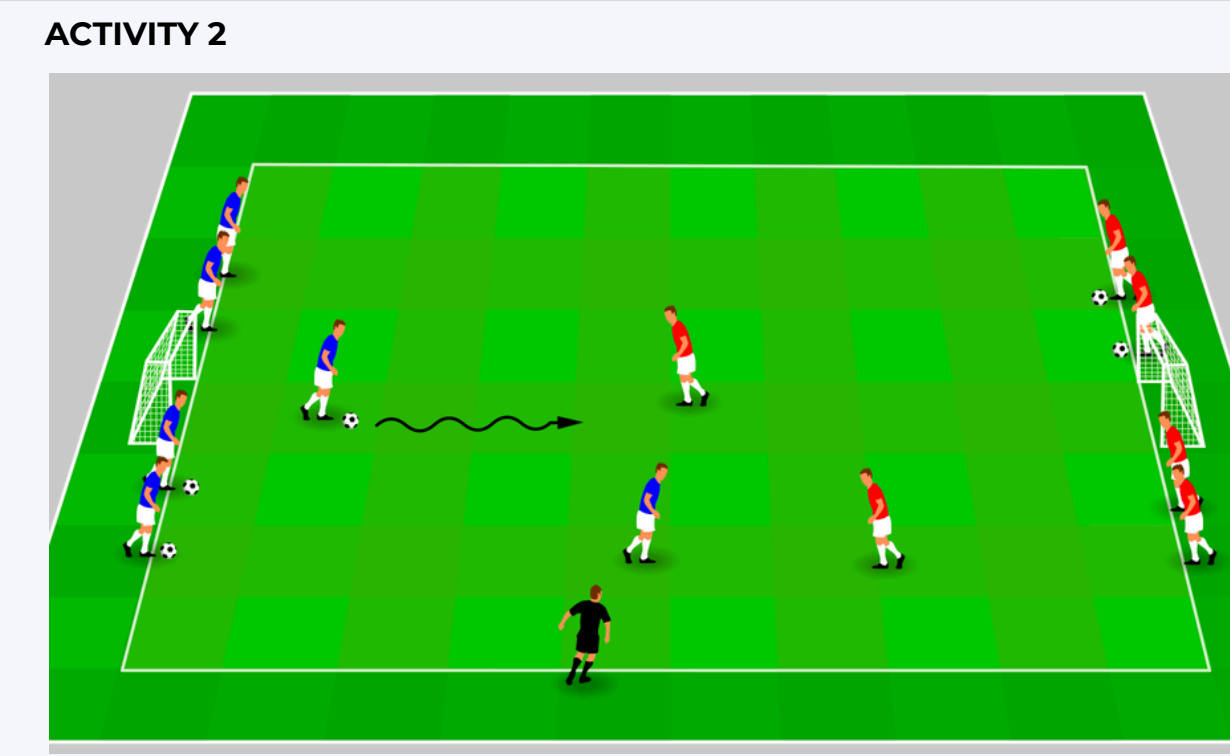
FIELD SIZE: 10 x 10 Yards **TIME: 15 Minutes**

OUTLINE
 Players will be divided into 2 lines, with every player having a ball at their feet. To start, in this example, the RED line will start the play off by dribbling towards the goal and having a shot on net. After shooting the ball, the BLUE player will dribble out and they will quickly engage in a 1v1 with the BLUE player.

After the round is down, players will switch lines and the next two players at the front of the line will begin the next round.

COACHING POINTS

- Quick transition from Attacking to Defending
- Close control of the ball
- 1v1 Attacking moves to get around the defender

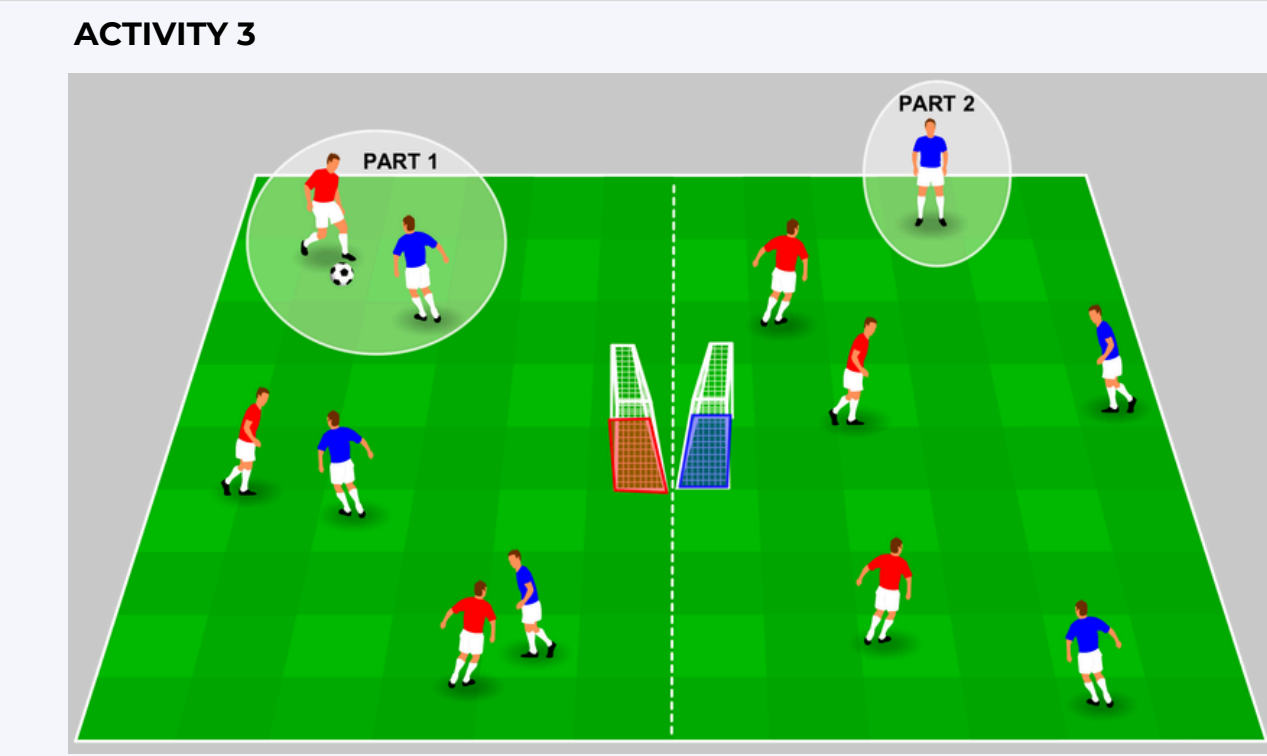


FIELD SIZE: 20 x 30 yards **TIME: 15 Minutes**

OUTLINE
 Divide the players up into 2 teams. Each team will have a supply of soccer balls to ensure the activity flows. To start, one of the teams will bring the ball into play and compete in a 2v2 game. If the BLUE team scores, 2 new RED players will enter the field with a ball and attack the BLUE goal. If the RED team scores, 2 new BLUE players will enter the field. If the ball goes out of play, 2 new players for each team will enter and the opposite team of who played it out of bounds will enter the field of play. For example, if it goes out off of RED, the BLUE team will enter the field with a ball.

COACHING POINTS

- Attack the space in front of you quickly
- Decision making skills on the ball (Dribble, Pass or Shoot)
- Try to make it a 1v1 or 2v1 against the opponent if possible.



FIELD SIZE: 30 x 30 Yards **TIME: 15 MINUTES**

OUTLINE
 6 vs 6, Teams are split into 3v3's (one per half), with the goals set up back to back.. In Part 1, the RED Team is trying to score on the pop up goal facing them, while the BLUE Player is trying to win the ball back and play it across to their half and score on the pop up goal on that side of half.

In Part 2, the BLUE team is must make a minimum of 2 passes before they can score on their pop up goals.

COACHING POINTS

- Win the ball back and play the ball out of pressure QUICKLY.
- Find the open space away from the opposition
- Attacking the goal QUICKLY
- NOTE > Attack with Defense in mind, be ready to defend the opposition

ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls
Goals

ACTIVITY DESCRIPTION

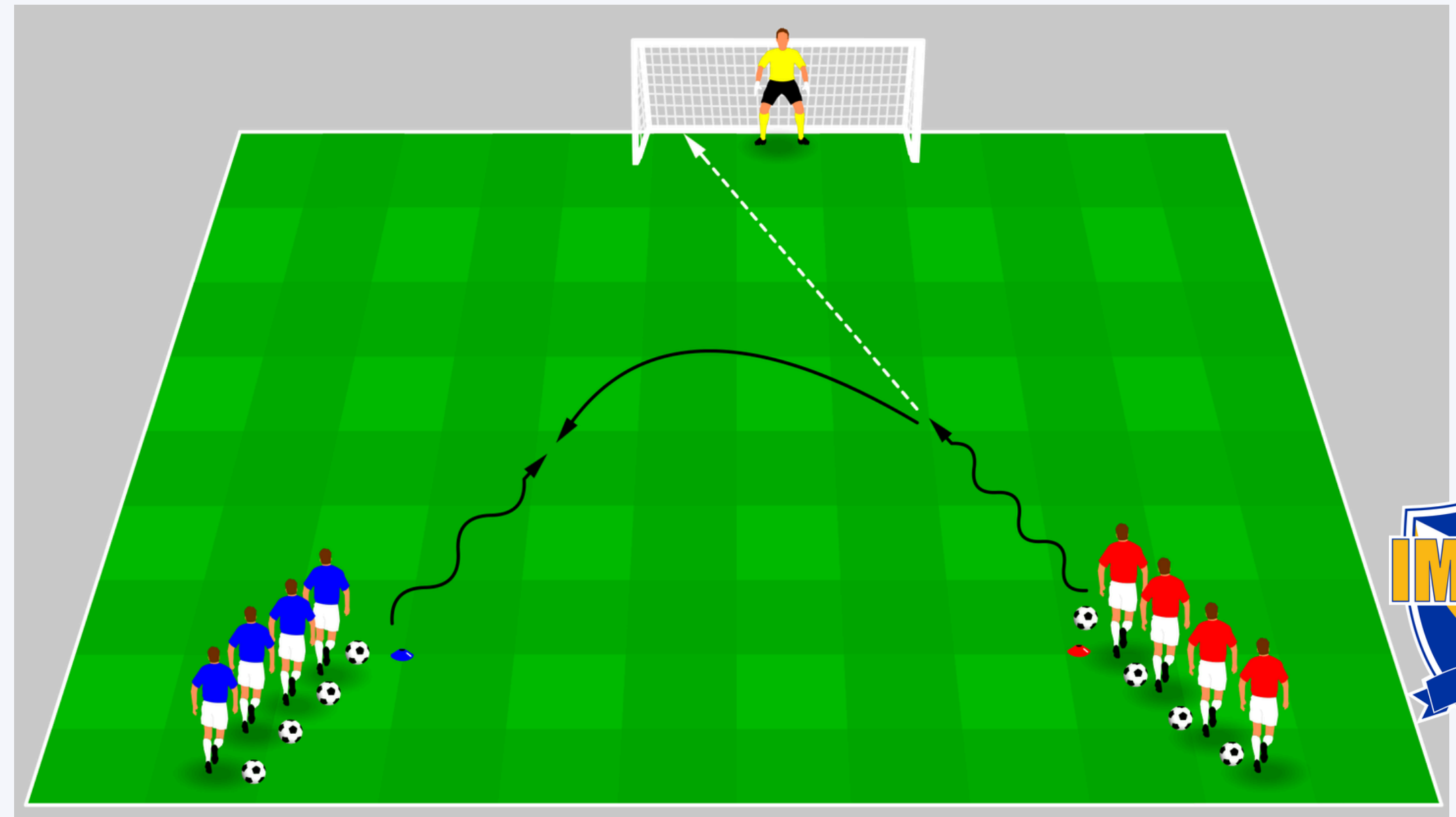
We are working on attacking with defending in mind.

Players will be divided into 2 lines, with every player having a ball at their feet. To start, in this example, the RED line will start the play off by dribbling towards the goal and having a shot on net. After shooting the ball, the BLUE player will dribble out and they will quickly engage in a 1v1 with the BLUE player.

After the round is down, players will switch lines and the next two players at the front of the line will begin the next round.

