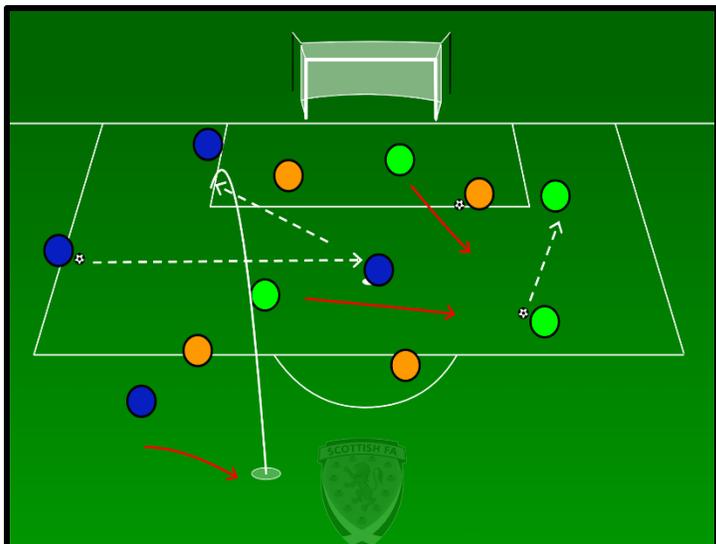




Introductory Activity: (15 mins)

Important in initial activity to introduce theme and incorporate pressure and game related play



- Players work in groups of 4 , 1 ball per group
- Encourage a variety of passes, combinations, and movement

Competitions:

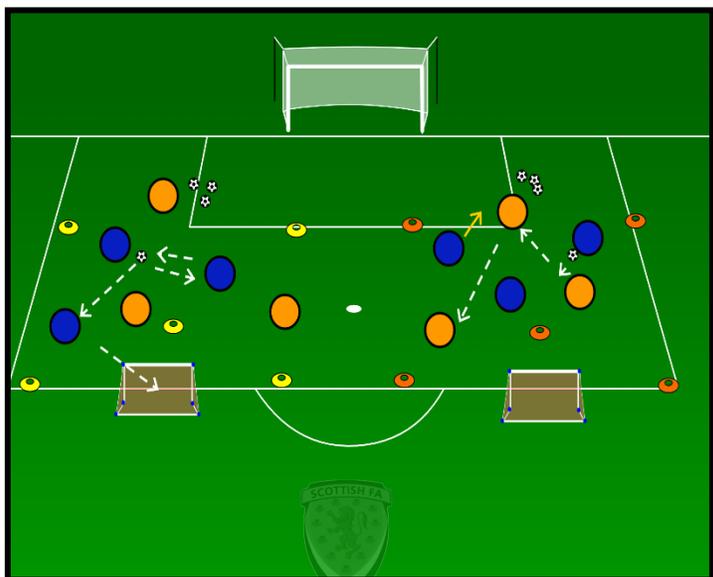
To increase tempo and engagement introduce several competitions between and in the groups.

- First group to complete X amount of passes
- On go, player in possession plays a team mate to create 2v2
2 in possession look to continue to combine to retain
- Progress go, player in possession plays a pass to a teammate and puts immediate pressure creating 3v1 inside the group

Use all your space available and encourage 'chaos' where players consistently need to find passing lanes and space.

Activity One: (20 minutes)

Key is bringing the theme out in small numbers and small group play. Individual technique is vital and using the technique in situations which are translatable to the game



- Ideally 6 Players per square – (7 have a neutral, 8 4v3 + 1)
- 1 ball but have a spare pile for quick reintroduction

The Exercise:

- Small Sided Transition exercise, ideally using a pugg/samba goal, however cones suffice where an instep pass or a dribble through the gate earns the points.

