SOUNDERS FC - SEATTLE UNITED

SESSION PLANNER

GAME PHASE & PRINCIPLE:	PROGRESSION: Play in Gaps and Between Lines (Receive to Play Forward)	TEAM:	U10	COACH:		DATE:	

TRAINING OBJECTIVES:

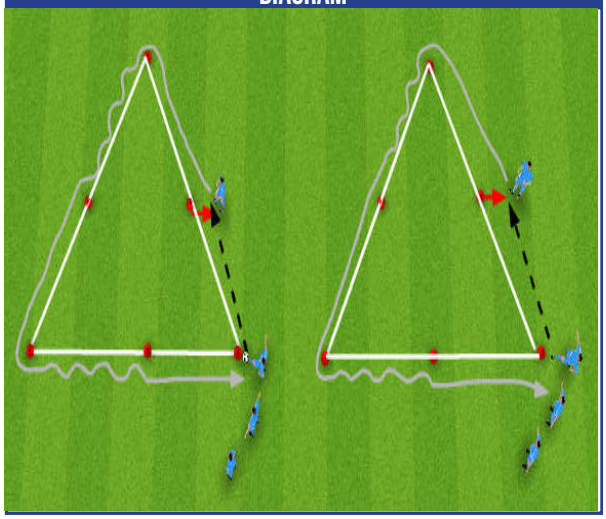
TECHNICAL:	TACTICAL:	MENTAL:	PHYSICAL:
- Improve 1st touch to receive to play forward. - Improve passing technique.	- Improve movement into gaps and between lines of pressure. - Progress the ball by playing through lines.	- Improve communication. - Improve trust.	- Improve coordination and mobility.

EXERCISE 1: Warm Up

WORK TO REST RATIO: 15 mins: 1 min sets.

DIMENSIONS: 15 x 15 x 15 Triangles - set up twice.

DIAGRAM



KEY QUESTIONS

How do you position your body to receive to move forward?

COACHING POINTS

- Movement off of cone to receive.
- Receive sideways on.
- Pass accuracy / select correct surface to pass with.
- Close control and balance when dribbling.
- Change of speed and direction when dribbling.

INSTRUCTIONS/RULES

Set up two working groups.

Player receives a pass and turns and then dribbles around triangle. Perform a different turn around the two points of the triangle, work through:
- Inside cut.
- L-Turn.
- Outside cut.

Players perform different ball manipulation patterns down sides of triangles i.e. inside-outsides, sole rolls etc.

Add in skill move at cone in center of side of triangle i.e. player performs a scissor etc.

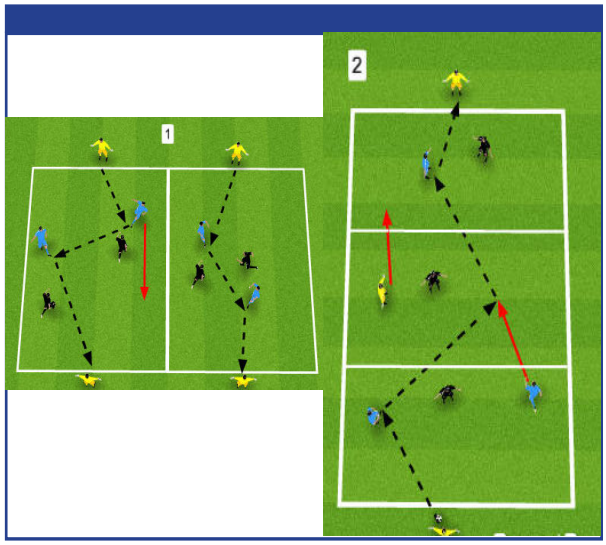
As soon as first player turns around top of triangle the next player goes, so multiple players are working at once.

Rotate directions each set.

EXERCISE 2: Discovery Game

WORK TO REST RATIO: 20 mins: 5 x 3 mins:1 min rest

DIMENSIONS: 1 - 20 x 15 yards.
2 - 30 X 18 yards.



KEY QUESTIONS

What should you do before receiving?

Why is movement away from the ball important?

COACHING POINTS

- Movement to receive pass.
- Body position when receiving to play forward - side ways on, receive on back foot, check shoulder before receiving.
- 1st touch to receive and prepare ball.
- Passing technique: (body position, plant foot, select correct surface, strike back center of ball, firm pass, eye contact.).
- Diagonal passes.
- Movement away from the ball to play through a line.
- Movement into gaps.
- Communication.

INSTRUCTIONS/RULES

Select one of following options based on the groups ability and numbers:

1 - Set up two working groups of 2v2+2 directional rondo. Team in possession get 1 point each time they switch ball from target to target.
Progression: Teams get a bonus point for every split pass.

