



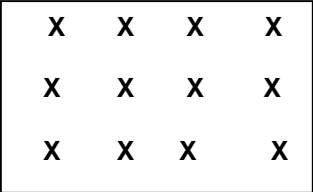
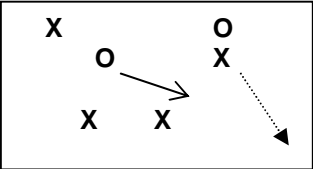
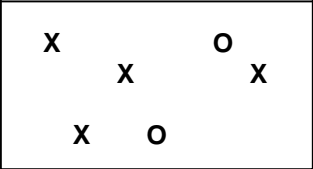
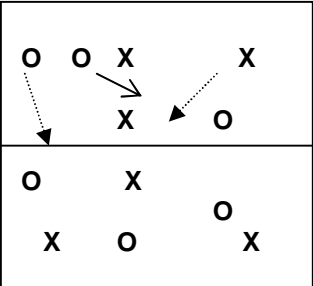
SESSION PLAN

Session Title U 7 Individual Possession

Objectives

To Develop 'Shielding' Technique

To Maintain Possession in Confined Areas

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Ball each dribbling around the area. Use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot dribbling. Elite Feet Move: Outside Cut/hook</p> <p>2. Technical Practice: Possession</p> <p>X's dribble (ball each) in the designated area (small). O's do not have a ball but aim to touch as many balls in their half as possible in one minute. Ensure sufficient rest. Switch roles after thirty seconds. <i>Scoring: Player in possession loses one of ten lives each time their ball is touched by an opponent or if the ball goes out of the area</i> Progression 1: Defenders can steal the ball thus making the game continuous. Progression 2: Can play 3 v 3 (X's with a ball) in each half.</p> <p>3. Skill Development</p> <p>3 (X's) v 3 (O's) keep away. Can pass to team-mates or dribble in the area. X's begin with two balls, Y's with one. Change for next game. Aim is to possess your ball and steal the other teams' ball(s). Progressively reduce the number of balls to one. <i>Scoring: Team with more balls wins the game</i></p> <p>4. Regular Scrimmage</p> <p>No more than 4 v 4 (+GK's)</p>	   		<p>Close control of ball Use inside / outside of foot and laces to dribble</p> <p>Keep head up</p> <p>Keep body between ball and defender</p> <p>Stay sideways on when defender is close</p> <p>Turn away from pressure Emphasis on shielding not dribbling at speed</p> <p>'Feel the ball and see the field'</p> <p>Composure</p> <p>Keep ball close</p> <p>Awareness of other players</p> <p>Decision: Pass or dribble to keep possession Turn away from pressure</p> <p><u>Law</u></p> <p>Throw in</p>