



HURLSTONE PARK
WANDERERS FC

Session Plan



Topic (Session Objective)	Attacking Play - (BP) Individual skill to create scoring chances / convert scoring chances.				Comments and Evaluation
Date / Team					
S.E.T.U.P	Balls	Bibs	Markers	Players	
	6	3 colours	20	12	
Warm up / Passing Exercise		Players in Game positions - #3->#6->#9 who bounces to #10 to shoot. Start with chipping ball into keeper. Gradually increase speed and shooting power. Variation #9 can turn and shoot.			Coach Turn/man-on. Comms Movement off ball. Pass speed and precision
Positioning Game (5v4)		Grid 30x30 (2 groups of outfield players) (#6,8,10,9) v 4 others. 5 yellow keep possession against 4 orange. Players in positions with #10 in the middle. Provide 4 options. When Orange win ball they pass back to their keeper. Yellow loses ball out of grid, then start with orange.			Movement off ball, stay out of corners, comms.
Game Training		2 grids, penalty box wide x 40m. Players stay in their GRIDS, Yellow can dribble into Grid B, or use #9 as bouncer to create a 2v1. If defenders win ball they score in their two small goals. Start from Yellow #3.			Stay in Grid, looking to overload number, offside applies.
Training Game (5v5)		Same size field as Game Training, big goal.. Normal rules. Yellow #3,6,8,10,9 Orange #3,4,10,6,8.			Add Third orange into Grid A, Yellow#3 can now assist.

C.H.A.N.G.E. I.T