# SEATTLE UNITED
## Session Planner

**PRINCIPLE:** PROGRESSION PHASE: Creation and Use of Space (Long Passing) **TEAM:** U11 **COACH:** **DATE:**

## TRAINING OBJECTIVES:

| TECHNICAL: | TACTICAL: | MENTAL: | PHYSICAL: |
|---|---|---|---|
| DEVELOP LONG PASSING TECHNIQUE | DEVELOP MOVEMENT TO CREATE SPACE AND USE LONG PASSING TO PLAY THROUGH LINES AND EXPLOIT SPACE | TEAM COHESION | MOBILITY. POWER. |

## EXERCISE 1: Warm Up

**WORK TO REST RATIO:** 20 mins total

**DIMENSIONS:** 36x25yards. 12 x 12 central square.

**INSTRUCTIONS/RULES**

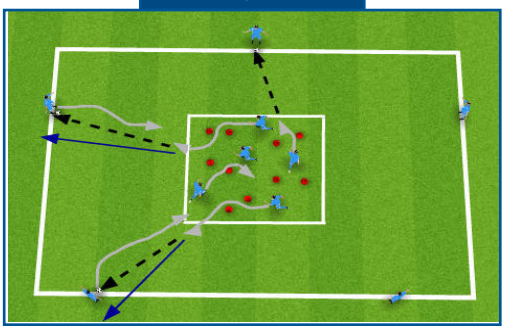
Ball Mastery/Passing - Players pair up with a partner with one ball between two. One player starts on outside of area and one in middle with the ball. Player in middle dribbles through 3 gates then out of square and plays a long or short pass to partner on outside and switches, outside player then dribbles into center and repeats.
Vary type of dribbling in central square i.e. skill moves through the gates / turns at the gate.
Add competition between groups.
Progress: Add defenders in middle square. If they steal ball, switch with pair they won ball from.

**COACHING POINTS**

CLOSE CONTROL WHEN DRIBBLING.
LOW CENTER OF GRAVITY, CHANGE OF DIRECTION.
QUALITY OF SHORT AND LONG PASSING TECHNIQUE, USE DIFFERENT SURFACES.
QUALITY OF 1ST TOUCH.

**KEY QUESTIONS**

**DIAGRAM**



## EXERCISE 2: Exploration Game

**WORK TO REST RATIO:** 24 mins: 4 x 4 mins: 2 min rest

**DIMENSIONS:** 48x24 yards (with 8 yard central channel)

**INSTRUCTIONS/RULES**

Split into three teams. -teams of 3 or 4 etc. Central team start by sending one defender to win possession. Team score a point by playing pass through central channel to opposite side. If central team intercept they get 1 point and play to opposite side, and then switch with team who lost possession.
Games 1 and 2: Defending team can only send 1 defender, passes must be below hip height.
Game 3 and 4: Defending team can send as many defenders as they want and passes can be in the air but must be controlled by opposite team.

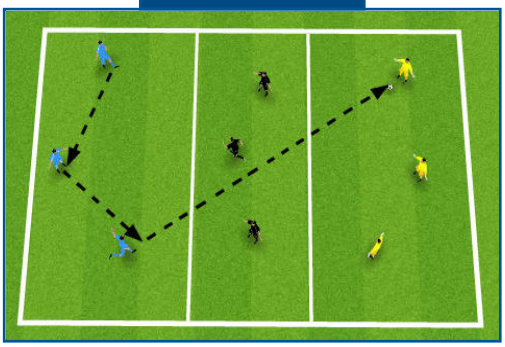
**COACHING POINTS**

- 1ST LOOK FORWARD TO PLAY THROUGH LINES.
- AWARNESS OF SPACE TO PLAY LONG PASS.
- PASSING TECHNIQUE - DECISION ON TECHNIQUE AND QUALITY OF EXECUTION I.E. DRIVEN PASS / LOFTED PASS.
- MOVEMENT TO CREATE SPACE, OPEN UP PASSING LANE, AND MOVEMENT TO PROVIDE LONG PASSING OPTION.
- WIDTH AND DEPTH.

