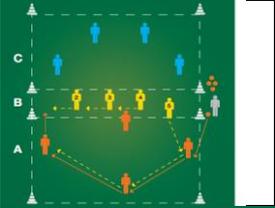




# Session Plan



Topic (Session Objective)	Defending and Recapturing - BPO -> BP Winning the ball back.				Comments and Evaluation
Date / Team					Transition into BP positions. Quick fwd passing, Quick fwd movement. Make field as big as possible.
S.E.T.U.P	Balls	Bibs	Markers	Players	
	6	3 colours.	20	13	
Warm up / Passing Exercise	 <p>Two Grids A/B. 3 colour sets of cones. Blue cones width of Penalty Box. #2,3,4,5 position themselves btw the BLUE cones and equi-distant. When ball is with 11, all be btw the Red codes, when ball at 7 then all btw yellow cones. When ball goes back they come forward.</p>				High ball speed, Accurate passing, Quick change of direction Change defenders often.
Positioning Game 2 Grids 15 meters wide, 10 m long 3 teams of 4.	 <p>3 teams of 4, in 3 grids. Coach serves to Grid A, and one player from Grid B goes in to get the ball. Players in A, need to get the ball, pass the players in B, to Grid C. If they do, then another player from Grid B goes into Grid C, and the original Grid B player returns to his grid. When ball is won, grids change.</p>				Encourage attackers to play the killer pass. Encourage defenders to close down passing lanes, and make the field smaller.
Game Training (7v5) Y#1,2,3,4,5, O#1,6,8,10,7,9,11 Start with O#1	 <p>Orange trying to score using combination play, individual actions or runs off the ball. Yellow working as a zone defence (ball orientated defending, pressing the ball carrier)</p>				Keep relative distances. Cover each other. Press the ball if you can get close to it. Drop as a UNIT if ball gets in behind.
Training Game	Continue game training, but in a training game. Yellow score by getting ball into the hands of Orange keeper.				Move up if the attackers play the ball backwards. Communicate and coach each other.

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