



Description

Stage 1 (simple): 3v1 (15 mins)

SESSION OBJECTIVE

Focus on emptying and filling space. Always presenting options right, left, middle, and deep.

TEAM FUNCTION

Attacking

AREA OF THE FIELD

n/a

ORGANIZATION

7x7 or 6x6 grids. 4 or 5 players. 3v1 or 4v1. Team in possession must look to connect 6 passes for a goal.

MANAGING THE OPPOSITION

No tackling. Prevent penetrating passes.

TEAM TACTICAL PRINCIPLES

Width and depth

Play forward when possible

Player interchange

COACHING POINTS

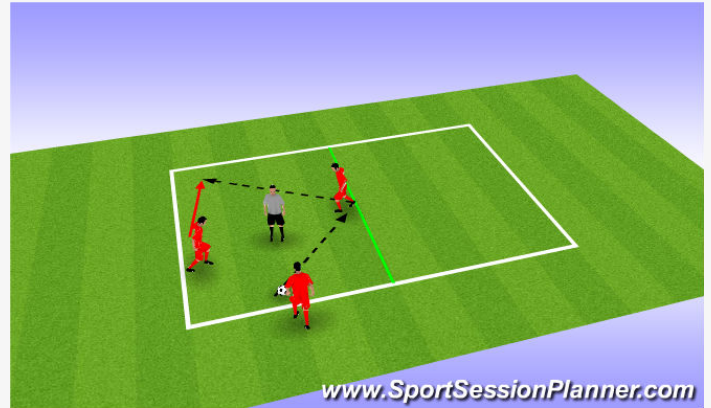
Be proactive: head up

Fill the gaps (empty and fill)

Timing of movement

3 second rule - adjust after each pass

Angles and distance of support



Stage 1 (advanced): 3v1+1 rondo

SESSION OBJECTIVE

Focus on emptying and filling space. Always presenting options right, left, middle, and deep.

TEAM FUNCTION

Attacking

AREA OF THE FIELD

n/a

ORGANIZATION

Two 7x7 or 6x6 grids. 5 or 6 players. 3v1+1 (5 players) or 4v1+1 (6 players). Team in possession must look to connect 5 passes before they can transfer into the next grid. 2 transfers equal a goal.

Progressions:

- limited touches

- target player must transition to other grid on transfer (encourages more movement)

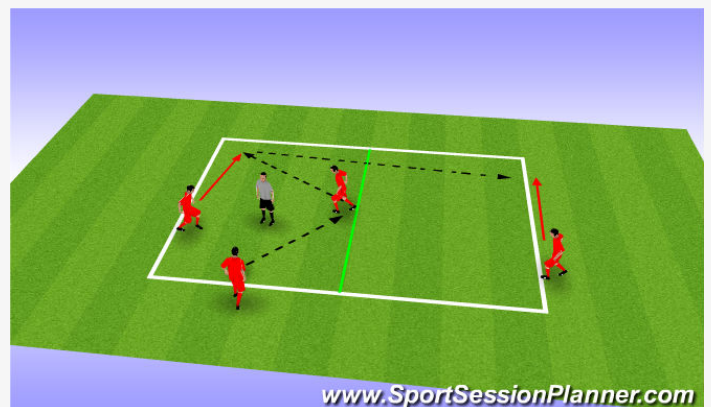
- add another defender in opposite grid

MANAGING THE OPPOSITION

No tackling. Prevent penetrating passes.

TEAM TACTICAL PRINCIPLES

Width and depth



Play forward when possible
Player interchange

COACHING POINTS

Be proactive: head up
Fill the gaps (empty and fill)
Timing of movement
3 second rule - never in 1 spot for more than 3 seconds; adjust after each pass
Angles and distance of support

Stage 2: Box in Box Passing Pattern (20 mins)

SESSION OBJECTIVE

Focus on emptying and filling space. Always presenting options right, left, middle, and deep.

TEAM FUNCTION

Attacking

AREA OF THE FIELD

n/a

ORGANIZATION

30x30 grid with a 12x12 on the inside. Adjust size of grids based on age/ability. 8 players minimum. Pass and follow your pass.

Progressions:

- 1 touch in small grid with / 2 touches in big grid
- 1 touch all the way through
- add combinations / 1-2s (wall pass)
- introduce another ball (up to 3) to increase tempo and concentration

MANAGING THE OPPOSITION

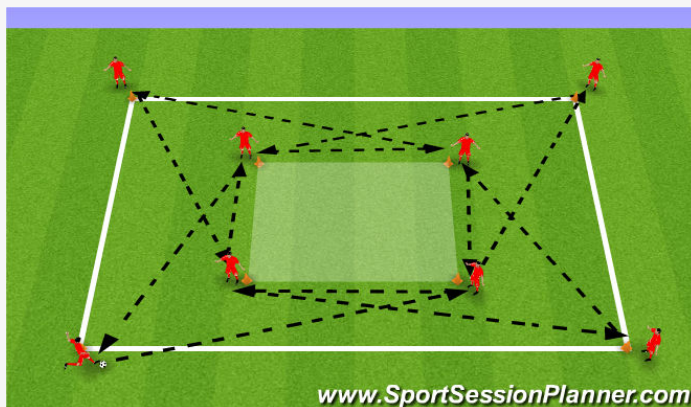
n/a

TEAM TACTICAL PRINCIPLES

Width and depth
Play forward when possible
Player interchange

COACHING POINTS

Be proactive: head up
Fill the gaps (empty and fill)
Timing of movement
3 second rule - adjust after each pass
Angles and distance of support



Stage 3: 3v1 to 6v3 (25 mins)

SESSION OBJECTIVE

Focus on emptying and filling space. Always presenting options right, left, middle, and deep.

TEAM FUNCTION

Attacking

AREA OF THE FIELD

n/a

ORGANIZATION

10x10 inside of a 25x25 grid. 3v1 in smaller grid. 6v3 in bigger grid. 3v1 rondo to start in small grid. Once defender in small grid wins the ball, he looks to play with players on the outside and game becomes 6v3. Team in possession must look to connect 8 passes for a goal.



MANAGING THE OPPOSITION

No tackling. Prevent penetrating passes.

TEAM TACTICAL PRINCIPLES

Width and depth
Play forward when possible
Player interchange

COACHING POINTS

Be proactive: head up
Fill the gaps (empty and fill)
Timing of movement
3 second rule - adjust after each pass
Angles and distance of support

Stage 4: Final Game (20 mins)

SESSION OBJECTIVE

Focus on emptying and filling space. Always presenting options right, left, middle, and deep.

TEAM FUNCTION

Attacking

ORGANIZATION

4v4+1/5v5 using build out lines/ kick ins to restart play

MANAGING THE OPPOSITION

No tackling. Prevent penetrating passes.

TEAM TACTICAL PRINCIPLES

Width and depth
Play forward when possible
Player interchange

COACHING POINTS

Be proactive: head up
Fill the gaps (empty and fill)
Timing of movement
3 second rule - adjust after each pass
Angles and distance of support

