

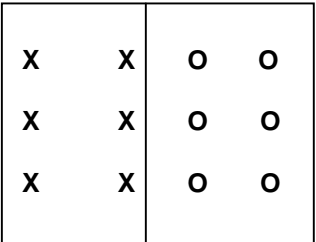
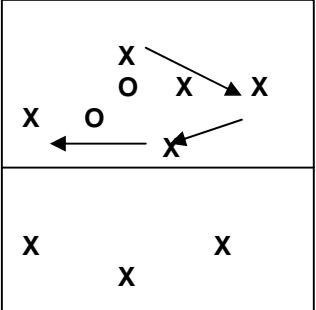
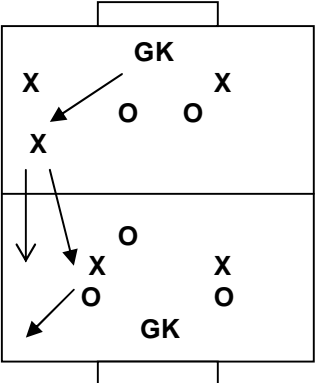


SESSION PLAN

Session Title 13 + Transition

Objectives To Maintain Possession

To Improve Support Runs

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players pass and move in their half of the field with 2 balls between 6 players.</p> <p>Progression: As above but must use both halves of the field thus teams mingle.</p> <p>Progression: Teams try to maintain possession of their balls whilst trying to steal the oppositions.</p> <p>2. Skill Development: 5 v 2 (+3)</p> <p>5X's v 2O's in one half of the field. 3X's in the other half of the field. X's attempt to keep possession (and after 5 passes play the ball into the 3X's who are waiting. 2X's and 2O's follow the ball to recreate the 5 v2. If O's (carrying pinnies) steal the ball they switch pinnies with the attacker who made the mistake.</p> <p>Progression: Can do this with 5(6) v 3 (+3)</p> <p>3. Conditioned Scrimmage</p> <p>Each team has three players in the defensive half of the field and two in the offensive half. GK can act as a sweeper keeper. The attacking team have free movement whilst the defending team must remain in their zones. If the ball is lost any penetrating player must recover to their own half.</p> <p>4. Regular Scrimmage</p>	  		<p>Head Up</p> <p>Close control</p> <p>Quality of the pass</p> <p>Distance and angle of support</p> <p>Quick transition on winning ball</p> <p>Look for early pass into the other zone.</p> <p>Speed and angle of support run</p> <p>Positioning of three support players to receive the ball in space-provide length</p> <p>Decision: Who penetrates and when</p> <p>Quick transition on winning / losing ball</p>