2 - Field is split into thirds. Set up with 3v3 +Neutrals to targets. (have 1-2 neutrals based on numbers). Team in possession has free movement, team out of possession must have 1 player in each third and are restricted to that third. Team in possession get 1 point every time they switch from target to target. If defending team win possession they must play to a target to be "freed" from being defenders and then the teams switch roles.
Progression: Teams get a bonus point for every split pass.

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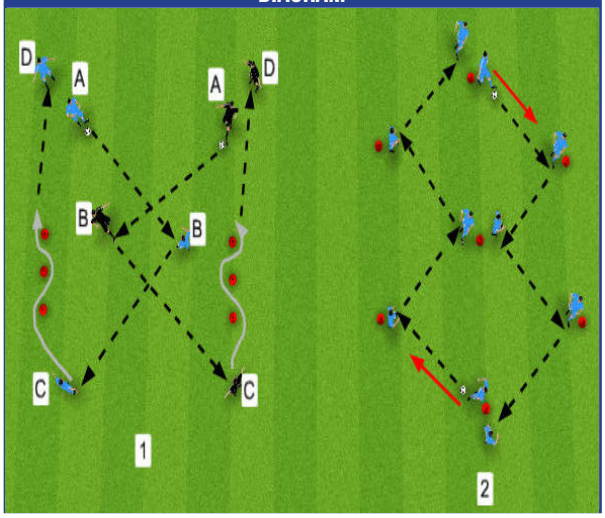
EXERCISE 3: Execution Game

WORK TO REST RATIO: 20 mins: 6 x 2.5 mins:1 min rest

DIMENSIONS: Passing distances approx. 10-15 yards

DIAGRAM



KEY QUESTIONS

- What is important about pass placement to enable receiving player to play forward?

COACHING POINTS

- Movement to receive pass.
- Body position when receiving to play forward - side ways on, receive on back foot, check shoulder before receiving.
- 1st touch to receive and prepare ball.
- Passing technique: (body position, plant foot, select correct surface, strike back center of ball, firm pass, eye contact.).
- Communication.

INSTRUCTIONS/RULES

Select one of following options based on groups ability level:

1 - Lines work simultaneously. A passed to B, who receives and passes to C, who receives and then dribbles through cones and passes to D.
Add competition between lines.

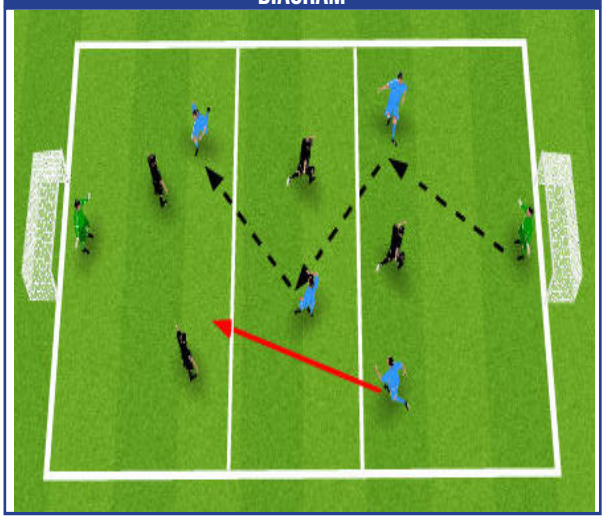
2 - Have two balls start on opposite ends, players make diagonal passes and work ball to opposite end. Players follow pass each time.
Set the group a "time trial" - how many cycles can they make in one set and then have them try to beat their score.

EXERCISE 4: Autonomous Game

WORK TO REST RATIO: 20 mins: 4 x 4 mins: 1 min rest

DIMENSIONS: 45 x 30 yards. Split into 3rds.

DIAGRAM



KEY QUESTIONS

- Why are diagonal passes important when playing forward? (answ. harder to intercept, protects against the counter attack if opponent wins possession)

COACHING POINTS

- Movement to support.
- Receive to be able to pass forward and through lines.
- Side on body position and receive with hips open, receive with back foot.
- Be in a position to be able to see 3 corners of the field.
- Accuracy and weight of pass.
- Pass to enable next player to advance possession.

INSTRUCTIONS/RULES

Set up a 5v5 or 6v6 game including keepers.

Game 1: When a team is not in possession, they play a 2-1-1 with players restricted to the thirds of the field. Team in possession have free movement.

Game 2: If a team can pass the ball through all thirds of the field they get 1 bonus point.

Game 3: Free movement for both teams at all times. Previous bonus point rule applies.

Game 4: Free movement. Every 5 passes = 1 bonus goal.

Restart from GK at all times.

ADDITIONAL NOTES