## SEATTLE UNITED

## Session Planner



| EXERCRE 1: Wemup |  |
| :---: | :---: |
| WORK TO REST RATIO: | 15 mins: $6 \times 2 \mathrm{~min}$ : 30 sec rest |
| DIMENSIONS: | $36 \times 30$ yards. 12 yard central square |
| MSTTMUTIONS/RULES |  |
|  | of area. Ball starts on each corner and Players dribble out to first cone then turn and layer. Work through variations of ball and various turns i.e. inside / outside on was |


| COAGHING POINTS |
| :--- |
| Close ball control. <br> Balance, get low center of gravity. <br> Quality of passing technique and accuracy / 1 st touch out of feet. <br> Communication. <br> Creativity with skill moves. |

KEY QUESTIONS


EXEROISE 2: Exploration Game

## coaching polints

WORK TO REST RATIO:
25 mins: $3 \times 7 \mathrm{~min}$ games : 1 min rest

DIMENSIONS:

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36 \times 30 \text { yards. }
$$



Set up with 3 v 3 (or 4 v 4 ) and two wide support players for each team. Each team attacks two small wide goals. Rotate wide players every 3 mins.
GAME 1: Teams must play to wide target player before scoring.
GAME 2: Players cannot make a square pass - must be diagonal forward or diagonal backward pass.
GAME 3: Free Play


KEY QUESTIONS
What is the importance of placement of pass?


## EXERMSE 4: Aucomomos Came

WORK TO REST RATIO:
25 mins. $4 \times 7$ min games: 1-2 min rest.
$36 \times 30$ yard area.
DIMENSIONS:

## INSTRUCTIONS/RULES

Split field into 6th's. Play 6v6, with 1-2-1-2 (adjust to suit numbers)
GAME 1: Players can't pass square to adjacent square, must go forward or diagonal GK must play out to defensive third. Free movement in possession. When not in possession players must stay in their 3rd of the field.
GAME 2: Free movement for all players, but players still cannot play square pass. Progress to free play for final two games. If ball is progressed through all thirds in lead up to goal, then goal counts double.

## COAGHING POINTS

Movement to get on different line
Avoid "square" passes if possible, look to play diagonally. Movement as ball is traveling Open up on receiving, if marked, then first touch away from pressure.

## KEY quESTIONS

Why are diagonal passes important? (answ. harder to intercept / can play through multiple lines).


