



Interactive Session Plan_~



Coach

Ian Barker

Session date

January 2015

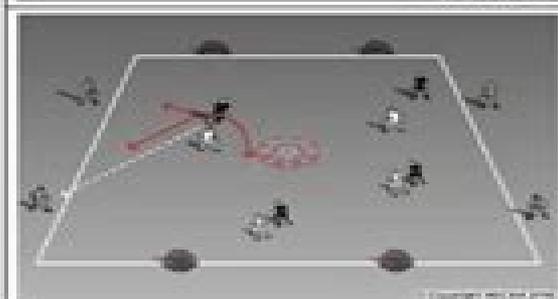
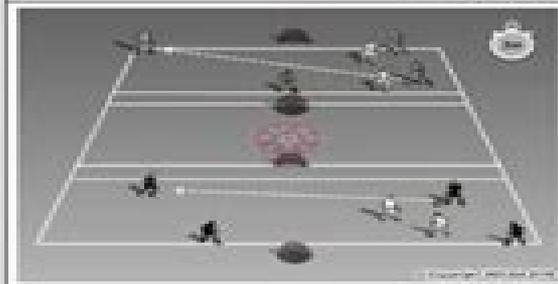
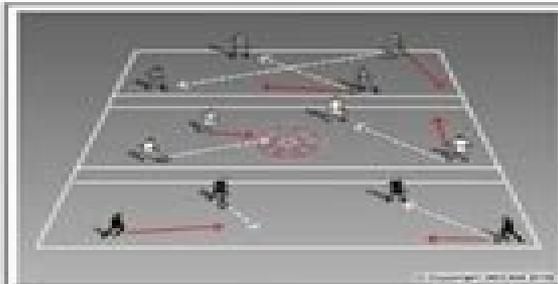
Time available

60-75

Topic

Principles of Play for Attack: Possession and Penetration (1 of 2)

Technical / Tactical
Tactical / Technical



WARM-UP	
<p>Organization</p> <p>x3 areas of 12x12 separated with a 1 yard channel 4 players per area with 2 balls per group</p> <p>Instruction is to be constantly moving and to keep balls moving</p> <p>Pass and move Pass and move with acceleration Pass and move on any other line than the ball Pass and move and "find" the second ball 2 touch 1 touch</p>	<p>Key Coaching Points</p> <p>Keep head up and see entire space After pass be sure to accelerate to space Get ball out from under the feet Distinguish between pass to the man or to space With one touch distinguish between a pass or "killing" the ball to incite movement</p>
ACTIVITY 1	
<p>Organization</p> <p>x2 areas of 12x12 with x2 mini goals in each area 4 vs. 2 Play for 2-3 minute sets and change the pairs</p> <p>Objective of the 4 is to maintain possession and to execute a split pass when it is on</p> <p>Objective of the 2 is to force the 4 to lose control outside the area or to dispossess and find the mini goal</p>	<p>Key Coaching Points</p> <p>Maintain possession as a priority Move the ball to move the opponents to create the split opportunity One player in possession, 2 players offer immediate support, 4th player offers the penetrating pass As the ball moves so roles and responsibilities change—possession, support, mobility Respond as the ball is moving to the pressure on the ball If dispossessed win it back immediately</p>
ACTIVITY 2	
<p>Organization</p> <p>x3 areas of 12x12 separated with a 1 yard channel 4 vs. 2 in one area, central area has 2 defenders "on deck", far area has 4 players waiting to receive</p> <p>After a set # of passes or split the team with the ball seeks to switch it to furthest space Defenders in middle grid initially cannot intercept, then progress to allow them to If the ball is switched 4 vs. 2 ensues in new area</p> <p>If defenders win it and can play out teams switch Coach introduces ball each time to far grid</p>	<p>Key Coaching Points</p> <p>Body shape and vision must consider both immediate possession and the longer pass to space Longer pass out must be hit with purpose and be controllable A position on top of the grid is important to turn out of pressure or to drop the ball for a teammate faced up Receiving 4 must shape to be available and to stretch the opponent as they step in</p>
GAME	
<p>Organization</p> <p>25x40 field with x4 goals 4 vs. 4 with 4 neutrals on the flanks Neutrals have a touch condition Neutral must be played before a goal can be scored Play 2-3 minute sets</p>	<p>Key Coaching Points</p> <p>Space according to the support offered by the neutrals Movement after finding a neutral must be distinct— -give and go on the blindside of opponent -give and go across the front of the opponent -give and drop into a support position</p>

Fa Youth Coaching Session Plans

Anon



Fa Youth Coaching Session Plans:

The Enigmatic Realm of **Fa Youth Coaching Session Plans**: Unleashing the Language is Inner Magic

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