COACHING POINTS

- When attacking the goal to shoot, attack the space with speed.
- When shooting, take a good touch out of your feet and get your body over the ball.
- After shooting, don't worry about the shot you just took, get your positioning set for the 1v1.



COACHING CONSIDERATIONS

Attackers

- Be brave, attack the defender, don't take the easy way out

Defender

- If you win the ball back, can you score QUICKLY by dribbling over the endline where the attacker originally started.

ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there is one player inside the grid and four players on the outside of the grid.

To start, one of the outside players will pass a ball into the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control.

After the play is done, the player who passed the ball enters into the grid and the players who was just inside goes to the outside.

COACHING POINTS

Defending

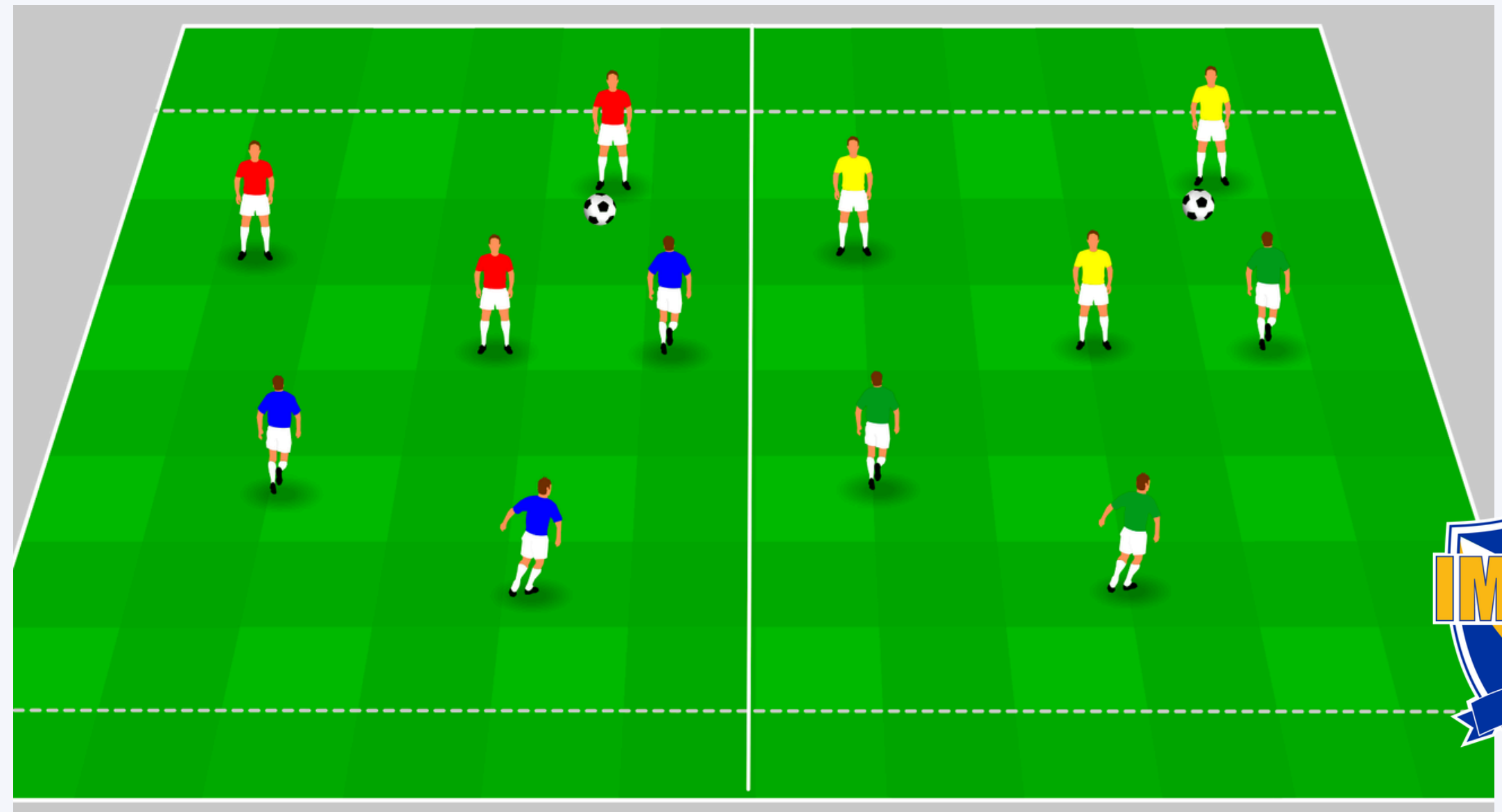
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created.

The defenders on the outside of the grid can move from side to side to prevent the attacker from exiting the playing area.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.

ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to dribble outside of the grid to transfer the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

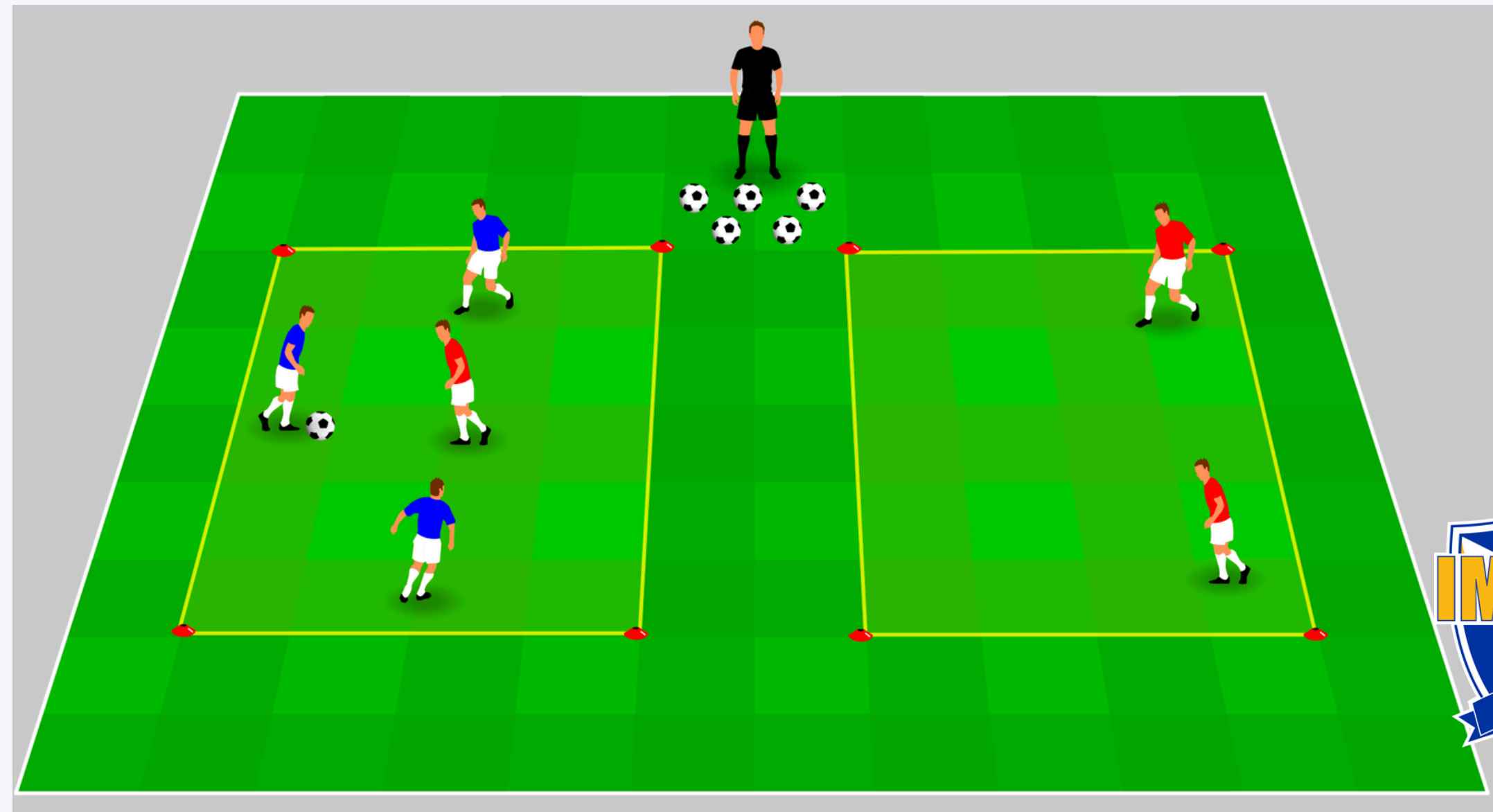
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 3 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

2 Point = Defender wins the ball back and dribbles out of the grid

1 Point = Attacking team connects 3 passes in a row

BLOCK 3 - DECISION MAKING

SESSION 2 PLAN

THEME:		TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE: JANUARY 3	PLAYER #: 12-15 / TEAM
WARM UP	Passing Against the Boards	20 passes 2 feet away from the boards for each sequence > Right Foot Only, Left Foot Only, Two Touch (Right foot to Left foot), Single Foot two touch			
ACTIVITY 1	2 vs 2 + 2 Possession Grid	FOCUS - Teaching players how to move off the ball and find open space, while also ensuring they are keeping possession of the ball.			
ACTIVITY 2	2v2 Continuous Attacking Transition	FOCUS - Teaching players to attack the space in front of them quickly and make the appropriate decision for the game moment.			
ACTIVITY 3	100 Points Game	FOCUS - Teaching players the importance of keeping possession of the ball, but also the transition piece of attacking or playing out of pressure.			



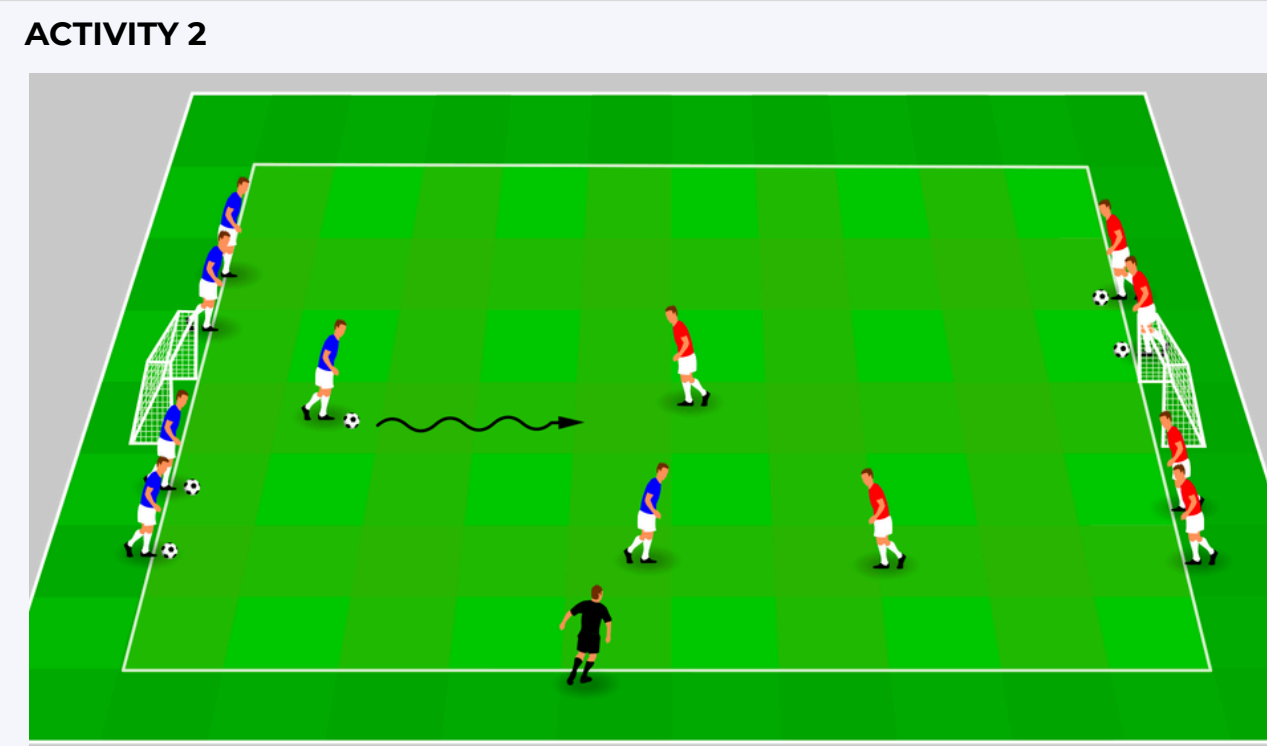
FIELD SIZE: 10 x 10 Yards **TIME: 15 Minutes**

OUTLINE
 This game is played as a 2 vs 2 + 2 Neutrals, with the neutrals being switched every 2 - 3 minutes so that every team gets a turn as neutrals.

