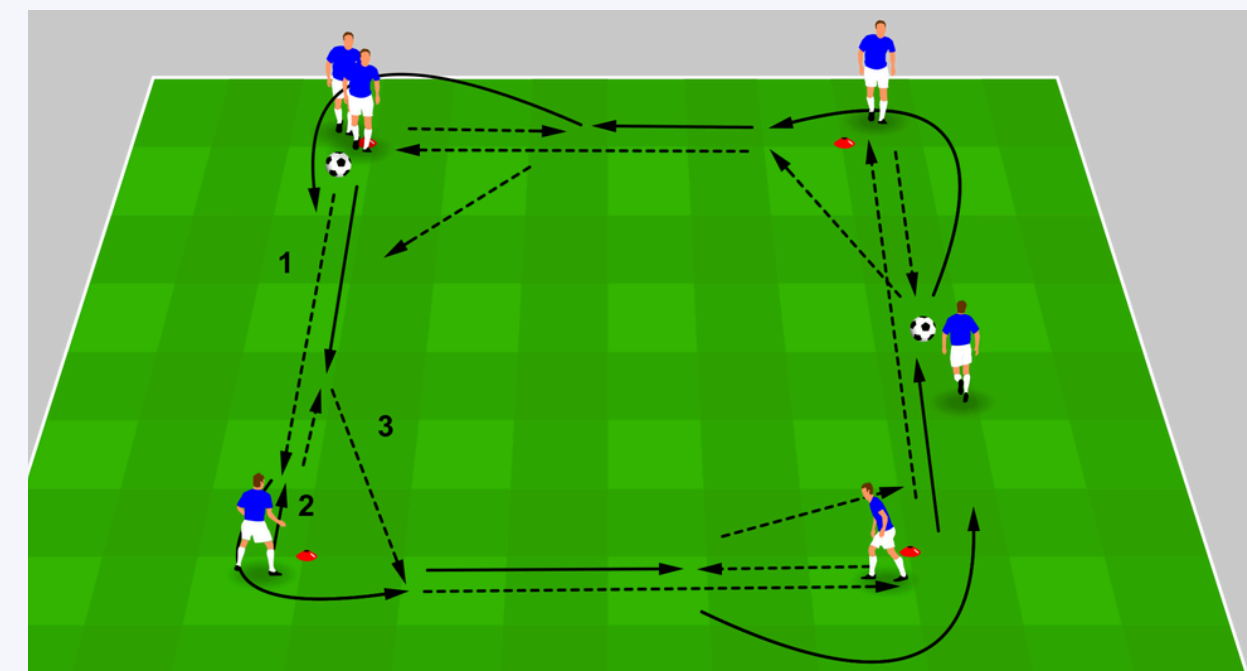


BLOCK 4 - MOVE TO HELP

SESSION 4 PLAN

THEME: STAYING CONNECTED AS A TEAM		NOT HIDING, BEING AN OPTION	TIME: 55 MINUTES	TEAM: SKILL CENTRE	DATE:	PLAYER #: 12-15 / TEAM
WARM UP	4 vs 2 Rondos	Organize the players into groups of 6 and will need 1 ball and 2 pinnies (to hold in the players hands) and				
ACTIVITY 1	Passing Square	Focusing on Passing and Moving. After passing the ball, move to get into a position where they can support the next pass.				
ACTIVITY 2	Solve the Problem	Focusing on a 1v1 Duel, working with Support Players to pass and then get open to receive and play the ball in a different direction.				
ACTIVITY 3	4 v 4 End Zone Gate Game	Focus on possession of the ball and moving off the ball to get into advanced positions to score points.				

