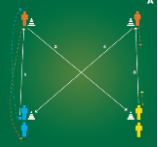
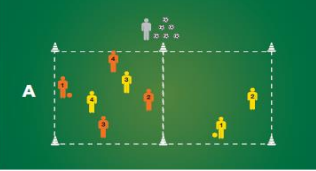





Session Plan



Topic (Session Objective)	Transitioning - BP -> BPO Practice what to do when we have the ball and then lose it.				Comments and Evaluation
Date / Team					Press Ball carrier immediately
S.E.T.U.P	Balls	Bibs	Markers	Players	Limit Oppositions Passing Options Make the field as small as possible.
	6	3 colours.	20	13	
Warm up / Passing Exercise		4 cones 15 x 15 6 players, 3 different coloured bibs Players pass ball in sequence, but move up and down. Change direction regularly "Precision and Ball Speed"			Progression to active defenders, Players stay and swap on fly
Positioning Game		Position game (8 players - 4 v 2) 2 squares 10x10 6 in square 'A' playing 4 v 2 2 in square B with ball. When ball lost in square A, 2x2 transition to square B.			Press Ball carrier immediately Limit Oppositions Passing Options Make the field as small as possible.
Game Training		Transition BP -> BPO for attackers, BPO -> BP for Defenders. 6v6+GK in half field. Blue GK dual role (catch/playout). Yellow starts, attempting to score. Orange defends. If they win the ball then they open up, move the ball and pass to the neutral keeper. Yellow press to prevent this, close passing options, make field small.			
Training Game		Training Game is now a non-stop game. 3 points for every goal Yellow score, 1 point for Orange when they hit the neutral keeper.			

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