
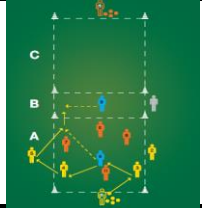
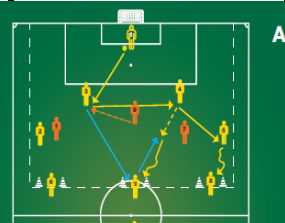




Session Plan



Topic (Session Objective)	Playing out from the Back - BP Effective Possession and Structured Build Up				Comments and Evaluation
Date / Team					
S.E.T.U.P	Balls	Bibs	Markers	Players	
	6	3 colours.	20	12	
Warm up / Passing Exercise	 <p>Follow pass to next position, pass precision and speed. Swap direction, increase speed. Add dynamic stretches, and combinations.</p>				Add 2nd ball.
Positioning Game (7 v 4)	 <p>Three Grids, Two Major grids, and a transition grid Yellow consists of (#2-3-4-5) Orange (#7-8-10-11) Two neutrals (#6-#9 play with team in possession) 2GK at back line. YELLOW starts, get ball to #9 (lose and switch over to Grid B)</p>				#3,#5,#6 as much as possible in their game positions. (Effective Position/Structured Buildup)
Game Training	 <p>Yellow Defence (#1-2-3-4-5) Orange Attack (#7-9-11) Yellow start serve ball to defenders-> Object to DRIBBLE through one of the THREE gates. Yellow team can also use #6,#10,#8 as bouncers. Orange win ball they have one attempt to score. Always reset from Yellow.</p>				#Yellow 6 comes in to help, #10 joins orange, leaving #8 as the only bouncer.
Training Game (5 v 5)	<p>Yellow defend the big goal, have 3 goals on halway to score.</p>				Effective Possession / Structured buildup

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