ACTIVITY 1



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

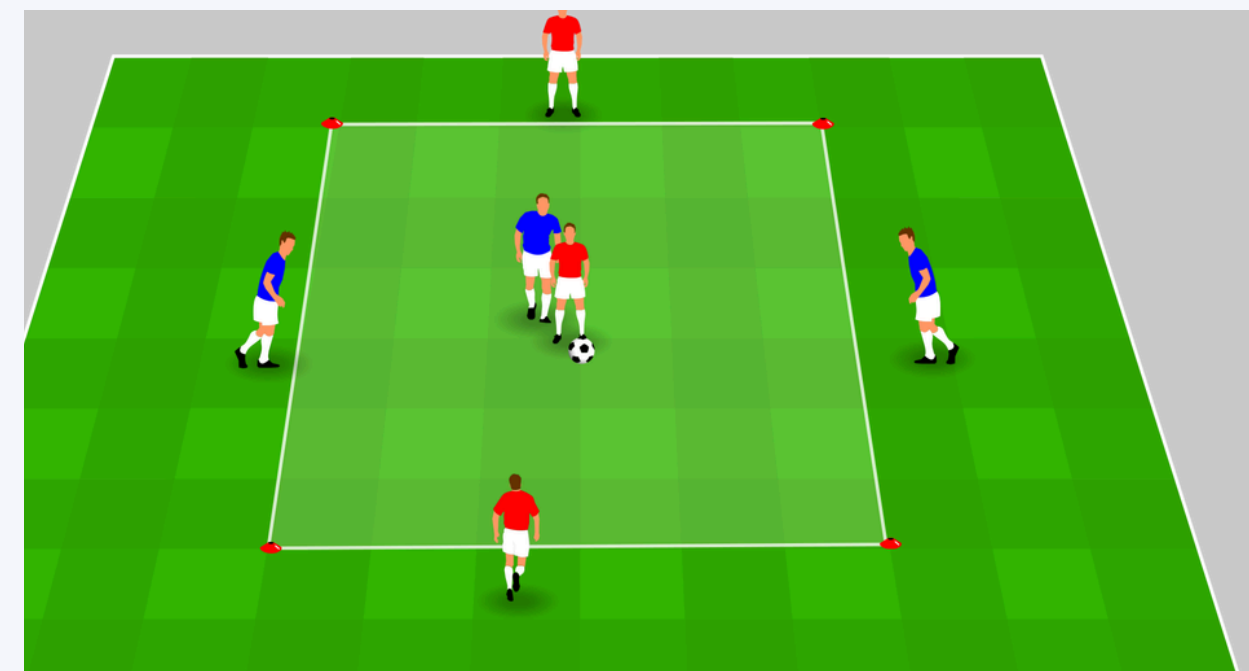
OUTLINE

- To start, player A will pass the ball long down the line. After passing the ball, they will run to the halfway point of the grid to receive the next pass.
- Player B will bounce the pass back to Player A and make a run around the cone to get receive the next pass.
- The Player A will then play a through ball, while Player B makes a run around the cone to receive it.
- Repeat the pattern with the next line.

COACHING POINTS

- Quick passing and tempo on the ball.
- Close control of the ball
- Movement to support the next pass