To start the game, 2 teams will be selected to be the attackers, and 1 team will be selected to start as the defenders. In this game, every time a ball is turned over, the team that last touched the ball becomes the new defensive team and the defenders joins the other team and become attackers.

COACHING POINTS

- Quick transition from Attacking to Defending
- Close control of the ball
- Decision Making on the ball (When to Pass, When to Dribble, When to Protect)

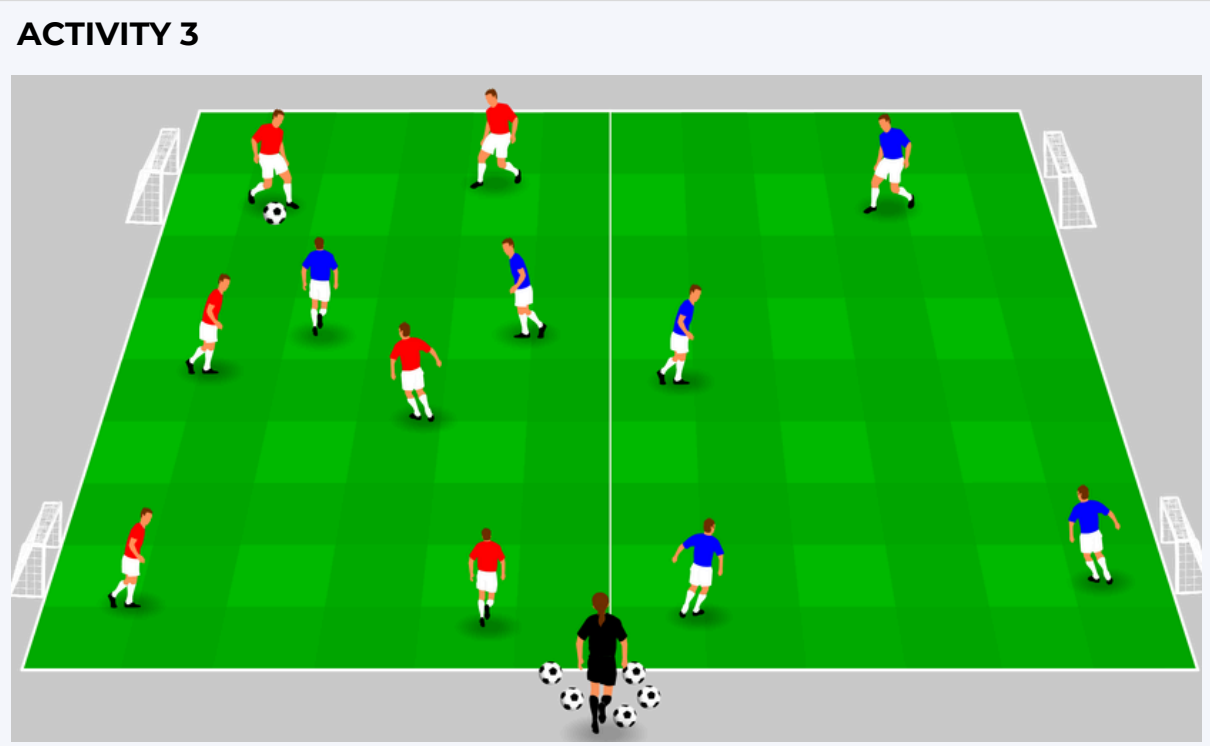


FIELD SIZE: 20 x 30 yards **TIME: 15 Minutes**

OUTLINE
 Divide the players up into 2 teams. Each team will have a supply of soccer balls to ensure the activity flows. To start, one of the teams will bring the ball into play and compete in a 2v2 game. If the BLUE team scores, 2 new RED players will enter the field with a ball and attack the BLUE goal. If the RED team scores, 2 new BLUE players will enter the field. If the ball goes out of play, 2 new players for each team will enter and the opposite team of who played it out of bounds will enter the field of play. For example, if it goes out off of RED, the BLUE team will enter the field with a ball.

COACHING POINTS

- Attack the space in front of you quickly
- Decision making skills on the ball (Dribble, Pass or Shoot)
- Try to make it a 1v1 or 2v1 against the opponent if possible.



FIELD SIZE: 30 x 30 Yards **TIME: 15 MINUTES**

OUTLINE
 The goal of this activity is that the first team to 100 points wins the game.

To start, split the players into 2 groups. The players will pass the ball around on their half of the grid, with every pass adding up to 1 point.

When the defenders win the ball, they can either score on pop up goals on the opponents half for 5 points, or pass the ball to their half and start connecting passes.

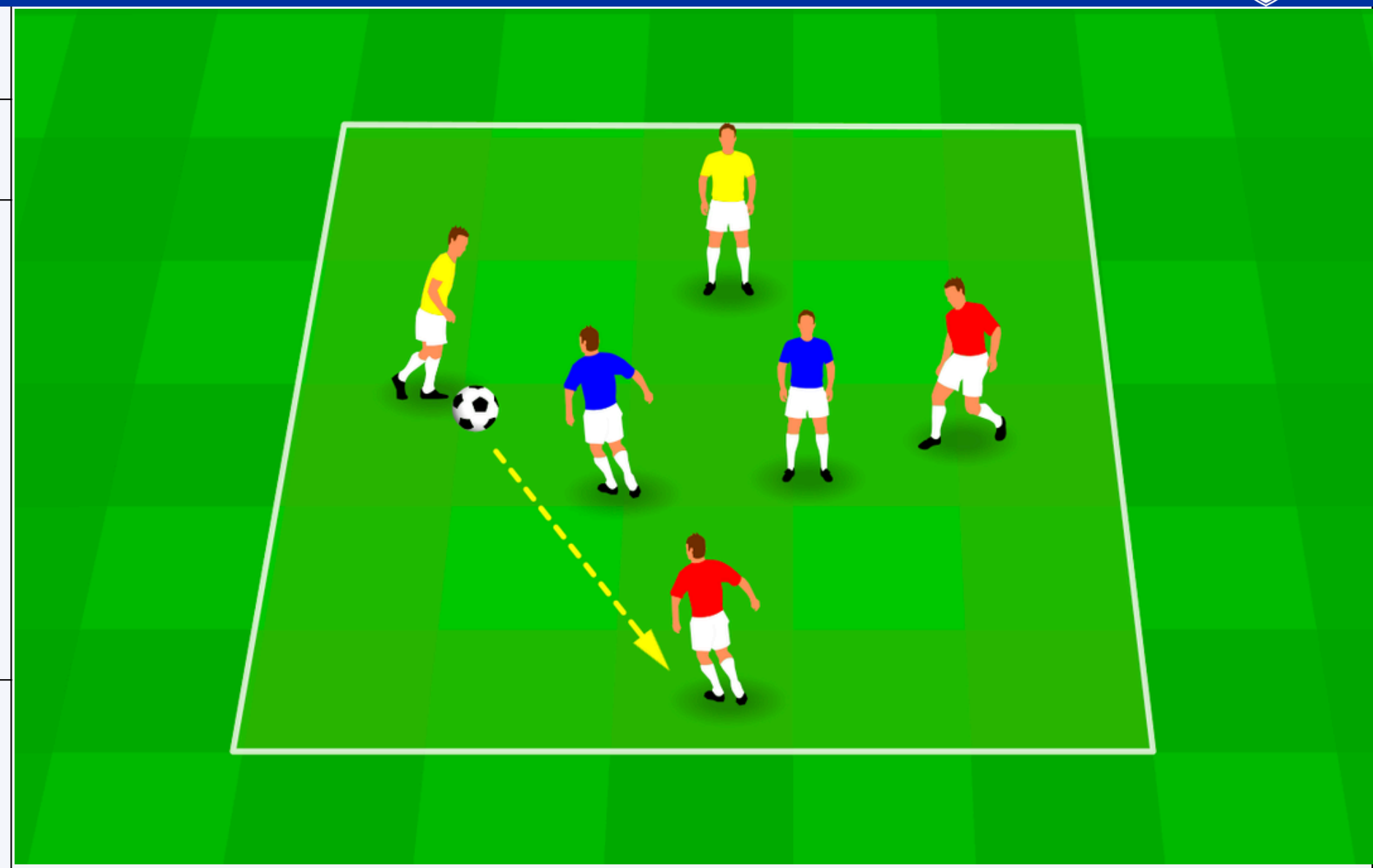
COACHING POINTS

- Win the ball back and play the ball out of pressure QUICKLY.
- Find the open space away from the opposition
- Attacking the goal QUICKLY
- NOTE > Attack with Defense in mind, be ready to defend the opposition

BLOCK 3 - DECISION MAKING

SESSION 2 PLAN

FOCUS	2 vs 2 + 2				THEME	Attacking - Passing		
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	N
DESCRIPTION	<p>In this activity, there are 3 teams. Each team consists of 2 players.</p> <p>To start the game, 2 teams will be selected to be the attackers, and 1 team will be selected to start as the defenders. In this game, every time a ball is turned over, the team that last touched the ball becomes the new defensive team and the defenders joins the other team and become attackers.</p> <p>REGRESSION - Set the teams up for a set time to slow down the transition between going from offense to defense and defense to offense. Each team will be labelled the defensive team for a total of 2 minutes. For this version, if the defensive team is able to dribble outside of the grid, they get a point.</p> <p>NOTE - This activity can also be run as a 3 vs 3 vs 3 possession game, the playing area would just need to be made 5 yards bigger on both the length and widths of the grid.</p>							
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> 1 point for every 5 completed pass. The pass count is reset if there is a touch by the defenders in between passes. 							

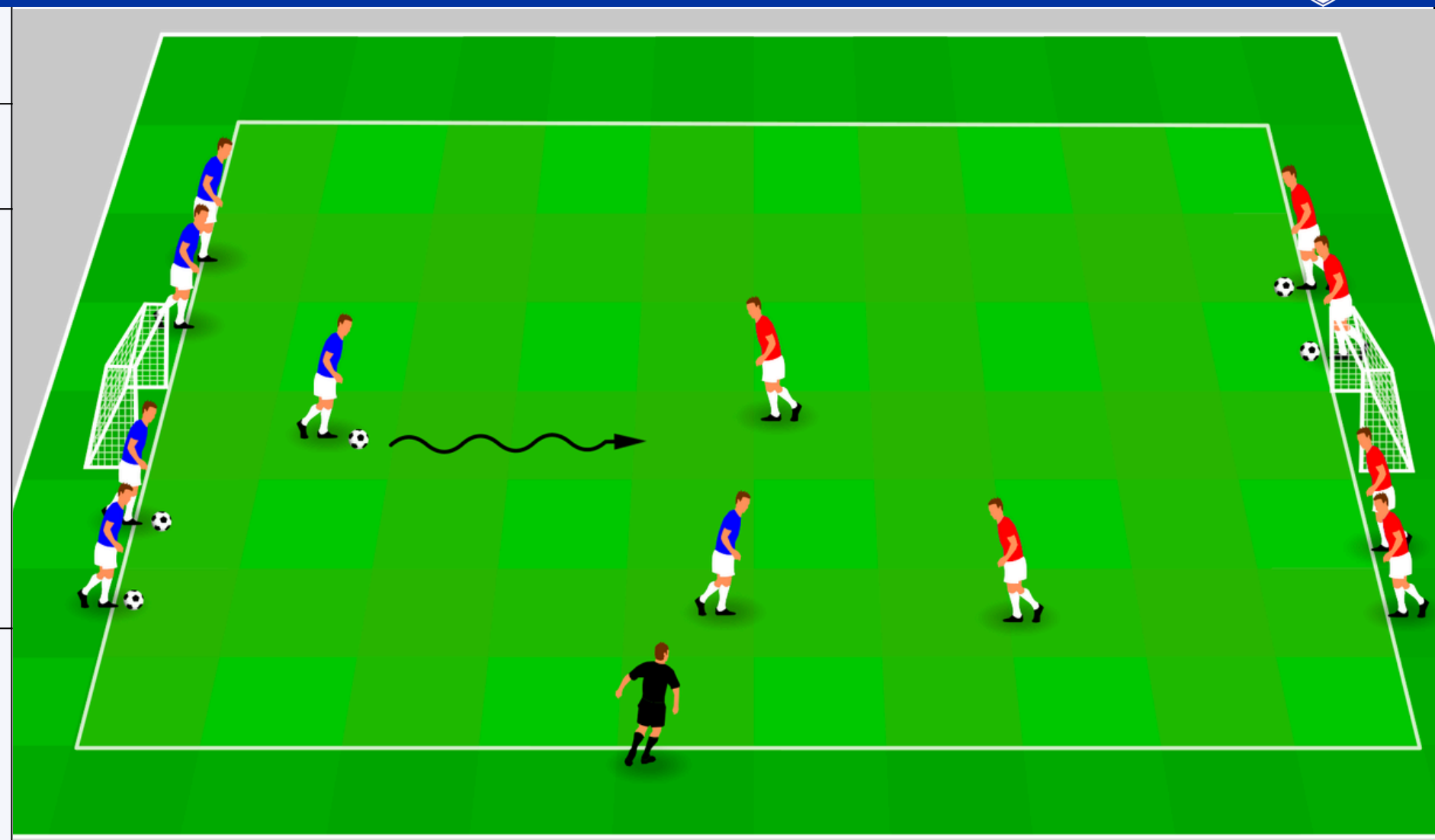


KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing & moving
	TACTICAL	Attacking - Defensive Transition - When your team loses the ball, how quickly can you win it back before the opponent gets organized. Defending to Attacking Transition - After winning the ball back, can you find the neutral players or your teammate and play out of pressure until you are organized in your attack.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 2 PLAN

