

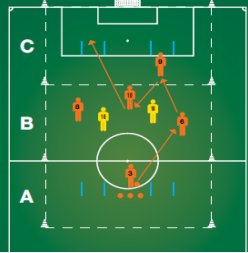




Session Plan



Topic (Session Objective)	Midfield Play - (BP)				Comments and Evaluation
	Effective Possession - Controlled possession in the middle third, Combination Play				
Date / Team					Combination Play against Organised opponent. Combination play against disorganised opponent
S.E.T.U.P	Balls	Bibs	Markers	Players	
	14	3 colours	20	14	
Warm up / Passing Exercise		<p>Players in game positions as shown. At least two players at #4/3, #10/#9. #6 checks and ASKS for BALL, #3 passes to #6 and coaches TURN. #6 receives and TURNS and #9 checks and asks for BALL.#9 bounces the ball to #10, who TURNS, and dribbles the ball back.</p> <p>Verbal/Non Verbal Comms, ball speed, direction to proper foot,Turn/Man On</p>			<p>Variation 1 - #4 to #9 Variation 2 - 'man on' or turn. Anticipation and movement without the ball.</p>
Positioning Game (6v3)		<p>3 Groups of 3 (6 v 3), Provide 4 options (left,right,central and far) for the player with the ball through proper positioning. When Yellow loses ball, they are defence. Always one link player in the middle.</p>			<p>Effective Possession / Combination Play. One link player, lots of balls.</p>
Game Training		<p>3 Grids - players must stay in there designated areas. Every attack starts from Orange #3. Orange #6,8,10 stay in Grid B against TWO opponents, and can use #9 in GRID C as a bouncer. Orange score in their gates, yellow in theirs.</p>			<p>Progression - add another Yellow to make 3v3. Progression 2 - add defender for #9. add goals.</p>
Training Game (7v7)		<p>Field long and narrow to emphasise midfield play thoughthe middle.</p>			<p>Progression 3- move gates back. Add players in Grid #A. Progression 4 - narrow field</p>

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