ACTIVITY 2



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

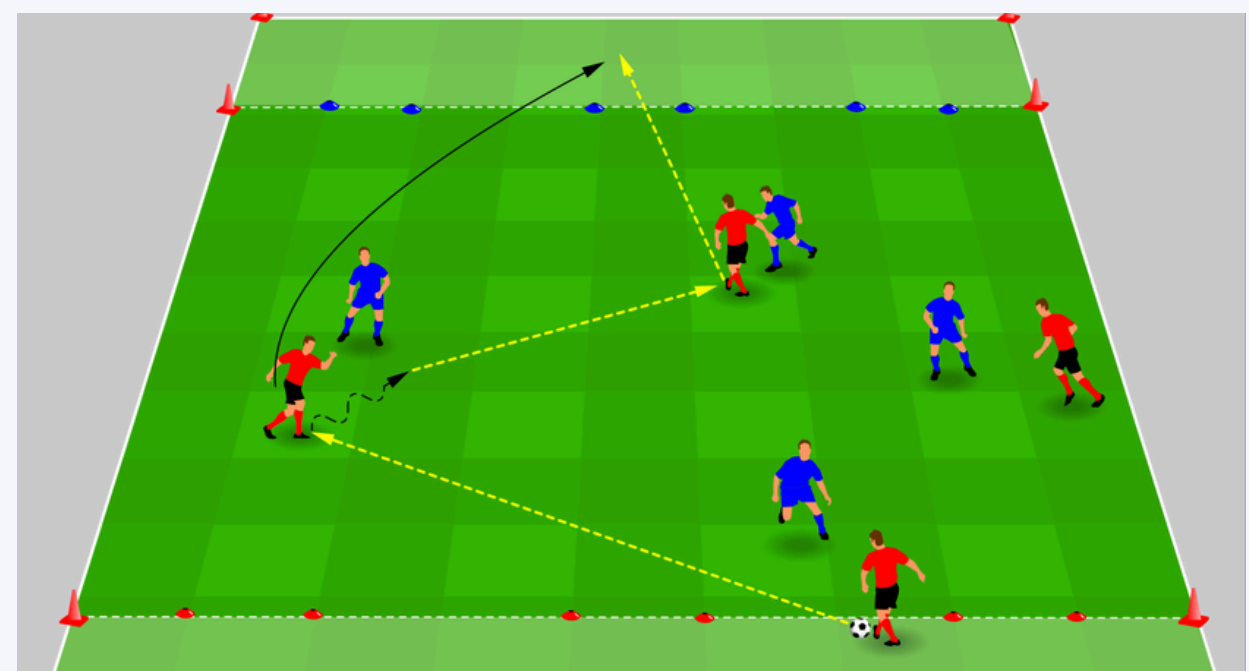
OUTLINE

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

- Quick passing and tempo on the ball.
- Close control of the ball
- Movement to support the next pass

