

YES SESSION PLANNER



Age Group-	13+	Equipment Needs-	Cones Pinnies Goals
Ability Level-	Competitive		



Objective of the Practice Session-		'Passing and ball control'		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>2 teams and 2 balls working at the same time (one for each team). The player passing into the centre comes in and the player passing out goes out.</p> <p>Introduce a number of passes between middle players.</p> <p>Variation of passes to test touches.</p>	<p>The aim is to receive the ball with your back to play, quickly turn and dribble out.</p> <p>Fast ball movement, creating angles.</p>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>2 teams of players. Each team nominate 3 players to go into the pitch.</p> <p>The remaining players go on the outside.</p> <p>The aim of this game is to pass out to a team mate and then go out with the team mate now dribbling into the game.</p> <p>Progressions:</p> <p>Create overload as player who passes outside stays in.</p> <p>Don't switch player on pass makes inside player work hard to find space and angles.</p>	<p>Fast movement of both player and ball.</p> <p>Communication defensively as a 3.</p> <p>Players on outside on toes.</p> <p>Range of passing & quality of first touch.</p>		20

	<p>A group of players start at the bottom cone. On the other cones 1 player stands on each. The set up is defenders passing into midfield, then forward into a strikers run. 1. Defender plays ball into midfield player who lays it back. Striker makes a run inside the cone and spins in behind. Defender plays through ball. 2. Same set up as diagram. Only this time striker comes short and spins on near side. 3. Defender plays ball to second striker who lays ball off to midfield player. Main striker makes the same run and spins in behind the cone. 4. Same set up as diagram. Only this time striker comes short and spins on the near side.</p>	<p>Weight and accuracy of the pass. Quality of the run. Look for off sides. Everyone moves on one station. Variation of the run.</p>		<p>20</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">CONDITIONED GAMES/ SMALL SIDED GAMES</p>	<p>In this game 3 even numbered teams play to 2 goals with keeper in 3 zones. Team 1 will attack, team 2 will defend and team 3 will be waiting. Team 1 attacks team 2 – should team 2 win the ball, they must clear out of the back zone into the middle zone with ball possession. They can then regroup and build an attack vs. team 3 at the opposite end of the field. If an attacking team scores, they keep the ball and attack the third team</p>	<p>Value the possession – get a good shape and keep the ball Look for chances to score When possession is lost, immediately transition into defence. Once the ball is in the middle zone, under pressure play stops Remain patient.</p>		<p>25</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WARM-DOWN</p>	<p>Light movements Pass and stop. Find another ball.</p>			<p>5</p>

Coach: Andrew Stockton

Date: 09/23/2013

Location: Colchester

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