**KEY QUESTIONS**

What are visual cues to tell you long pass is available?

**DIAGRAM**



## EXERCISE 3: Exploration Game

**WORK TO REST RATIO:** 21 mins. 3 x 5 mins: 2 min rest.

**DIMENSIONS:** 48 x 35 yards

**INSTRUCTIONS/RULES**

Play 5v5 or 5v5+2 Neutral (adjust. to suit) Set up with 4 4x4 yard boxes in corners of area and a 5x5 triangle in center.
Game 1: Teams score a point by teammate receiving a pass in any square or through central triangle.
Game 2: Teams score by switching ball from one square to another, can be done in multiple passes, or by playing through central triangle.
Game 3: Teams score by connecting a pass in all 4 squares in one possession.

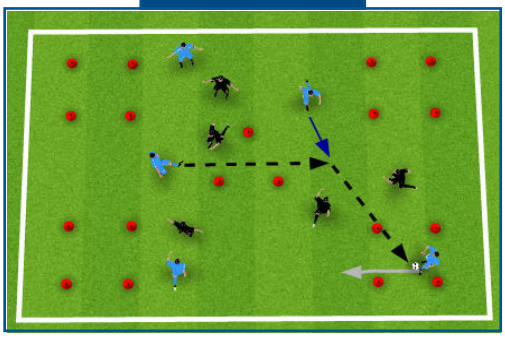
**COACHING POINTS**

- MOVEMENT AWAY FROM BALL TO CREATE SPACE. WIDTH AND DEPTH.
- EXECUTION OF PASSING TECHNIQUE - DRIVEN, LOFTED.
- SHORT PASSES TO DRAW IN PRESSURE AND CREATE SPACE.
- PLAY THROUGH LINES AND GAPS.
- MOVEMENT ON DIFFERENT LINES / DIAGONAL MOVEMENT.
- MOVEMENT TO SUPPORT AFTER LONG PASS.

**KEY QUESTIONS**

Why is movement away from the ball important?

**DIAGRAM**



## EXERCISE 4: Autonomous Game

**WORK TO REST RATIO:** 24 mins: 3 x 6 mins:2 min rest

**DIMENSIONS:** 36 x 25 yards.

**INSTRUCTIONS/RULES**

Play 5v5 or 6v6 with 2 target bounce players for each team and 2v2 or 3v3 on the field.
Teams can play pass into bounce players and receive back and score, or score freely. Rotate center players every 3 mins
Play final set with open movement 5v5 or 6v6 free play with no bounce players.

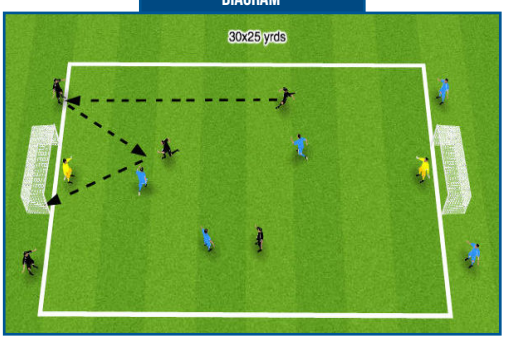
**COACHING POINTS**

- MOVEMENT TO CREATE SPACE, MOVEMENT ON DIFFERENT LINES.
- DECISION ON WHEN TO PASS LONG - READ THE VISUAL CUES.
- BE CALM IN POSSESSION, DON'T FORCE LONG PASS IF THERE ISN'T A PASSING LANE OR SUPPORT.
- MOVEMENT TO SUPPORT RECEIVER OF LONG PASS.
- EXECUTION OF TECHNIQUE - QUALITY AND CHOICE OF TECHNIQUE FOR LONG PASS.

**KEY QUESTIONS**

When to play driven pass vs lofted pass?

**DIAGRAM**




DESIGNER : MICHAEL MORRIS. PROPERTY OF SOUNDERS FC. ANY AND ALL REPURPOSING OF THIS FORM MUST COME WITH WRITTEN CONSENT OF THE PRODUCER.