ACTIVITY 3



FIELD SIZE: 30 x 20 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

BLOCK 4 - MOVE TO HELP

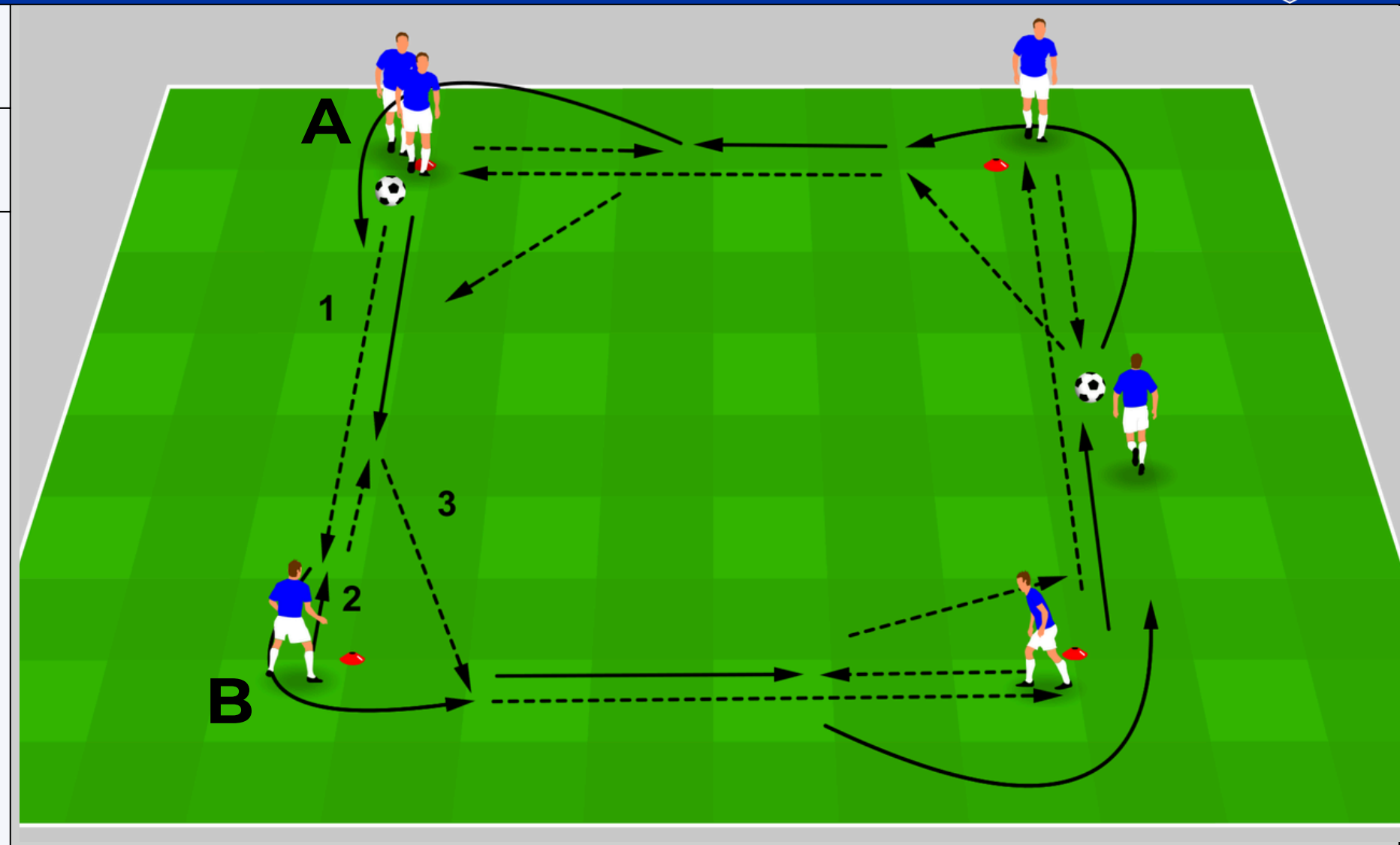
SESSION 4 PLAN

FOCUS	Passing & Moving				THEME	Attacking		
EQUIPMENT	BALLS	Y	CONES	Y	PINNIES	N	GOALS	N

DESCRIPTION

Set up a 10 x 10 square and divide the players up amongst the 4 cones, with no more than 2 players per cone. If there are more than 8 players in a group, you will need to set up 2 grids.

- To start, player A will pass the ball long down the line. After passing the ball, they will run to the halfway point of the grid to receive the next pass.
- Player B will bounce the pass back to Player A and make a run around the cone to get receive the next pass.
- The Player A will then play a through ball, while Player B makes a run around the cone to receive it.
- Repeat the pattern with the next line.



KEY FACTORS AND OBJECTIVES	TECHNICAL	<p>Passing with accuracy, the right part of the foot, right pace on the ball.</p> <p>Dribbling with pace, point the foot down, laces on the ball, attack with pace.</p> <p>Working on off ball movement to get open to support the next pass.</p>
	TACTICAL	<p>Working on the skill set up opening up the hits to play the ball forward and keep the flow of the game going.</p>
	PHYSICAL	<p>Working on body positioning, opening up our hips. Sprinting or speed with and without the ball.</p>
	SOCIAL-EMOTIONAL	<p>Communication and working within groups; Can incorporate races between groups which would introduce emotional threats and urgency.</p>

BLOCK 4 - MOVE TO HELP

SESSION 4 PLAN

FOCUS	Getting Open to Receive				THEME	Off Ball Movement			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	N	

DESCRIPTION

Set up the area as seen in the above image, with 2 teams in different colours playing North-South, and East-West. There is a 1v1 in the middle with 2 Target players on the outside.

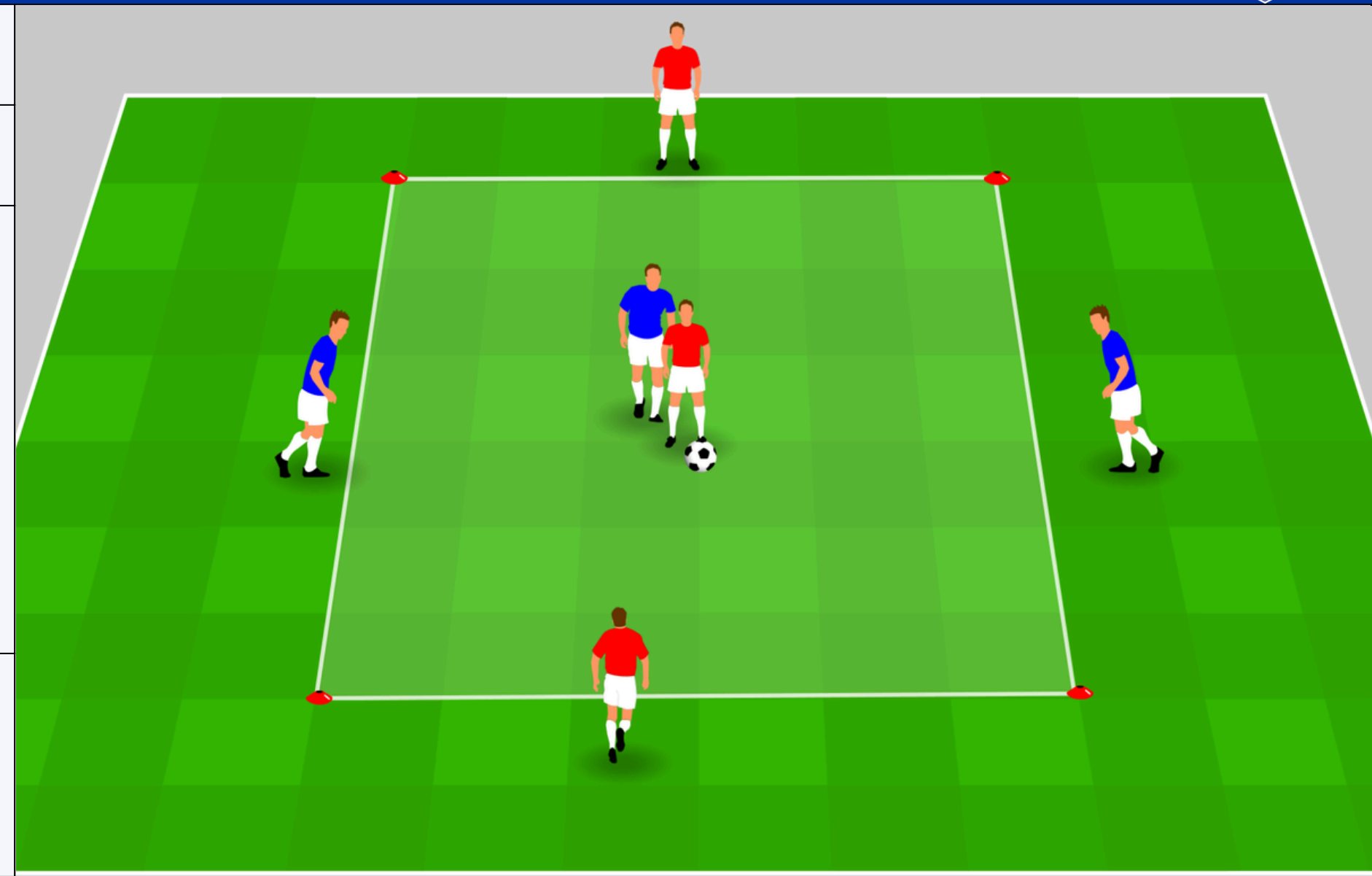
The ball starts with the attackers (in this case Green), who pass to the middle. The attacker can either pass straight through or playback in the direction it came to pass to the other Target player.

