



Description

Session Objective

- Improve players' ability to win the ball back from an opponent.

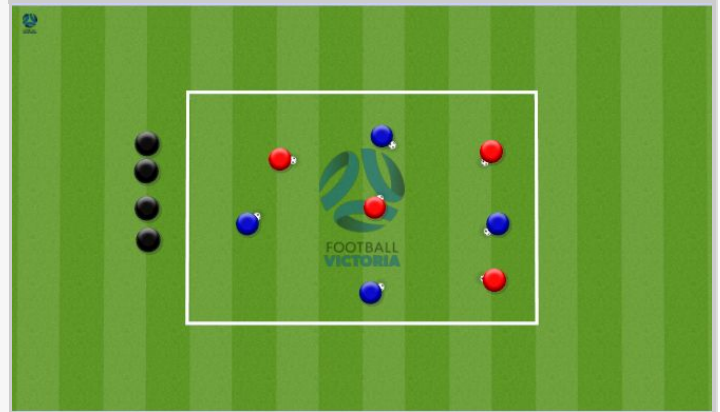
Part 1 (10 mins)

Organisation

- 20m x 20m area
- All players split into 3 teams
- Balls
- Bibs

Explanation

- Start with 2 teams in the middle of the area (red and blue), each player from those 2 teams with their own ball
- Start with 1 team on the outside of the area (black) without a ball
- On the coaches call, the team on the outside (black) enters the grid to win as many balls as they possibly can from the blue and red teams
- Each defender individually counts the number of balls they win and kick out of the area (add them up)
- 1 minute rounds, rotate the team that defends every 1 minute



Progressions

- 1-2 balls per team (instead of 1 per player)
- Make it a fluid game
 - If you win the ball, you retain it
 - Team that has the most balls at the end of the game wins

Coaching Points

- Apply pressure to an opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on**
- **Approach attacker on an angle** that forces them into an area
- Wait for a **trigger to win the ball** (hesitation, poor touch, poor body shape) with your **front foot** (avoid square body shape)

Part 2 (10 mins)

Organisation

- 3x 16m (long) x 8m (wide) grids - split these into 2 halves (pictured)
- All players
- Balls
- Mini goals (if you have them)

Explanation

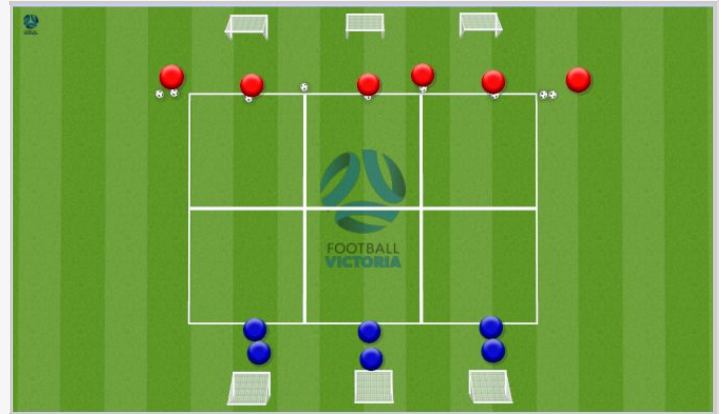
- Set up 4 players in each grid (2 at each end)
- Defender plays the pass into the attacker, they both enter the grid to make 1v1
- Attacker is trying to get over the defender's end line before scoring in the mini goal (if you don't have mini goals you could just run over the line)
- Defender is trying to win the ball from the attacker, and score in the opposite goal
- Swap roles after each turn and go to back of the opposite line

Progressions

- Introduce a scoring system once players get the hang of the game
 - **1 point** if the attacker runs over the end line and scores in the goal
 - **2 points** if the defender wins the ball and scores in the opposite goal
 - **3 points** if the defender wins the ball in their **attacking half** and scores in the opposite goal (encourages immediate pressure on the ball)

Coaching Points

- Apply pressure to an opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on**
- **Approach attacker on an angle** that forces them into an area
- Wait for a **trigger to win the ball** (hesitation, poor touch, poor body shape) with your **front foot** (avoid square body shape)



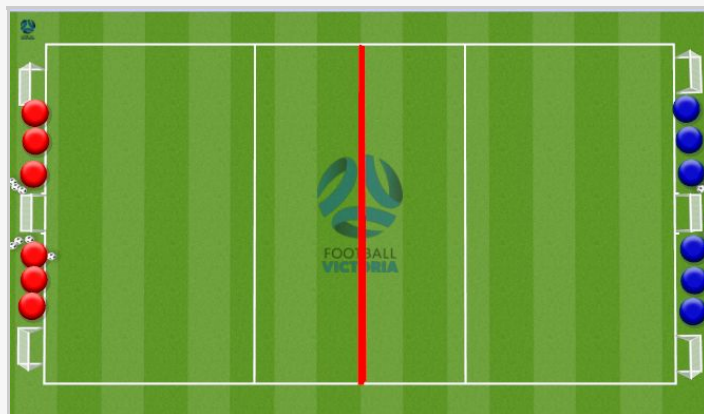
Part 3 (15 mins)

Organisation

- 20m (long) x 15m (wide) area - split into 2 halves
- All players - 2 teams of 6
- Balls
- Bibs
- Mini goals if you have them

Explanation

- Teams start behind their defensive line
- 3 players from each team enter the grid (attacking team enters the ball by dribbling in) to make a 3v3
- Attacking team is trying to score in any of the mini goals at the opposite end
- Defending team is trying to win the ball and score in any of the mini goals at the opposite end
- Attacking team immediately defends after attacking play breaks down
- Defending team leaves the field and goes behind their goal after play ends



Scoring Method

-
- **1 point** if the attacking team scores in the goal
- **2 points** if the defender wins the ball and scores in the opposite goal
- **3 points** if the defender wins the ball in their **attacking half** and scores in the opposite goal (encourages immediate pressure on the ball)

Coaching Points

-
- Apply pressure to an opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on**
- **Approach attacker on an angle** that forces them into an area
- Wait for a **trigger to win the ball** (hesitation, poor touch, poor body shape) with your **front foot** (avoid square body shape)

Part 4 (15 mins)

Organisation

- 30m x 20m area
- All players

Explanation

- 6v6 game (including GKs if you have them)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Let the kids play

