

YES SESSION PLANNER



Age Group-	U10 Girls Travel	Equipment Needs-	Cones, bibs, balls
Ability Level-	Travel		



Objective of the Practice Session-		Possession		
Outline & Progressions		Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Pass and move square -with middle square – enter and change direction</p> <p>-on the floor -in the air -headers/volleys/chest -1-2s -pass and follow</p>	<p>-ball on the floor – weighting and accuracy of pass -workers should be able to turn on the ball – awareness -communication for 1-2s cushion the ball for controlling out of the air</p>		15 mins
	<p>Possession 2 x 3v3+3</p> <p>Each grid contains 3 teams One team defends and the others work together Rotate around</p>	<p>Defending as a unit – pressure and cover (nearest to the ball goes to pressure, can the others cut off passing options Communication – (time/turn) and where to play (wide/left/right) Attacking players working together – create triangles Off the ball movement First to the ball</p>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Possession 6v6+6</p> <p>3 Teams – 2 teams work together = 12 v 6 on full field</p> <p>Add competition – however many passes the team concedes against them is their score – lowest score wins.</p>	<p>Attacking team needs to maintain some shape/spread the play across the whole field Defending team – pressure, cover, depth – player nearest the ball pressures (patience! Don't dive in)</p>		20
	<p>6v6 + 6 play 6 v 6 with no goal keepers and wall players Wall players play off 1 touch if possible</p>	<p>-trying to encourage retaining possession -switching play/playing wide -can we play combinations off the wall players?</p>		20
WARM-DOWN	<p>Jogging as a team, static stretching</p>			

Coach: Brendon Willey

Location:SYSO