FOCUS	2v2 Transition Game				THEME	Decision Making		
EQUIPMENT	BALLS	12 - 15	CONES	Y	PINNIES	Y	GOALS	Y
DESCRIPTION	<p>Divide the players up into 2 teams. Each team will have a supply of soccer balls to ensure the activity flows. To start, one of the teams will bring the ball into play and compete in a 2v2 game.</p> <p>If the BLUE team scores, 2 new RED players will enter the field with a ball and attack the BLUE goal. If the RED team scores, 2 new BLUE players will enter the field.</p> <p>If the ball goes out of play, 2 new players for each team will enter and the opposite team of who played it out of bounds will enter the field of play. For example, if it goes out off of RED, the BLUE team will enter the field with a ball.</p>							



SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every player who successfully dribbles from one line to the opposite line. • No points are awarded when the defender wins the ball and successfully dribbles out of the grid.
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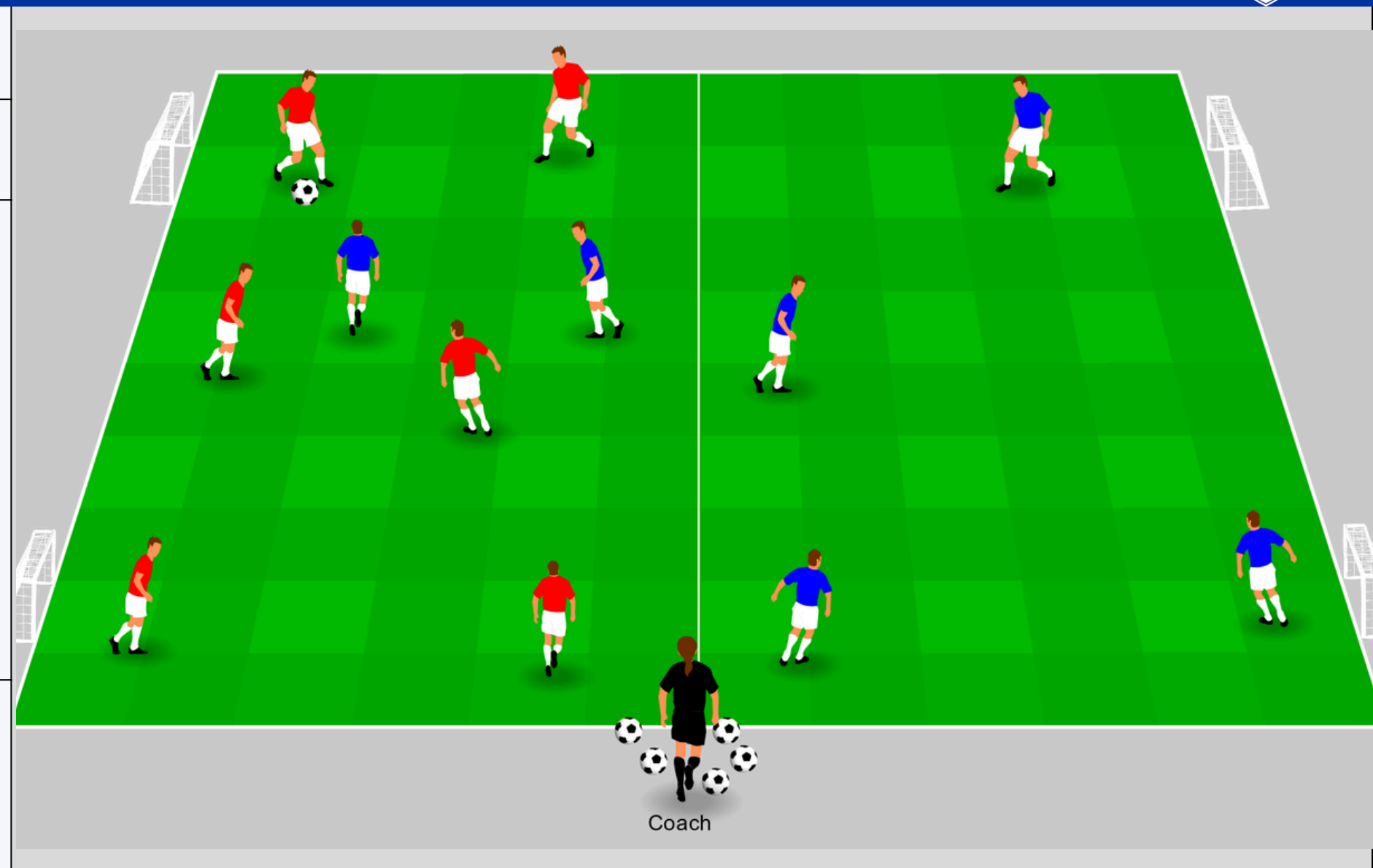
KEY FACTORS AND OBJECTIVES	TECHNICAL	Focusing on dribbling, specifically 1v1 moves, to get around a defender.
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win it back before the defender can get out of the grid to safety. Defending to Attacking Transition - After winning the ball back from the attacker, how quickly can the defender find the open space and get out of the grid.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

TECHNICAL	Focusing on dribbling, specifically 1v1 moves, to get around a defender.
TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win it back before the defender can get out of the grid to safety. Defending to Attacking Transition - After winning the ball back from the attacker, how quickly can the defender find the open space and get out of the grid.
PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 2 PLAN

FOCUS	100 Points (Possession / Enjoy the Ball)				THEME	Attacking - Passing			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	Y	
DESCRIPTION	<p>Players will be divided up into 2 equal teams, in this example, 2 teams of 6 players.</p> <p>The goal of this activity is for the players to get to 100 passes first to win the game. The play will start with a 6 vs 3 in one half of the pitch. Every pass counts as a point. When the defensive team wins the ball, they are looking to either score on one of the 2 or 3 mini goals positioned around the half or pass the ball back to their own side and work to maintain possession of the ball.</p> <p>If they score on one of the mini goals, they will get a bonus 5 points and their side will get possession of the ball. If the defensive team forces the ball out of bounds, they will not be awarded any points, but will get possession of the ball and start their pass count.</p> <p>NOTE - If 100 passes is too much to get, start with somewhere between 30 - 50 passes and perform 2 rounds of the game.</p>								
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every completed pass • BONUS 5 points (passes) if a team scores on one of the 2 or 3 mini goals in the opponents half 								

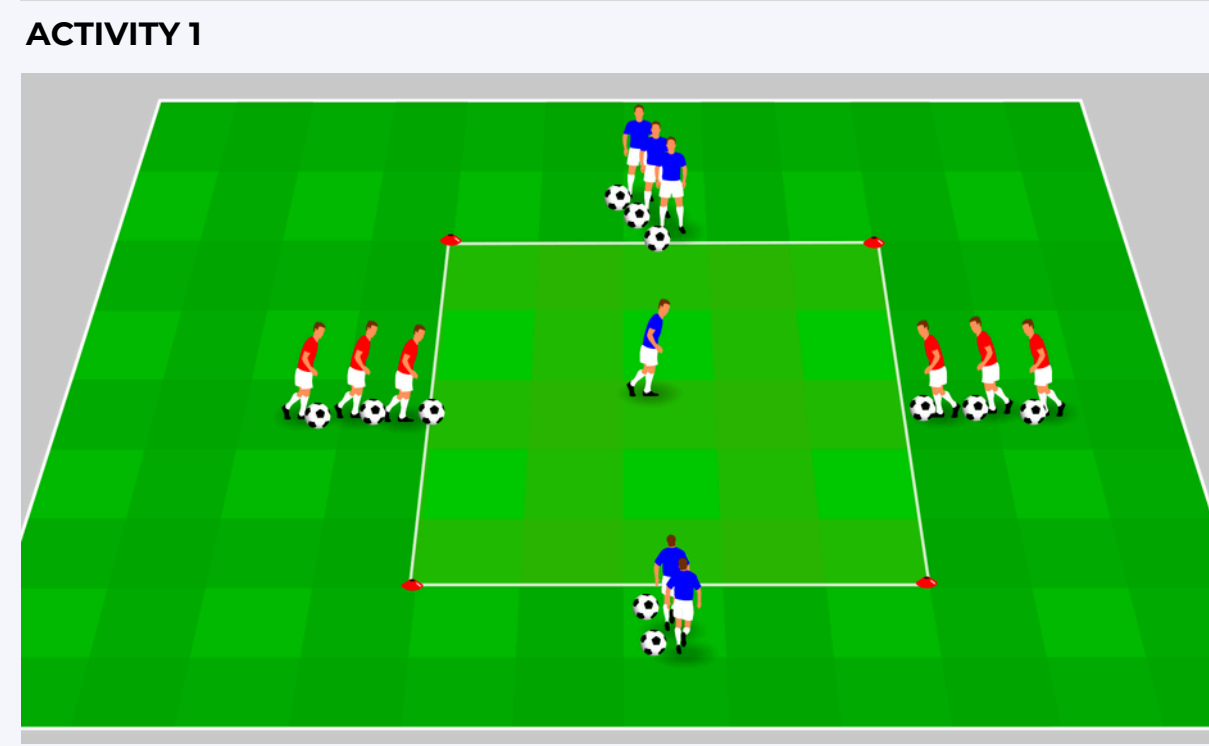


KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win the ball back and restart passing or deny the opposition from transitioning to attack. Defending to Attacking Transition - After winning the ball back from the opponent, how quickly can they score or secure possession.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to support their teammates and communicate with them. Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 3 PLAN

THEME:		TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE: JANUARY 3	PLAYER #: 12-15 / TEAM
WARM UP	Ball Mastery Work	With one coach setting up all of the activities, the other two coaches will get the players in one section working on various ball mastery moves.			
ACTIVITY 1	1 vs 1 Continuous	FOCUS - Teaching players how to attack the space quickly and with intention			
ACTIVITY 2	4v4+4 Arsenal Transition Activity	FOCUS - Playing out of pressure and being able to transition from attacking to defending			
ACTIVITY 3	100 Passes	FOCUS - Teaching players the importance of keeping possession of the ball, but also the transition piece of attacking or playing out of pressure.			

