<b>SESSION</b>	DATE	
2F22IOIA	DAIL	I

Borto ...

SESSION LENGTH 60-75 min

Team Possession and Quick Play
TOPIC Movement off the Ball

Players will learn how to move off the ball GOALS and find lanes to pass.

Players will learn to make quick decisions

		-			
Y	agaman ang din mara Prins	R B		Υ	В
Υ		R		В	
R		В		Υ	R
Y		R B		Υ	В
Υ		R		В	
R		В		Υ	R
	Υ	<b>^</b> -	Υ	- ^	
		A R A R	Υ	R 📤	Y
<u> </u>	Υ				Y
Y			Υ		
	R R	Y	R	GK	Tarana .
Y <u>^</u>		Y	Υ		

WAR	M UP				
Organization	Coaching Points				
* Make 3 equal teams (4 v 4 v 4 if 12)	* Guide players to move off the ball and				
* Each team has their own ball	support their teammates.				
#1 Team play two touch passing only to	* Ball carriers should have at least 2 option				
their team.	* Guide players to find lanes between				
	players on other teams.				
#2 Team passes to only their team but					
must pass between two of other colors.	Passes should be= Y passing to Y between				
	two B's or two R's or an R and B				
Activity #1					
Organization	Coaching Points				
* Same set up as warm-up (Only 1 Ball)	* Guide players to move off the ball and				
* Teams play continuous keep away.	support their teammates.				
* Start with R defending and Y and B on	* Ball carriers should have at least 2 option				
same team keeping away from R.	* Guide players to find lanes between				
* If R steals, whichever color they stole	players on other teams.				
from, now defends.	* Help players recognize that ball carrier				
* If a team kicks ball out of bounds, that	should have two wide options and 1 split.				
color is now defending.					
Activ	rity #2				
Organization	Coaching Points				
* R starts with ball in small grid (12 x 12 yd)	* Continue to guide players to find passing				
and plays 3 v 1.	lanes between defenders and to give				
and plays 3 v 1.  * If Y steals or ball leaves grid, all Y's play	lanes between defenders and to give multiple options around ball carrier.				
* If Y steals or ball leaves grid, all Y's play					
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)	multiple options around ball carrier.				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid	<ul><li>multiple options around ball carrier.</li><li>* Players should play quickly (1-2 touch)</li><li>* When 6 vs 3, R should defend together,</li></ul>				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)	multiple options around ball carrier.  * Players should play quickly (1-2 touch)				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's	<ul> <li>multiple options around ball carrier.</li> <li>Players should play quickly (1-2 touch)</li> <li>When 6 vs 3, R should defend together,</li> <li>1 pressuring ball, other 2 anticipating</li> </ul>				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's	<ul> <li>* Players should play quickly (1-2 touch)</li> <li>* When 6 vs 3, R should defend together,</li> <li>1 pressuring ball, other 2 anticipating</li> <li>where next pass will go and try and steal</li> </ul>				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik  Organization	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lil  Organization  * In a small grid 30 yd from goal, 4 Y vs 2 R	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points  * Y should move ball quickly in grid while				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik  Organization  * In a small grid 30 yd from goal, 4 Y vs 2 R  * Y must make 4 passes before they can	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points  * Y should move ball quickly in grid while moving off the ball and giving ball carrier				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik  Organization  * In a small grid 30 yd from goal, 4 Y vs 2 R  * Y must make 4 passes before they can play out of grid to other Y and attack goal.	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points  * Y should move ball quickly in grid while moving off the ball and giving ball carrier  2 wide options and 1 split option				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik  Organization  * In a small grid 30 yd from goal, 4 Y vs 2 R  * Y must make 4 passes before they can play out of grid to other Y and attack goal.	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together,  1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points  * Y should move ball quickly in grid while moving off the ball and giving ball carrier  2 wide options and 1 split option  * Once ball is played out, Y should make				
* If Y steals or ball leaves grid, all Y's play keep away from R in large grid (30 x 30 yd)  * If Y loses ball to R or ball leaves large grid start drill over in small grid (3 v 1)  * Rotate the 3 R's with 3 Y's  Game-lik  Organization  * In a small grid 30 yd from goal, 4 Y vs 2 R  * Y must make 4 passes before they can play out of grid to other Y and attack goal.	* Players should play quickly (1-2 touch)  * When 6 vs 3, R should defend together, 1 pressuring ball, other 2 anticipating where next pass will go and try and steal  * Activity  Coaching Points  * Y should move ball quickly in grid while moving off the ball and giving ball carrier 2 wide options and 1 split option  * Once ball is played out, Y should make attacking runs into the penalty area				