

## YES SESSION PLANNER



<b>Age Group-</b>	<b>9-12</b>	<b>Equipment Needs-</b>	<b>Cones</b> <b>Pinnies</b> <b>Goals</b>
<b>Ability Level-</b>	<b>Competitive</b>		



Objective of the Practice Session-		'Passing and ball control'		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<b>WARM-UP/ ACTIVATOR</b>	<p>12 players (Area size dependent on ability and age)</p> <p>4 players in the middle of the square and 2 players in each corner.</p> <p>The player in the corner plays into the middle, follows pass around the outside of the square, receives pass back and then moves ball to player at the next cone. Repeat sequence. Change players in the middle regularly.</p>	<p>Quick exchange of the ball quality passing</p> <p>Communication</p> <p>Explosive running off the ball</p>		20
<b>TECHNICAL DEVELOPMENT/ SKILL BUILDING</b>	<p>4 x 15 yard boxes</p> <p>2 teams</p> <p>2 support players (red) can move to create 3v1 in that box</p> <p>The ball cannot leave the square until team makes certain amount of passes or before both support players arrive in the box.</p> <p>The objective for the players who are not in possession is to move and make space</p>	<p>Pass with pace (fast and crisp)</p> <p>Disguise (Hidden passes)</p> <p>Movement to create space</p> <p>Soft touches in tight areas</p> <p>Ball manipulation to protect ball, escape pressure</p> <p>Try 1 or 2 touches</p>		20