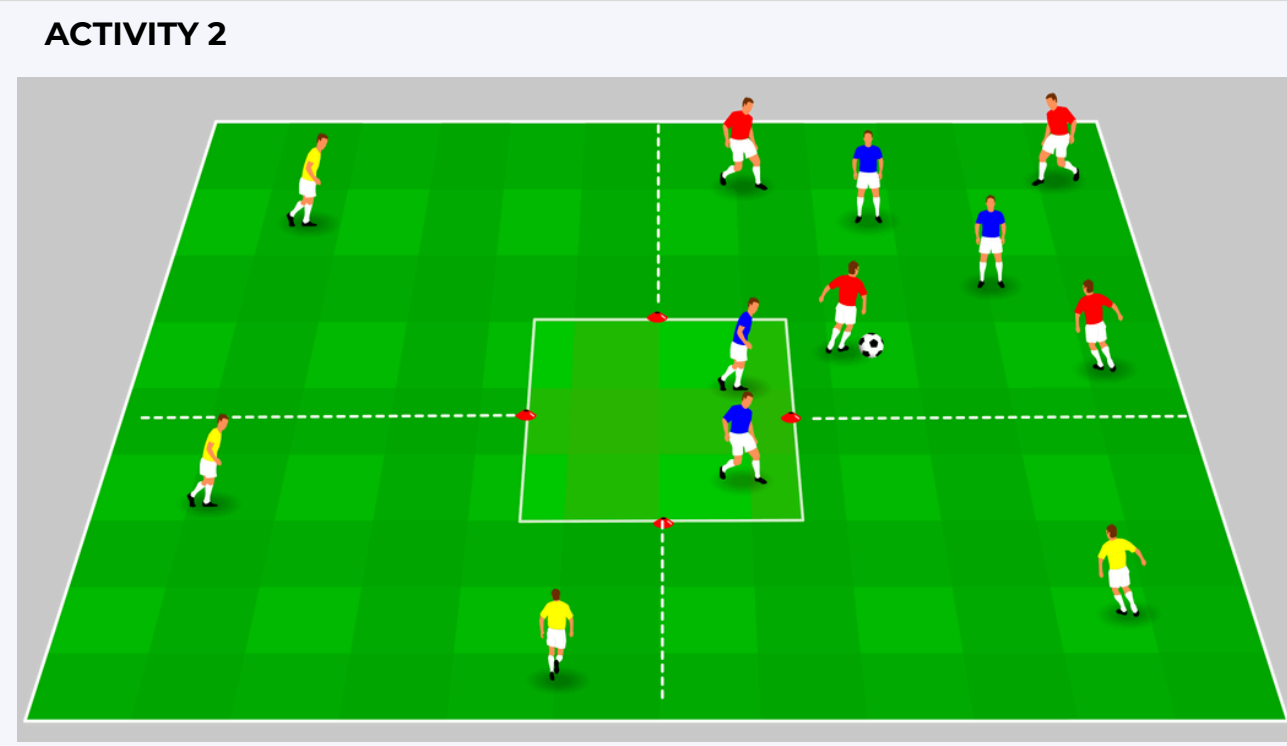


FIELD SIZE: 10 x 10 Yards **TIME: 15 Minutes**

OUTLINE
 Players will be divided into 4 lines with the players facing each other on the same team (Blue with Blue, Red with Red). To start, the BLUE player in the middle will defend the first RED player in line. If the RED player is able to get across the line in front of them, a new RED player (from the line that was crossed) will start to attack the line where the original RED player came from. If the BLUE player wins the ball, they must dribble across their team endline for the next BLUE player in line to go. The RED player who lost the ball become the defender.

COACHING POINTS

- Quick transition from Attacking to Defending
- Close control of the ball
- 1v1 Attacking moves to get around the defender

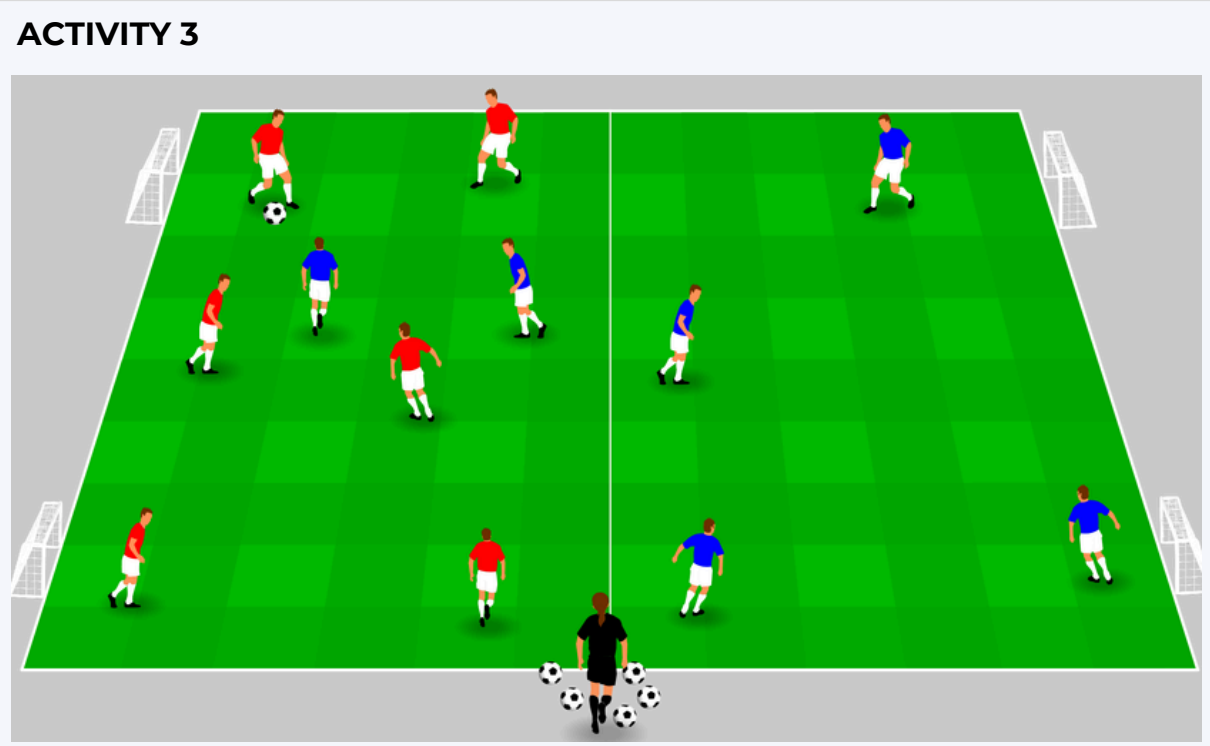


FIELD SIZE: 20 x 30 yards **TIME: 15 Minutes**

OUTLINE
 Divide the players up into 3 equal teams. There is an attacking team (RED), a defending team (BLUE), and a support team (YELLOW). If the Red Team connects 5 passes, they would look to play the ball out of pressure to the Yellow team. If the Blue team wins the ball, they would look to play out of pressure to the Yellow team. When the ball gets played to the yellow team, all of the yellow players would join that one grid and begin to make passes. The opposite team of the one that played it out, must then go and defend the yellow players. This process repeats for the duration of the activity.

COACHING POINTS

- Attack the space in front of you quickly
- Decision making skills on the ball (Dribble, Pass or Shoot)
- Try to make it a 1v1 or 2v1 against the opponent if possible.



FIELD SIZE: 30 x 30 Yards **TIME: 15 MINUTES**

OUTLINE
 The goal of this activity is that the first team to 100 points wins the game.

To start, split the players into 2 groups. The players will pass the ball around on their half of the grid, with every pass adding up to 1 point.

When the defenders win the ball, they can either score on pop up goals on the opponents half for 5 points, or pass the ball to their half and start connecting passes.

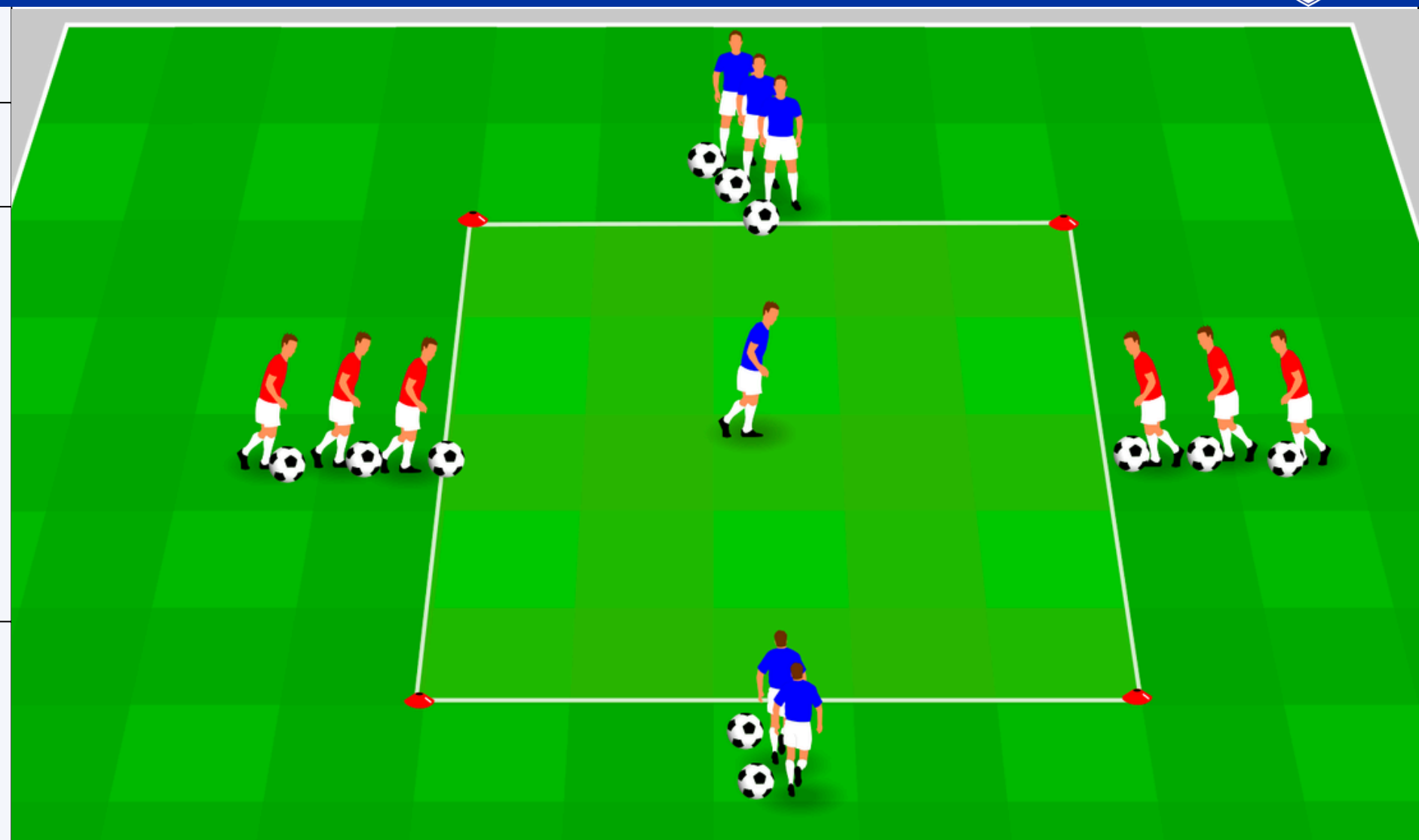
COACHING POINTS

- Win the ball back and play the ball out of pressure QUICKLY.
- Find the open space away from the opposition
- Attacking the goal QUICKLY
- NOTE > Attack with Defense in mind, be ready to defend the opposition

BLOCK 3 - DECISION MAKING

SESSION 3 PLAN

FOCUS	Transition from Attacking to Defending				THEME	Decision Making			
EQUIPMENT	BALLS	12 - 15	CONES	Y	PINNIES	Y	GOALS	N	
DESCRIPTION	<p>Players will be divided into 4 lines with the players facing each other on the same team (Blue with Blue, Red with Red). To start, the BLUE player in the middle will defend the first RED player in line.</p> <p>If the RED player is able to get across the line in front of them, a new RED player (from the line that was crossed) will start to attack the line where the original RED player came from.</p> <p>If the BLUE player wins the ball, they must dribble across their team endline for the next BLUE player in line to go. The RED player who lost the ball become the defender.</p>								



