



Description

Session Objective

- Improve players ability to prevent opponents from turning and facing forward when receiving a pass.

Recognition Game (10 mins)

Organisation

- 30m x 20m area
- Balls
- Bibs
- Goals

Explanation

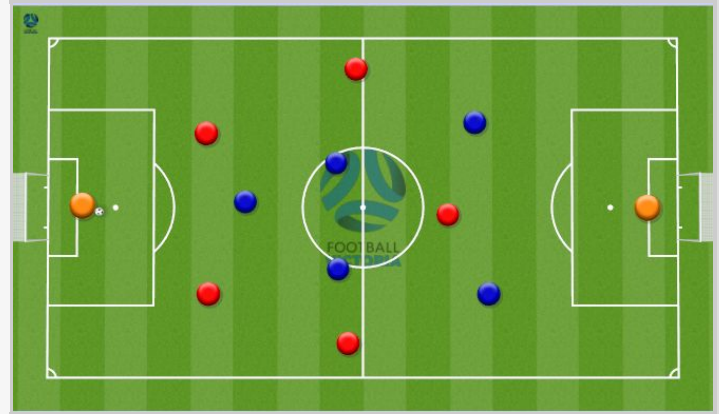
- 6v6 game (plus GK)
- Free game - normal football rules

Progressions

- Introduce a rule after 2 minutes
 - Partner up players from each team, can only be tackled by direct opponent

Coaching Points

- Observe behaviour
- Find 1 moment where a defender has allowed their direct opponent to turn, face forward and play forward or score
 - Freeze the play and speak about how we can stop attacker from facing forward



1v1 Isolation (15 mins)

Organisation

- 15m long x 10m wide
- Balls
- Cones

Explanation

- Set up 3 grids with minimum 3-4 players in each
- Put cones in positions as shown (yellow) for starting position of attacking player
- 1 player at top of the grid to start with ball, 1 attacker starting inside grid on line with cones, 1 defender starts at the bottom
- Game starts as player plays pass, defender can step off the line to create a 1v1
- Objective for attacking player is to receive the pass and beat the defender in a 1v1 by dribbling over end line
- Objective for defending player is to prevent attacker from getting over end line, potentially win the ball



Progressions

- Create a scoring system
 - 1 point if attacker gets the ball over end line
 - 2 points if defender wins the ball and dribbles over opposite line

Coaching Points

- **Pass quality** to play the ball quickly and accurately to the attacker
- Attacker to **receive facing forward** if possible
- **Anticipation** ready to step towards the attacker as the ball is played
- **Close down space** and **prevent attacker from facing forward**
- Once attacker is facing backward, keep your **arm outstretched** to prevent them from turning
- As you get close, find a moment to **win the ball** with your **front foot**

3v3 (20 mins)

Organisation

- 2x pitches 20m long x 15m wide
- Balls
- Bibs
- Goals

Explanation

- Grid split into 4 zones (as shown)
- Players set up in 1-2 shape in respective zones (as shown)
- 1 attacker and defender from each zone is allowed to step one grid in front to support attack or apply pressure to opponent
- Objective for attacking team is to get the ball to their 2 players in middle zone to create 2v1 and score against 1 defender
- Objective for defending team is to prevent attackers from turning and facing forward when receiving a forward pass
- If you score in the goal, get the ball back
- Offsides apply

Progressions

- Take zones away and play a free game (3v3) in same area

Coaching Points

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- **Pass quality** to play the ball quickly and accurately to the attacker
- Attacker to **receive facing forward** if possible
- **Anticipation** ready to step towards the attacker as the ball is played
- **Close down space** and **prevent attacker from facing forward**
- Once attacker is facing backward, keep your **arm outstretched** to prevent them from turning
- As you get close, find a moment to **win the ball** with your **front foot**



Game (15 mins)

Organisation

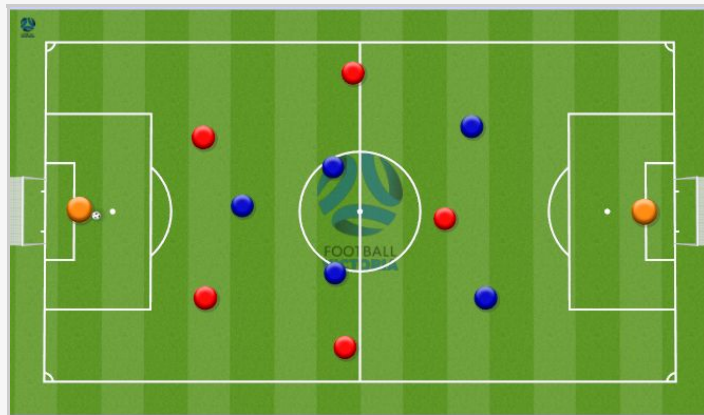
- 30m x 20m area
- Balls
- Bibs
- Goals

Explanation

- 6v6 game (plus GK)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Coach on the run



Coaching Practice Review and Reflection

Session Evaluation:

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Coach Reflection:

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