Attacking team, play together create a 3v1 situation and try and keep the ball playing from Target player to Target player for 1 goal.

If the opposition wins the ball, they pass to one of their target players keeping possession of it, creating the 3v1 situation with a 1v1 in the middle. Rotate the players every 3 minutes.

SCORING / POINTS SYSTEM

- If a player is able to dribble through the gates, the goal will be worth 1 point.
- If a player receives a pass from a teammate through the gate, the goal will be worth 3 points.
- If a player is able to move the ball across the channels (L to M, M to L/R, L to R) the goals scored are multiplied by 2.



KEY FACTORS AND OBJECTIVES	TECHNICAL	Players need to take the ball away from pressure to set up the next pass that is either backward or forward. Players need to concentrate on their weight, accuracy, timing and disguise of their passing. If under pressure, Attackers need to be comfortable on the ball to retain it and not give it away. They can do this through their body positioning (getting between the defender and the ball) and passing to teammates.
	TACTICAL	Depending on the pressure, or lack of it, attackers need to be able to make decisions based on the situation. This goes for every player, from the 1st player (starting with the ball), the 2nd player (in the middle) or the 3rd player (the receiving player).
	PHYSICAL	When in the centre of the field, attackers should look to receive the ball on the half-turn to be able to play forward as often as possible. With their hips in line with the body, players should be able to see the ball and their intended target.
	MENTAL SOCIAL EMOTIONAL	Being able to think the game quickly and understand when it's your turn the activity to attack. Being able to be composed and not panicing when inside the grid as the defender

BLOCK 4 - MOVE TO HELP

SESSION 4 PLAN

FOCUS	Playing Out of Pressure				THEME	Off Ball Movement			
EQUIPMENT	BALLS	5	CONES	Y	PINNIES	Y	GOALS	N	

DESCRIPTION

Set up a playing field with two 5-yard end zones along with 3 gates (~3 yards wide) along the front of the end zone line. Players are divided up into two teams,

The focus of this activity is for players to compete in a 3v3 or 4v4 game where they are looking to get open, receive passes and look to play the next pass forward to a teammate or attack the space in front of us.

- SCORING / POINTS SYSTEM**
- If a player is able to dribble through the gates, the goal will be worth 1 point.
 - If a player receives a pass from a teammate through the gate, the goal will be worth 3 points.

KEY FACTORS AND OBJECTIVES	TECHNICAL	Focus on passing and moving in addition to scanning the field and being aware of our surroundings.
	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

