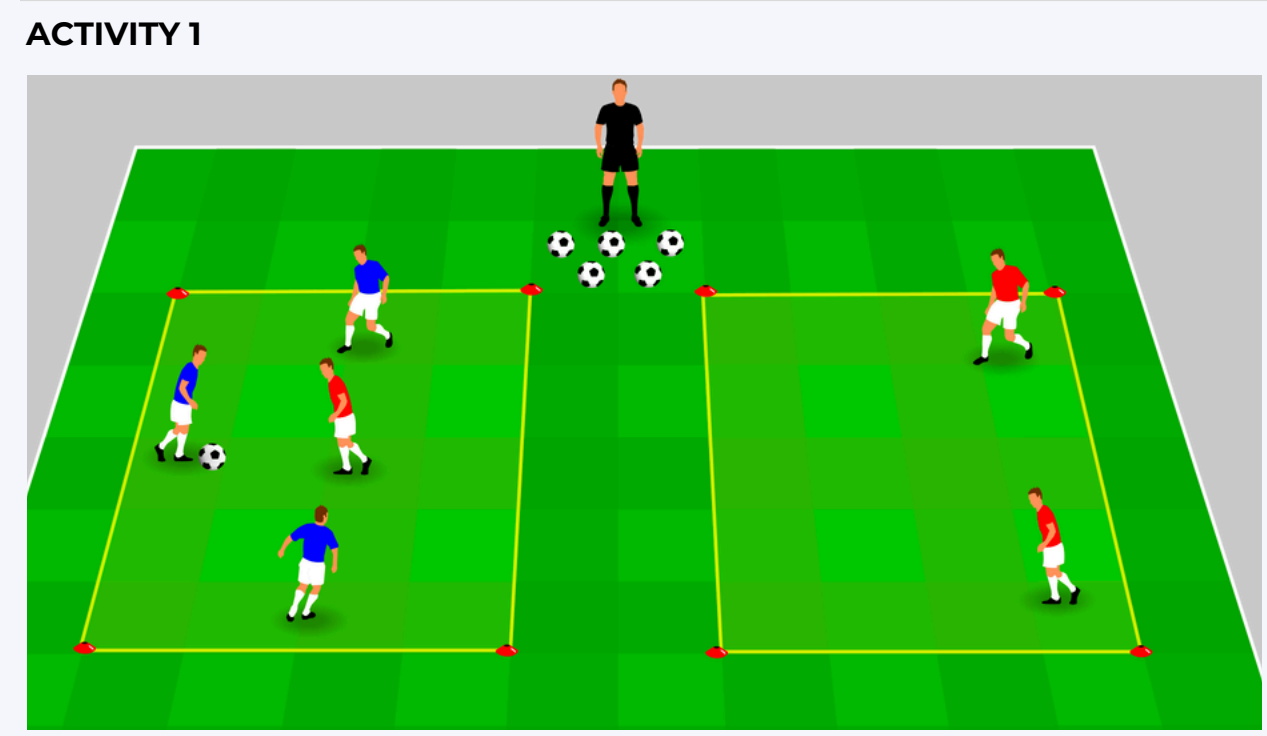


BLOCK 4 - MOVE TO HELP

SESSION 1 PLAN

THEME: PASS AND MOVE		SIMPLE GIVE AND GO HABITS	TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE:	PLAYER #: 12-15 / TEAM
ARRIVAL ACTIVITY	BALL MASTERY DRIBBLING	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	3 vs 1 Transfer	FOCUS - Teaching players how to attack the space quickly and with intention				
ACTIVITY 2	4 vs 2 Directional	FOCUS - Playing out of pressure and being able to transition from attacking to defending while playing in a tight playing area.				
ACTIVITY 3	4 VS 4 4 Goal Game (Wide Goals)	FOCUS - Teaching players the importance of keeping possession of the ball, but also the piece of attacking or playing out of pressure.				



ACTIVITY 1
FIELD SIZE: 15 x 15 Yards **TIME: 15 Minutes**

OUTLINE
 Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.

COACHING POINTS

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



ACTIVITY 2
FIELD SIZE: 20 x 30 yards **TIME: 15 Minutes**

OUTLINE
 Set Up a 15x15 yard playing area, enough for 8 - 10 players depending on how many players are available for the session.

The purpose of the activity are for players to work on passing and moving and finding open spaces within a small playing area.

If the space is too tight, space can be opened up to be 20x20.

COACHING POINTS

- Positive first touch into open space
- Scanning and awareness of where teammates are
- Wanting the ball



ACTIVITY 3
FIELD SIZE: 30 x 30 Yards **TIME: 15 MINUTES**

OUTLINE
 Players will be split up into two teams to play this game. Goals will be set up in the corners of the field to help the players focus on (1) keeping possession of the ball and (2) finding the open space by switching the point of attack.

If it is too crowded on the field, split the players into 3 teams and rotate teams every 3-4 minutes. The team on the outside can act as neutral players that can be used with the team in attack.

