

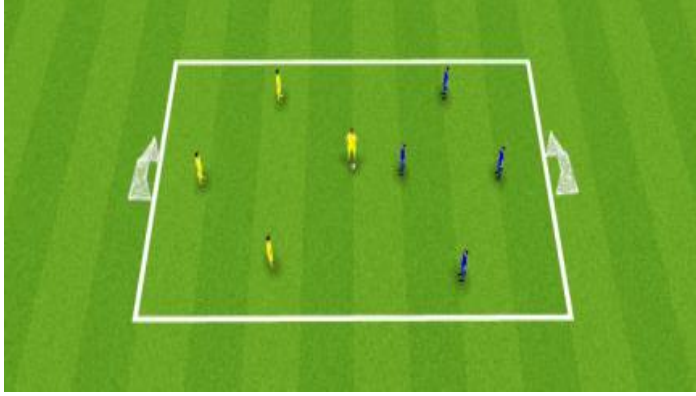


Age group	Session length	Topic	
U6	1 hour	Passing	
Main Coaching points & progressions			Organisation
<p>Players in middle have the football, they dribble the ball to a player on the outside they pass and receive the ball back then repeat the process.</p> <p>Interventions: If pass is not being done correctly can you pull that player out (drive-by) and coach that player, if the whole group might not be getting it, stop everyone and use the full coaching process.</p> <p>Highlight a player as an example if doing the pass very well.</p>			<p>8 players, 4 yellow bibs set up around outside with 4 balls, 4 blue bibs placed inside the square.</p> <p>20x20 area size</p> <p>Key Factors</p> <p>Blue player finds a yellow to receive the ball from, he controls the ball and plays it back with inside of the foot. Blue then goes and finds another yellow to receive the ball from and repeats the process.</p>
Main Coaching points & progressions			Organisation
<p>Two neutral players only have two touches of the ball, players inside the square can they try and release the ball within 3 seconds. Can we play through every player before getting it to the end.</p> <p>Interventions: If pass is not being done correctly can you pull that player out (drive-by) and coach that player, if the whole group might not be getting it, stop everyone and use the full coaching process.</p> <p>Physical: High physical output on players, 5 minutes work : 1 minute rest (x4)</p>			<p>8 players, 3 yellow bibs, 3 blue bibs, 2 red bibs, 3v3 (inside the square) + 2 neutral players (Outside the square)</p> <p>20x20 area size</p> <p>Key Factors</p> <p>3 v 3 inside the square plus 2 neutral players on the two ends, can the team in position keep the ball and gain as many passes as possible, other team can they regain possession then retain the ball. 10 passes = a goal</p>
Main Coaching points & progressions			Organisation
<p>Introduced in second section, can we play through every player before scoring = 2 goals.</p> <p>Interventions: Can be used to highlight a pass which has been done well, or if there was a better option how that player could of been used.</p> <p>Physical: 20x20 area, space should be available to play the passes. 8 minutes work : 2 minutes rest (within rest, team meeting)</p>			<p>8 players, 4 yellow bibs, 4 blue bibs, 1 ball, 2 mini goals used for scoring target.</p> <p>20x20 area size</p> <p>Key Factors</p> <p>Small sided game 4v4 playing into the mini goal. Normal goal scored = 1 goal, 10 passes then a goal = 3 goals.</p>
Review			
what went well			
Even better if			
Changes for next time			