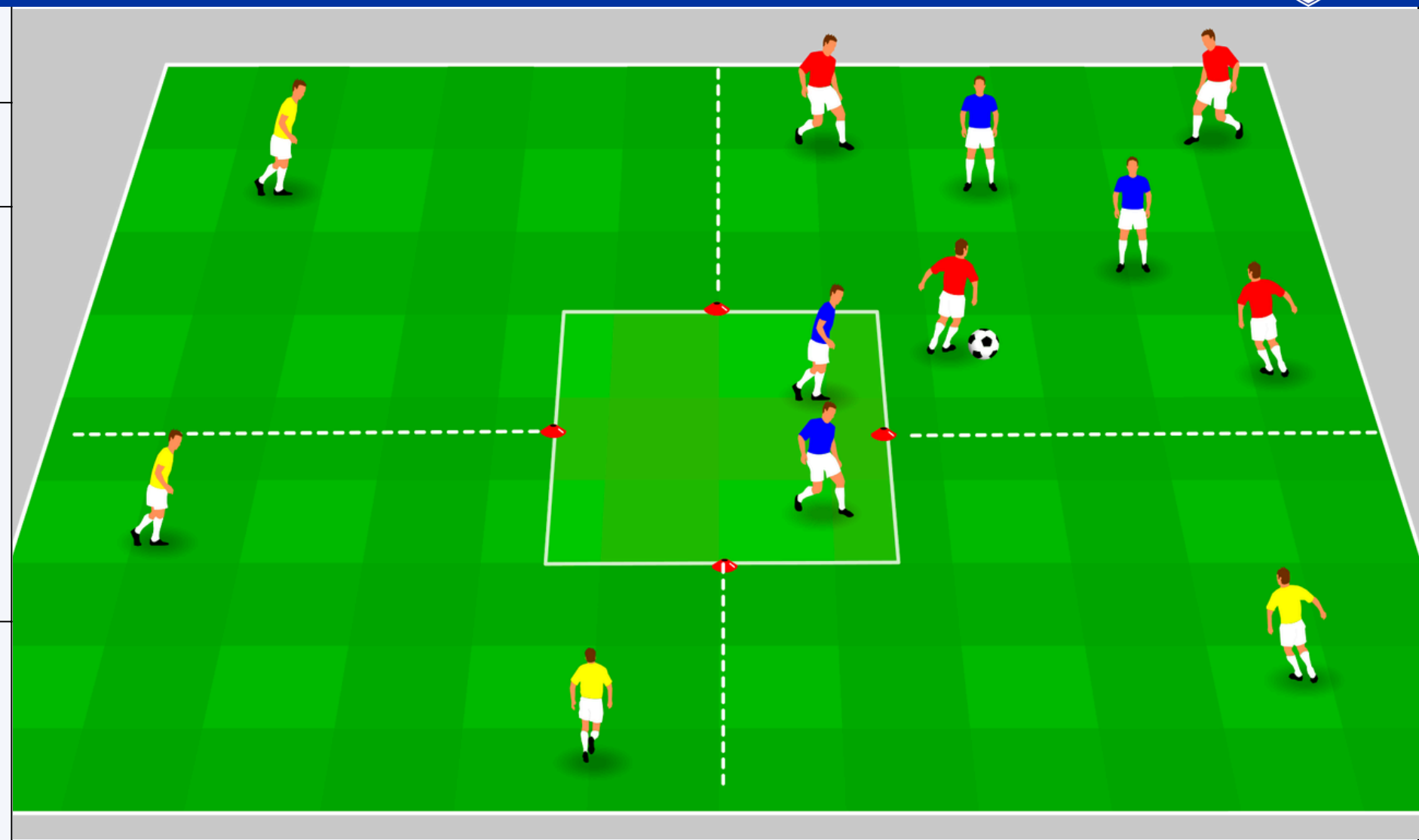
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every player who successfully dribbles from one line to the opposite line. • No points are awarded when the defender wins the ball and successfully dribbles out of the grid.
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KEY FACTORS AND OBJECTIVES	TECHNICAL	Focusing on dribbling, specifically 1v1 moves, to get around a defender.
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win it back before the defender can get out of the grid to safety. Defending to Attacking Transition - After winning the ball back from the attacker, how quickly can the defender find the open space and get out of the grid.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 3 PLAN

FOCUS	4 v 4 + 4 Arsenal Transition Game				THEME	Decision Making		
EQUIPMENT	BALLS	12 - 15	CONES	Y	PINNIES	Y	GOALS	N
DESCRIPTION	<p>Divide the players up into 3 equal teams. There is an attacking team (RED), a defending team (BLUE), and a support team (YELLOW).</p> <p>If the Red Team connects 5 passes, they would look to play the ball out of pressure to the Yellow team. If the Blue team wins the ball, they would look to play out of pressure to the Yellow team.</p> <p>When the ball gets played to the yellow team, all of the yellow players would join that one grid and begin to make passes. The opposite team of the one that played it out, must then go and defend the yellow players. This process repeats for the duration of the activity.</p>							



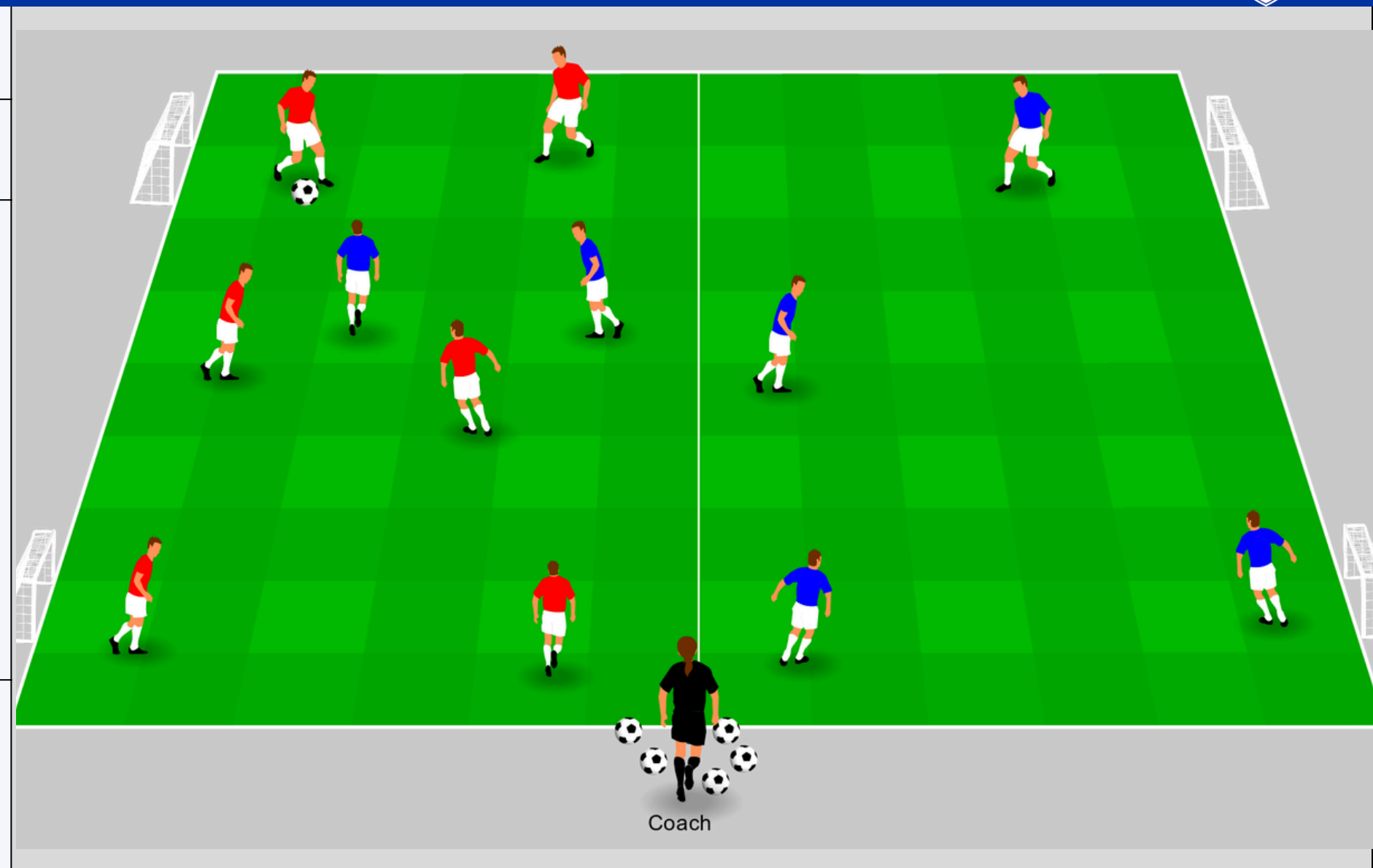
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every time the attacking team successfully transitions the ball out of their grid after their 5 passes. • No points are awarded when the defender wins the ball and successfully passes out of the grid.
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KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing and ball movement, moving into supporting positions.
	TACTICAL	Big focus on teaching the players to be able to play out of pressure and find space where the defender isn't. Focus on Transition play and being able to shift from AO/DO into DO/AO to support your team in whatever phase they are in.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 3 PLAN

FOCUS	100 Points (Possession / Enjoy the Ball)				THEME	Attacking - Passing			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	Y	
DESCRIPTION	<p>Players will be divided up into 2 equal teams, in this example, 2 teams of 6 players.</p> <p>The goal of this activity is for the players to get to 100 passes first to win the game. The play will start with a 6 vs 3 in one half of the pitch. Every pass counts as a point. When the defensive team wins the ball, they are looking to either score on one of the 2 or 3 mini goals positioned around the half or pass the ball back to their own side and work to maintain possession of the ball.</p> <p>If they score on one of the mini goals, they will get a bonus 5 points and their side will get possession of the ball. If the defensive team forces the ball out of bounds, they will not be awarded any points, but will get possession of the ball and start their pass count.</p> <p>NOTE - If 100 passes is too much to get, start with somewhere between 30 - 50 passes and perform 2 rounds of the game.</p>								
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every completed pass • BONUS 5 points (passes) if a team scores on one of the 2 or 3 mini goals in the opponents half 								

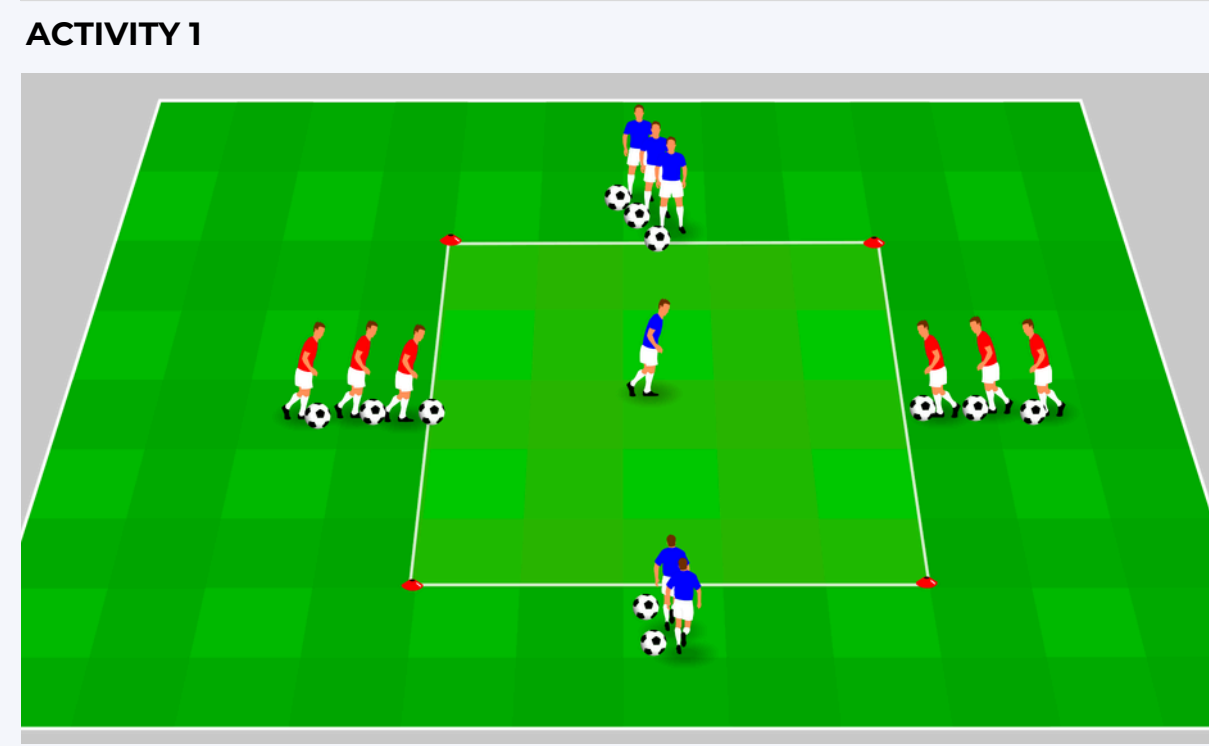


KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win the ball back and restart passing or deny the opposition from transitioning to attack. Defending to Attacking Transition - After winning the ball back from the opponent, how quickly can they score or secure possession.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to support their teammates and communicate with them. Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 4 PLAN

THEME:		TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE: JANUARY 3	PLAYER #: 12-15 / TEAM
WARM UP	Ball Mastery Work	With one coach setting up all of the activities, the other two coaches will get the players in one section working on various ball mastery moves.			
ACTIVITY 1	1 vs 1 Continuous	FOCUS - Teaching players how to attack the space quickly and with intention			
ACTIVITY 2	4v4+4 Arsenal Transition Activity	FOCUS - Playing out of pressure and being able to transition from attacking to defending			
ACTIVITY 3	100 Passes	FOCUS - Teaching players the importance of keeping possession of the ball, but also the transition piece of attacking or playing out of pressure.			