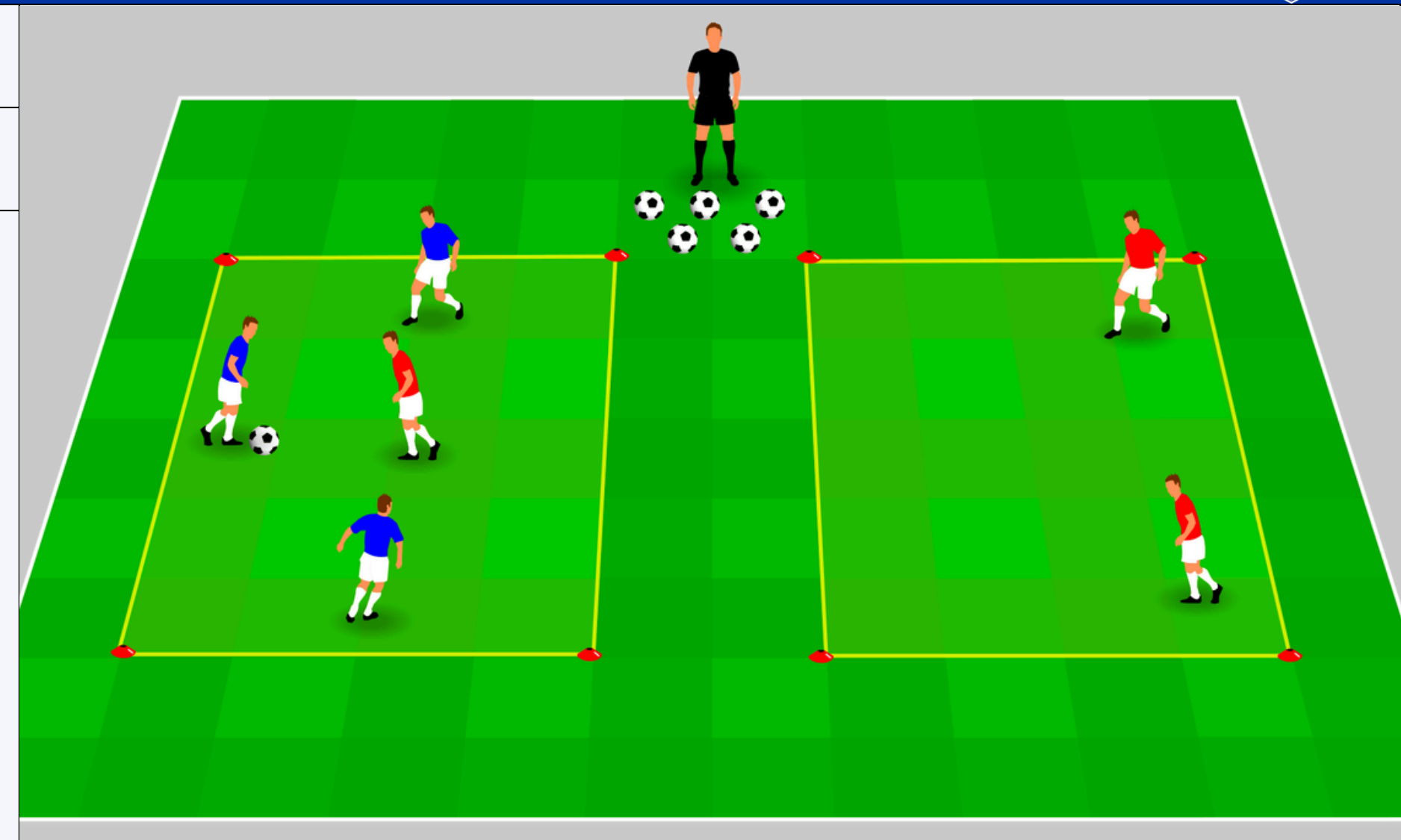
COACHING POINTS

- Positive first touch into open space
- Scanning and awareness of where teammates are
- Wanting the ball

BLOCK 4 - MOVE TO HELP

SESSION 1 PLAN

FOCUS	Off Ball Movement				THEME	Passing & Movement		
EQUIPMENT	BALLS	Y	CONES	Y	PINNIES	Y	GOALS	N
DESCRIPTION	<p>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.</p> <p>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 pass the ball over to their teammates in wait.</p> <p>U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.</p> <p>Scoring Systems 2 Point = Attacking team connects 3 passes in a row 1 Point = Defender wins the ball back and passes it to their teammates.</p> <p>NOTE - There is no point awarded if they win the ball but don't connect their pass with their teammate.</p>							



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
	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 4 - MOVE TO HELP

SESSION 1 PLAN

FOCUS	2 vs 2 + 2				THEME	Attacking - Passing		
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	N

DESCRIPTION

In this activity, players will be split into two teams where the red players will play with the red players and the blue players will play with the blue players. This game is ideally played in a 2 v 2 but can also be played as a 3v3 with 2 players from each team set up on the end zones.

Another alternative can be to run a 2v2 with 2 neutrals inside the grid along with the players on the end zone to allow for more passing options for the team.

Every 3 - 4 minutes you will look to rotate players.



SCORING / POINTS SYSTEM

- 1 point for every 3 completed passes. Pass count is reset after a defender makes contact with the ball.
- Teams can also get a point for passing from one target player to the other player.

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
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BLOCK 4 - MOVE TO HELP

SESSION 1

FOCUS	4 Goal Game with Wide Goals				THEME	Attacking - Passing			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	Y	

DESCRIPTION

Players will be split up into two teams to play this game. Goals will be set up in the corners of the field to help the players focus on (1) keeping possession of the ball and (2) finding the open space by switching the point of attack.

If it is too crowded on the field, split the players into 3 teams and rotate teams every 3-4 minutes. The team on the outside can act as neutral players that can be used with the team in attack.

SCORING / POINTS SYSTEM

- In this game, the number of passes will equal the number of points scored. For example, if 3 passes are made and a goal is scored, the goal is worth 3 points.
- If no passes are made and a goal is scored, the goal will be worth 1 point. Same as if there was only 1 pass made and a goal is scored.



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