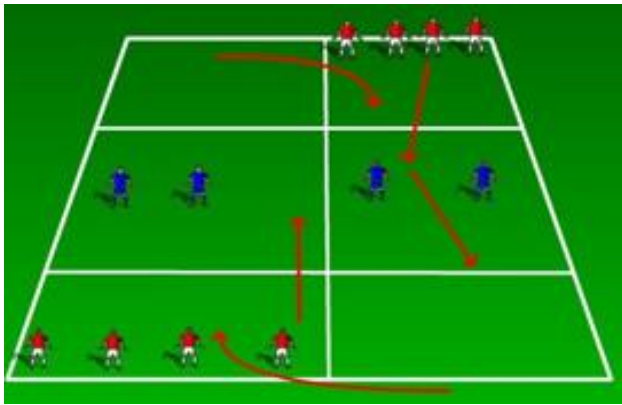





Age group	session length	Topic	
8+	90 minutes	Attacking	
Main Coaching points & progressions			<p><b>Organisation</b></p> <p><b>Warm up</b> Split into groups and have 4 players as taggers across the middle section. One side is wide and the other narrow with the length being the same both sides. The players try to travel through the middle section without being tagged. If successful they score a point if tagged the blue scores a point. Once reach the other side swap to next line/channel Add a ball in hands, then at feet</p> <p>Strivers – add taggers Strugglers – safe zones</p>
Main Coaching points & progressions			<p><b>Organisation</b></p> <p><b>Skills session 1</b> Set up as above with two pitches, one wide and one narrow each with a goal at one end The objective is to play 2 v 1 to try to score. The defender cannot come out of the middle box but tries to defend his/her area. The attackers try to break out of the box and score past the gk If the defender wins possession they dribble to any side of the box to score for themselves Add a defender to the middle of the two boxes, they have a choose and can join in with either of the two defenders to make a 2 v 2 Strivers – double 1-2's Strugglers – use hands, safe zones</p>
Main Coaching points & progressions			<p><b>Organisation</b></p> <p><b>Skills session 2</b> Set up as above with 4 v 4 in each half with a central safe zone between the two. Each half should have a gk. The attacking team tries to score while the defenders try to dribble into the safe zone to score. After a set number of goals are scored the teams switch roles.</p> <p>Strivers – combination play, numbers 4 v 4 etc, join the half when attacking/drop in when defending Strugglers – big shapes, play outnumbered e.g. 5 v 3</p>
Main Coaching points & progressions			<p><b>Organisation</b></p> <p><b>Conditional game</b> Link the two halves – if the defenders win possession they can dribble into the safe zone then break into the attack half.  Take out safe zone, normal game rules.</p>
<b>Review</b>			
what went well			
Even better if			
Changes for next time			