
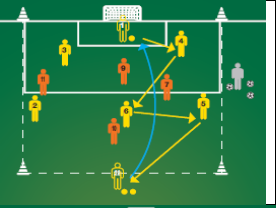






Session Plan



| Topic (Session Objective) | Distubing and Pressing - BPO Practice what to do when we don't have the ball.. | | | | Comments and Evaluation |
|--|--|------------|---------|---------|---|
| Date / Team | | | | | Win ball back asap. |
| S.E.T.U.P | Balls | Bibs | Markers | Players | Deny Opponents time and space to build up. Limit scoring chances.. |
| | 6 | 3 colours. | 20 | 13 | |
| Warm up / Passing Excercise |  <p>#3 Starts, follow BALL, Orange need to move as a unit, keeping relative distances same. After pass 1 they should be in the positions shown by dotted line. Every new pass ALL Orange need to shift and adjust their positions.</p> | | | | At pass 4, #9 has moved to #Y4, #7 moved to #Y5, 10 to #Y8 and 11 covering other 3 Yellow players |
| Positioning Game (7v4) Yellow #2,3,4,5,6. Orange #7,9,10,11. Grid 40 x PB width |  <p>#Y1 starts game, goal is for Yellow to get it to Y22, who must then return the ball back to Y1 on full. Orange wil ball they try and score. If Y1 doesn't catch ball the coach serves to Orange.</p> | | | | Make grid bigger/smaller, limit touches. |
| Game Training (5 v 3) Y-#1,2,3,4,5 O-#7,9,11 Grid 50 x 50 |  <p>Defenders combine until one can run the ball over the half way line. Orange win ball they have one attempt to attacj and score. Offside applies. Yellow not allowed to go back once ball has passed the half way line of grid. Progression - add gates for yellow, either wide or central.</p> | | | | Work as a unit, Press player with ball, Mark players closest to ball Keep shape Make pitch narrow |
| Training Game (6v6+goal keepers) Y#1,2,3,4,5,16,19 O#1,6,8,7,9,10,11. |  <p>Orange is the team to focus on. Keep shape, looking for distubing and pressing then quick transition.</p> | | | | |

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