Focus:

- 3v2 inside the square with one player outside as a target player to receive and create counter attacking transition
- Team of 3 attack the goal/gate creating a triangle and moving the ball quickly- focus on backfoot control, quick play, and combinations to possess purposefully and positively.
- When the 2 win the ball, they look to play the end player quickly this initiates transition, closest player of the 3 leaves and a new 3v2 is created.
- Defensive players are not allowed in the triangle at the goal

Competition:

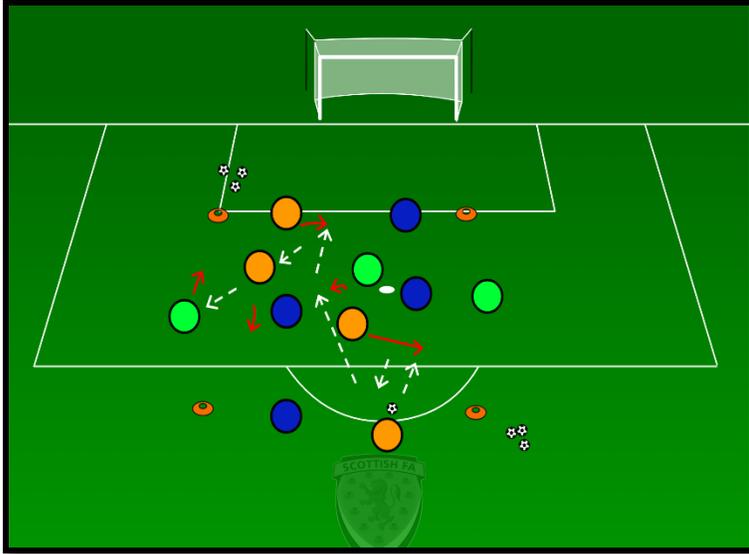
- Provide a purpose. First to 5 for example

Progressive:

- Change opposition team
- A 1-2 pass, and all players receiving a touch before as goal is worth double points.

Activity Two: (20 mins)

Key is bringing the theme out in a game related practice in a larger space and increased numbers. Input constraints and specific conditions to influence player learning. Attempt to provide a clear picture of a scenario player will face during the game.



- Create a square with cones is more comfortable or have the neutral and wall players create a box where play is within that area.
- The 2nd option allows for variation in length and space within the activity.

The Exercise:

- Focus is progressive play between each end player
- Creating angles of support, effective controlling passing technique and movement emphasized.

Competition:

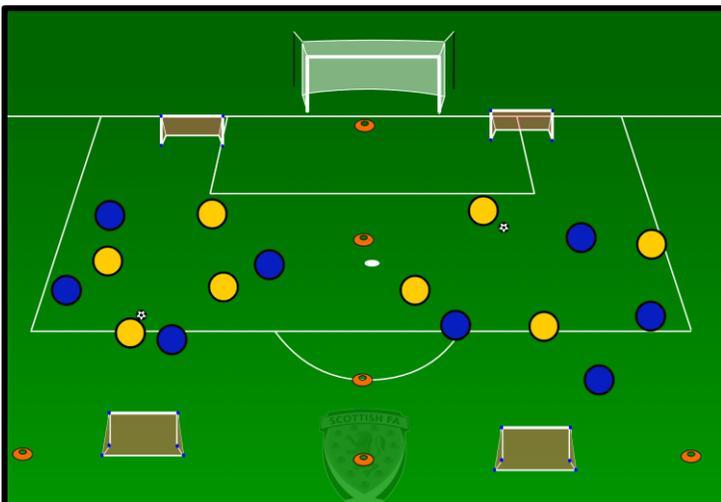
- Place an end goal for the teams playing possession, first to X wins
- A goal is scored when players move the ball from one end player through the midfield to the other
- All greens as pictured are neutral
- End players can play end players without point reward

Progressions:

- Change neutral players
- Place conditions on where the must is moved, i.e a combination in the midfield or a switch of play is needed before a point is earned.
- Limit touches to increase speed and tempo

Final Activity: (20 minutes)

The final activity is small sided games. Maximum 9v9. Place theme-based conditions within the game.



Conditions Include:

- X amount of passes also counts as a goal
- Ball must be built through the thirds
- 3 Touch maximum

Progression:

- Change opposition after 10 minutes