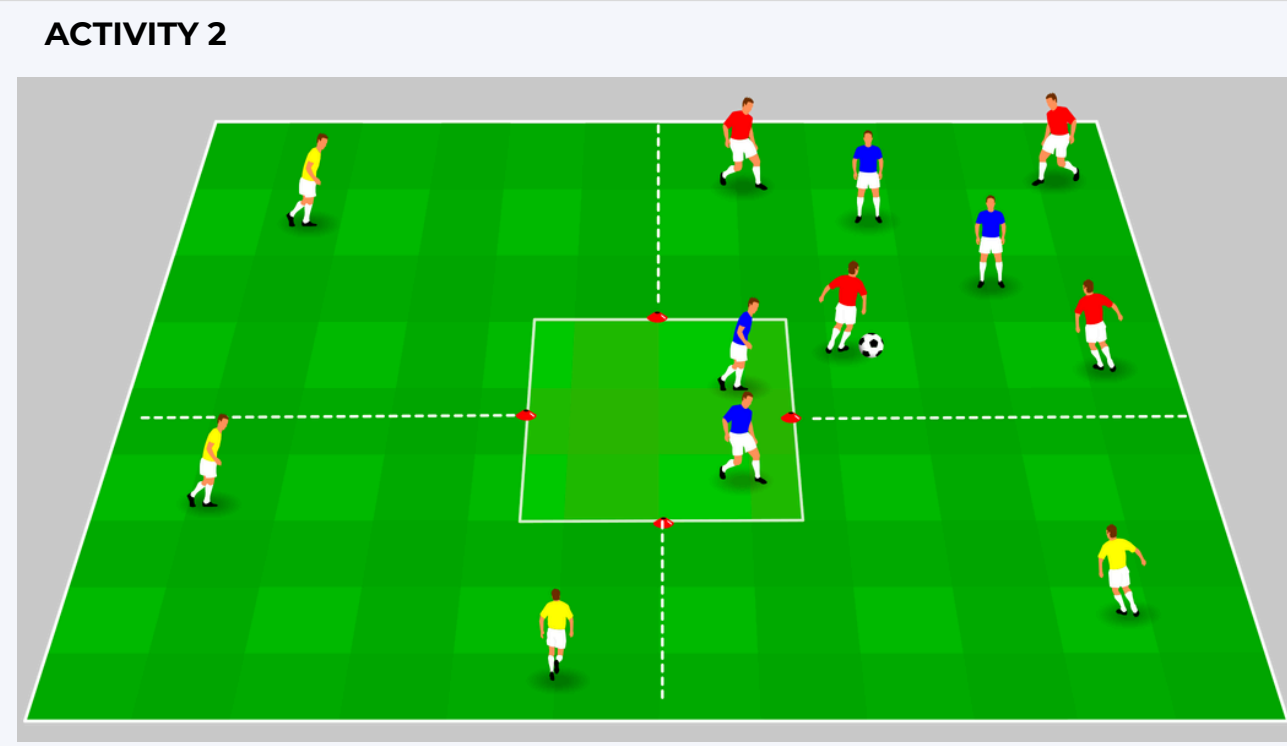


FIELD SIZE: 10 x 10 Yards **TIME: 15 Minutes**

OUTLINE
 Players will be divided into 4 lines with the players facing each other on the same team (Blue with Blue, Red with Red). To start, the BLUE player in the middle will defend the first RED player in line. If the RED player is able to get across the line in front of them, a new RED player (from the line that was crossed) will start to attack the line where the original RED player came from. If the BLUE player wins the ball, they must dribble across their team endline for the next BLUE player in line to go. The RED player who lost the ball become the defender.

COACHING POINTS

- Quick transition from Attacking to Defending
- Close control of the ball
- 1v1 Attacking moves to get around the defender

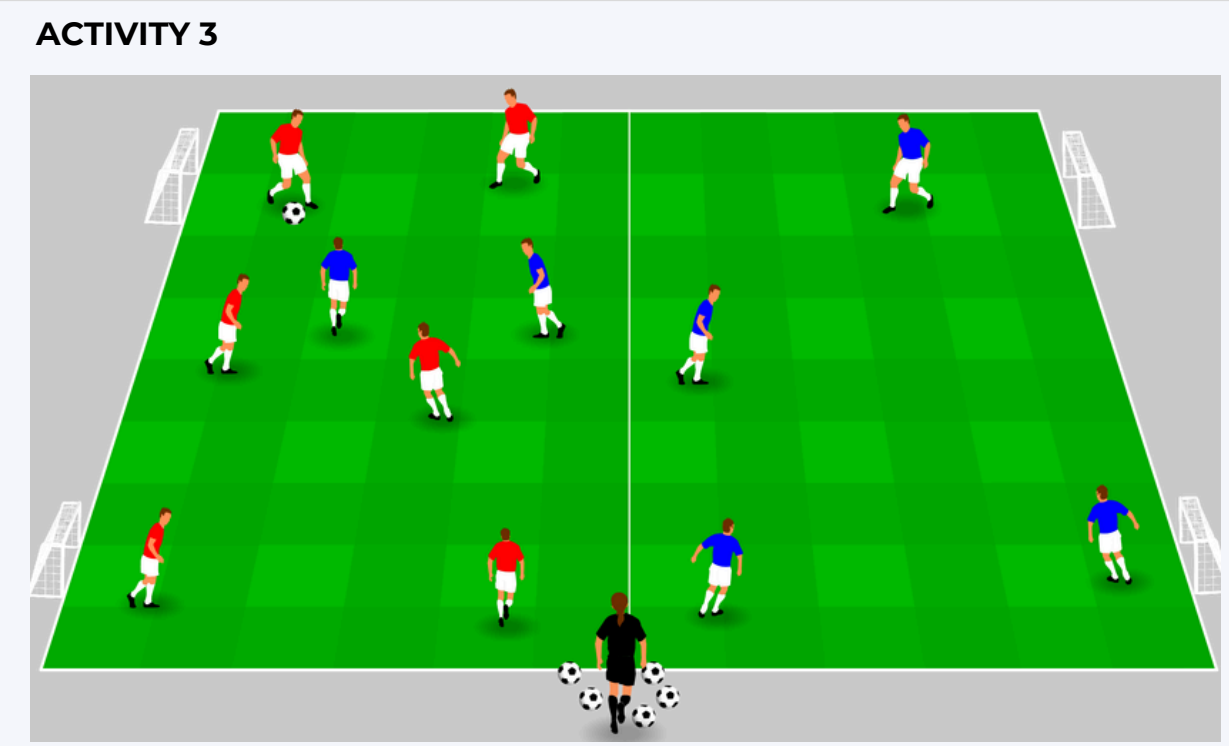


FIELD SIZE: 20 x 30 yards **TIME: 15 Minutes**

OUTLINE
 Divide the players up into 3 equal teams. There is an attacking team (RED), a defending team (BLUE), and a support team (YELLOW). If the Red Team connects 5 passes, they would look to play the ball out of pressure to the Yellow team. If the Blue team wins the ball, they would look to play out of pressure to the Yellow team. When the ball gets played to the yellow team, all of the yellow players would join that one grid and begin to make passes. The opposite team of the one that played it out, must then go and defend the yellow players. This process repeats for the duration of the activity.

COACHING POINTS

- Attack the space in front of you quickly
- Decision making skills on the ball (Dribble, Pass or Shoot)
- Try to make it a 1v1 or 2v1 against the opponent if possible.



FIELD SIZE: 30 x 30 Yards **TIME: 15 MINUTES**

OUTLINE
 The goal of this activity is that the first team to 100 points wins the game.

To start, split the players into 2 groups. The players will pass the ball around on their half of the grid, with every pass adding up to 1 point.

When the defenders win the ball, they can either score on pop up goals on the opponents half for 5 points, or pass the ball to their half and start connecting passes.

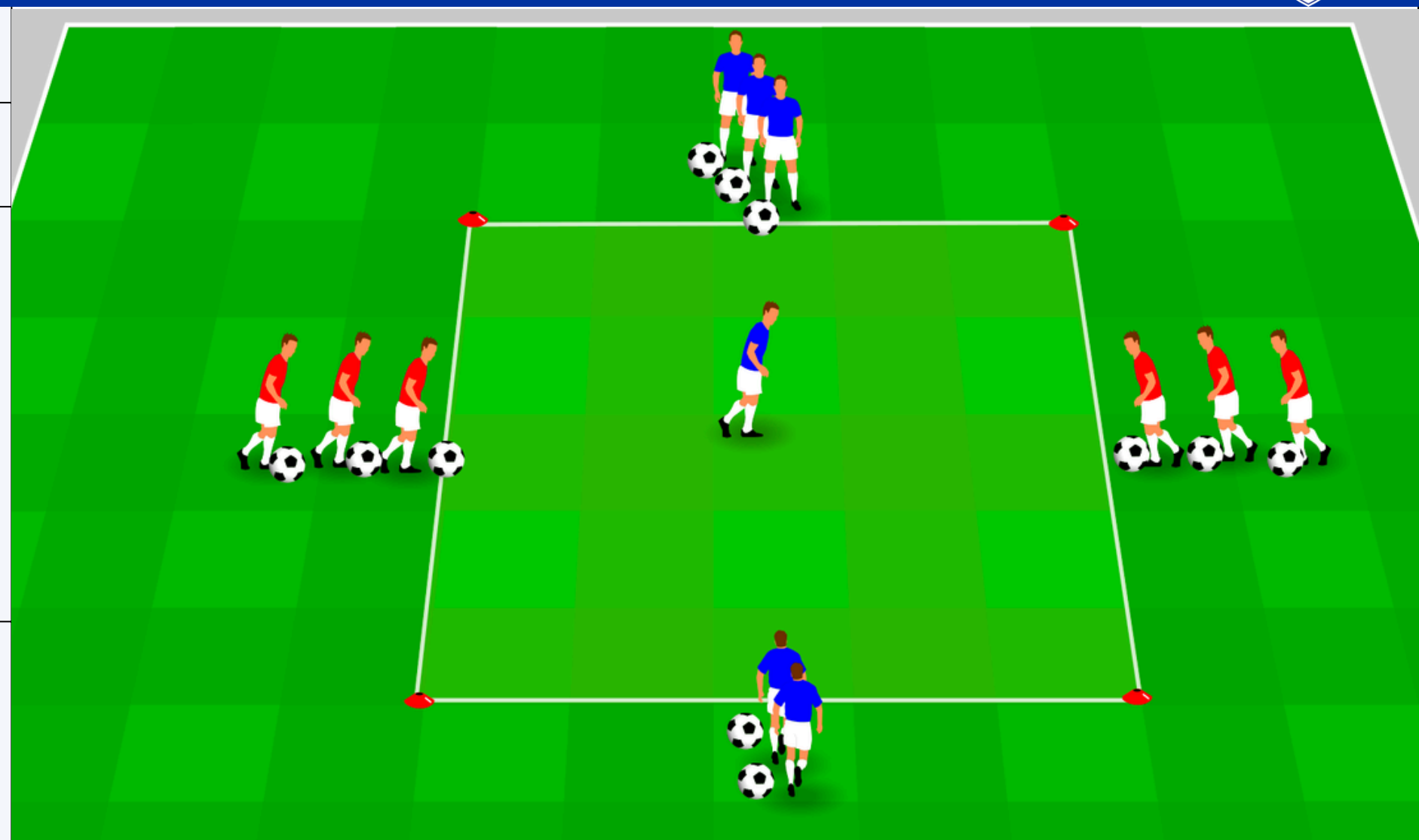
COACHING POINTS

- Win the ball back and play the ball out of pressure QUICKLY.
- Find the open space away from the opposition
- Attacking the goal QUICKLY
- NOTE > Attack with Defense in mind, be ready to defend the opposition

