

Session Topic Possession to go forward

Coach Name: Andy Nelson Age Group: '85



(Activities should be developmentally appropriate to age group.)

<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>WARM-UP</u>	<p><i>2 Teams of 10 Chain game. 1 plays to 2, plays to 3 etc.etc. Two touch.</i> <i>Conditions: Receive with front foot, back foot, come across body</i> <i>Space 35x45 yards</i> <i>Duration 15 mins</i></p>	<ol style="list-style-type: none"> 1. Play with head up 2. Check on cue 3. Check on half turn/side on 4. Positive first touch 5. Aware of next pass 6. Create space off ball
<u>PHASE 1</u>	<p><i><u>5v2 To Targets Transition game.</u> Two 15x15 grids 20 yds apart. 5 Passes means you can play into Target player= 1 point. Two minutes on/off for each team....keep points</i> <i>Two touch, with Target on one touch.</i> <i>Progression....Ball played to Target in air</i> <i>Duration 30 mins</i></p>	<ol style="list-style-type: none"> 1. Play with head up 2. Body open, 3. Continually reference your position in relation to the target 4. Early Support to Target player 5. Keep space spread out 6. Angles of support
<u>PHASE 2</u>	<p><i><u>5v5+2 Transition game to Targets</u> Two 25x35 grids 20 yards apart with Target player in other grid. Can play to target player after fourth pass. Two touch except for Target who's on one touch. Only third player can support lay down from Target. Progrssin...play to Target in air</i> <i>Duration 30 mins</i></p>	<ol style="list-style-type: none"> 1. Head up, ready to go forward 2. Body open 3. Reference Target player 4. Early support of third player 5. Spread out offensively 6. Angles and distance of support
<u>Game Phase</u>	<p><i><u>Game Situation</u> 7v7 +2 to Targets on either side of goals. Must make thee passes before hitting Targets. Support Target to score. Teams attack one goal each. Team defending one goal must go to Targets. Once in attacking half, goals can be scored off pass from Target only.. 2 Touch, Target 1 Touch</i></p>	<ol style="list-style-type: none"> 1. Head up 2. Body Open 3. Reference Target player 4. Early Support 5. Angles, distances
<u>COOL DOWN</u>	<p><i>Keep score throughout to see who picks up equipment. Jog and stretch with team captains</i> <i>Duration 15 minutes</i></p>	<ol style="list-style-type: none"> 1. Leaders have opportunity to lead