


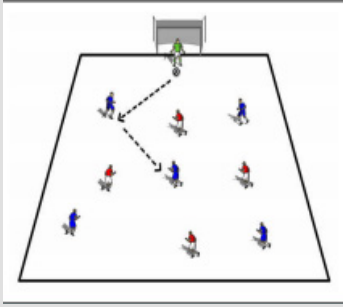
## YES SESSION PLANNER



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



Objective of the Practice Session-		‘Passing as a team’		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Simple game of possession to get players warmed up. 15x15 square.</p> <p>Count passes in succession, award extra point(s) for any through ball that split the 2 defenders. Defenders must win or disturb 3 possessions to get out – any through ball regains the possession group with 1 extra possession</p>	<ul style="list-style-type: none"> <li>· Possession team must play quick in tight area with good touch</li> <li>· Anticipate the next pass, be creative and deceptive, use a variety of touches and feints – seek out best option</li> <li>· Defenders must apply pressure to the ball and support the pressure</li> <li>· Constant communication between the 2 and shifting of positions relative to the ball</li> <li>· If the defence plays flat, a through ball can beat them, thus, it is 1 player up and player 1 off</li> </ul>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Set up four grids (numbered)</p> <p>Players start in one grid and play an overload of possession i.e. 6 v 2.</p> <p>When coach shouts number square must look to move ball to that square whilst maintaining possession.</p> <p>Change middle players once regain possession</p> <p>Start with unlimited touches then look to progress and add conditions</p> <p>If they hit target number of passes player remains in. Same with a nutmeg etc / split etc.</p>	<p>Keep heads moving at all times look to and move into space. Identify when coach is shouting.</p> <p>Good body shape, moving ball out of tracks.</p> <p>Don't be static, constantly on toes.</p> <p>Encourage defender to work hard.</p>		20

<b>CONDITIONED GAMES/ SMALL SIDED GAMES</b>	<p><b>Create 3 teams of 4</b></p> <p>2 play in the middle, 1 in the corners.</p> <p>1 goalkeeper.</p> <p>Create a centre box for the goalkeeper.</p> <p>The objective is to score as many points as you can</p> <p>1pt for a pass into a corner, 3 for a goal. (4 sides of centre square is the goal)</p> <p>Make it either a shot or pass through the cones without the goalkeeper touching the ball</p>	<p><b>Use all 4 corners of the square</b></p> <p>When they have created space then look to score through the middle (work from outside to in)</p> <p>Keep the ball moving, don't force the pass</p> <p>Limitations can be set on touches etc.</p>		<b>20</b>
	<p>2 teams, 1 goal.</p> <p>Both teams trying to score. Team that scores first becomes defenders and look to play possession (essentially 1 up game)</p> <p>Introduce an overload removing the player who gives up possession</p> <p>Freeze players to create 1v1</p>	<p>Retain possession and look to move up the field as quick and as far as possible.</p> <p>When losing possession look to re-organise back into defensive shape as possible.</p> <p>Look to drive into space, get shots off. Intricate play in and around the edge of the area.</p> <p>Opportunity to work on shape.</p>		<b>25</b>
	<p><b>WARM-DOWN</b></p> <p>Light movements with balls at feet exchange small passes. Stretches.</p>			<b>5</b>

**Coach: Andrew Stockton**

**Date: 09/16/2013**

**Location: Colchester**