BLOCK 3 - DECISION MAKING

SESSION 4 PLAN

FOCUS	Transition from Attacking to Defending				THEME	Decision Making			
EQUIPMENT	BALLS	12 - 15	CONES	Y	PINNIES	Y	GOALS	N	
DESCRIPTION	<p>Players will be divided into 4 lines with the players facing each other on the same team (Blue with Blue, Red with Red). To start, the BLUE player in the middle will defend the first RED player in line.</p> <p>If the RED player is able to get across the line in front of them, a new RED player (from the line that was crossed) will start to attack the line where the original RED player came from.</p> <p>If the BLUE player wins the ball, they must dribble across their team endline for the next BLUE player in line to go. The RED player who lost the ball become the defender.</p>								



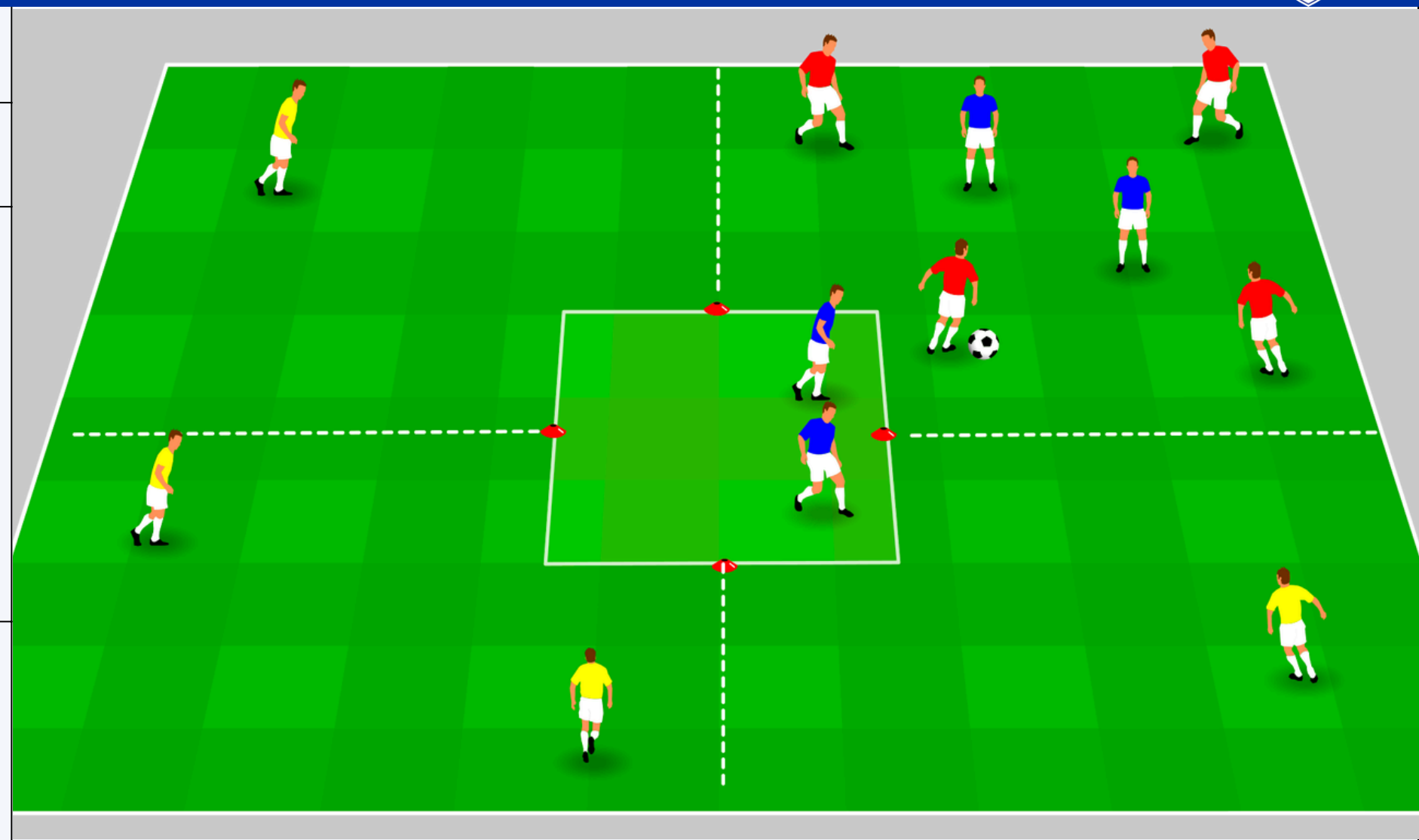
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every player who successfully dribbles from one line to the opposite line. • No points are awarded when the defender wins the ball and successfully dribbles out of the grid.
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KEY FACTORS AND OBJECTIVES	TECHNICAL	Focusing on dribbling, specifically 1v1 moves, to get around a defender.
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win it back before the defender can get out of the grid to safety. Defending to Attacking Transition - After winning the ball back from the attacker, how quickly can the defender find the open space and get out of the grid.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 4 PLAN

FOCUS	4 v 4 + 4 Arsenal Transition Game				THEME	Decision Making		
EQUIPMENT	BALLS	12 - 15	CONES	Y	PINNIES	Y	GOALS	N
DESCRIPTION	<p>Divide the players up into 3 equal teams. There is an attacking team (RED), a defending team (BLUE), and a support team (YELLOW).</p> <p>If the Red Team connects 5 passes, they would look to play the ball out of pressure to the Yellow team. If the Blue team wins the ball, they would look to play out of pressure to the Yellow team.</p> <p>When the ball gets played to the yellow team, all of the yellow players would join that one grid and begin to make passes. The opposite team of the one that played it out, must then go and defend the yellow players. This process repeats for the duration of the activity.</p>							



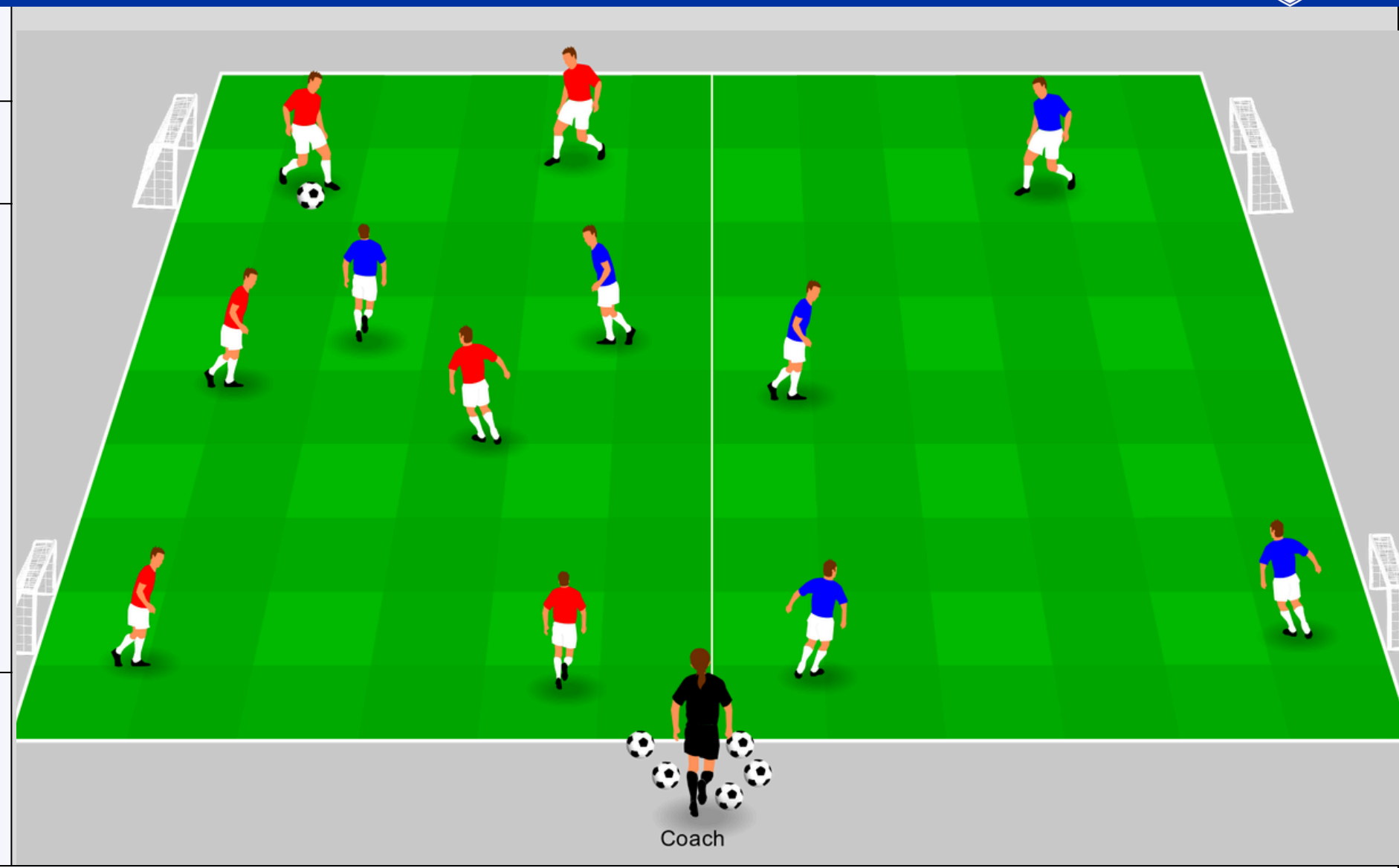
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every time the attacking team successfully transitions the ball out of their grid after their 5 passes. • No points are awarded when the defender wins the ball and successfully passes out of the grid.
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KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing and ball movement, moving into supporting positions.
	TACTICAL	Big focus on teaching the players to be able to play out of pressure and find space where the defender isn't. Focus on Transition play and being able to shift from AO/DO into DO/AO to support your team in whatever phase they are in.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to cheer on your teammate in the grid and support them through their turn Being able to be composed and not panicing when inside the grid as the defender

BLOCK 3 - DECISION MAKING

SESSION 4 PLAN

FOCUS	10 v 5 Meets 50 Passes (Enjoy the Ball)				THEME	Attacking - Passing			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	Y	
DESCRIPTION	<p>Players will essentially be divided up into 3 groups. One group will be on defense for a designated time frame, the other two teams will on the attack. The goal of the activity is to be the first team to reach your game objective within the allotted time frame.</p> <p>Attacking Team - Complete a total of 50 passes</p> <p>Defensive Team - Score 5 goals.</p> <p>Losing team will have a group punishment (make it fun and challenging, not miserable). If there are no winners at the end of the round,</p> <p>After the round is over, switch the teams so that there is a new defensive group.</p>								
SCORING / POINTS SYSTEM	<ul style="list-style-type: none"> • 1 point for every completed pass • BONUS 5 points (passes) if a team scores on one of the 2 or 3 mini goals in the opponents half 								



KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing
	TACTICAL	Attacking - Defensive Transition - When the attacker loses possession of the ball, how quickly can they win the ball back and restart passing or deny the opposition from transitioning to attack. Defending to Attacking Transition - After winning the ball back from the opponent, how quickly can they score or secure possession.
	PHYSICAL	Quick acceleration speed over a short distance Physical strength when shielding the ball from the opponent
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack Being able to support their teammates and communicate with them. Being able to be composed and not panicing when inside the grid as the defender