

## YES SESSION PLANNER



<b>Age Group-</b>	<b>13+</b>	<b>Equipment Needs-</b>	<b>Cones</b>
<b>Ability Level-</b>	<b>Competitive</b>		<b>Pinnies</b>
			<b>Goals</b>



Objective of the Practice Session-		Creating space as a team		
	Outline & Progressions	Coaching Points	Organizational Diagram	
<b>WARM-UP/ ACTIVATOR</b>	<p>7 plays to 8 who receives on the back foot. He plays to 11. Everyone follows their pass. 7 will then be in the square. 6 passes to 7 who then plays on to 10.</p> <p><b>Progressions</b></p> <p>8 checks outside the box and receives on an angle and play in to 11.</p> <p>7 plays to 8 who sets moves out the way and 7 plays to 11.</p> <p>7 plays to 8 who sets. and moves out of the way. 7 plays to 11. 11 plays 1-2 with 8.</p>	<p>Quick movement of the ball at all time</p> <p>Turning with the ball using all parts of the foot. First touch across body, open up</p> <p>Communication</p> <p>Eventually lead to decisions being made by the players</p>		<b>20</b>
<b>TECHNICAL DEVELOPMENT/ SKILL BUILDING</b>	<p>Play starts from a GK who plays to one of the attacking wide players;</p> <ul style="list-style-type: none"> <li>• The attacker drives inside to create a 3 v 2 overload</li> <li>• The defending players can move once the attacking team is in possession</li> <li>• Add in recovery defender from opposite wide group to create 3 v 3</li> </ul> <p>Can the targetman look after possession and use his body the create openings</p>	<p>Break / recover quickly</p> <ul style="list-style-type: none"> <li>• Compact defending / Pressure on the ball / Cover &amp; Support</li> <li>• Counters quick and direct</li> <li>• Type of support for strikers / quick combination</li> <li>• Angles and distances to ensure defenders can swing across quickly if ball transferred;</li> <li>• Communication;</li> </ul> <p>Do the front players look after the ball and keep possession?</p>		<b>20</b>

	<p><b>Ball is transferred from position 1 to 8 in sequence, before being returned to position 1. Another ball is also started at position 5. Add another ball to add intensity to the practice.</b></p> <p><b>Everyone follows their pass</b></p> <p><b>Progressions</b></p> <p><b>Add in a central midfielder player (middle cones), the first centre-back to get the ball plays it to the midfielder, who then plays to the second centre-back</b></p>	<p><b>Receive on the back foot....pass needs to be played to back foot of the receiver. - Open out your body to receive and 1st touch out of feet. Make an angle to receive the ball, opposite movement. - Check your shoulder - Transfer the ball quickly</b></p> <ul style="list-style-type: none"> <li>- Wide player threaten forward to then check and get it to feet</li> <li>- Centre-backs drop off to receive the ball</li> <li>- When midfielder is added, use opposite movement to receive</li> <li>- Midfielder open body in case you can play forward</li> <li>- Option for centre-back to „step in□ and play to CM off outside of foot as pressure us coming from inside (e.g. opposing CF has cut off area between 2 and 3)</li> </ul>		<p><b>20</b></p>
<p><b>CONDITIONED GAMES/ SMALL SIDED GAMES</b></p>	<p><b>Normal game with condition that you must play out to both floaters before you can score. Only floaters allowed in the channels</b></p> <ul style="list-style-type: none"> <li>-Floaters have two touches only</li> <li>- Change floaters at set time intervals</li> <li>- Progress to taking floaters out and normal game but still encouraging switch of play</li> </ul>	<ul style="list-style-type: none"> <li>- Defenders drop off to get the ball and transfer play, also create space for CM</li> <li>- CM's opposite movement to get on the ball, go forward to check back and receive</li> <li>- Get the ball wide early, that is the aim so do it quickly</li> <li>- Check shoulder before receiving</li> <li>- CM choose whether to protect with body as you turn out or be faced up, if faced up then may be able to play CF, depends on pressuring defender</li> </ul>		<p><b>25</b></p>
<p><b>WARM-DOWN</b></p>	<p><b>Players write their names with dynamic movements.</b></p> <p><b>Recap</b></p>			<p><b>5</b></p>

**Coach: Andrew Stockton**

**Date: 09/10/2013**

**Location: Colchester**