

Session 5 – Attacking Play (Central Areas)

Passing Practice – 15 Minutes

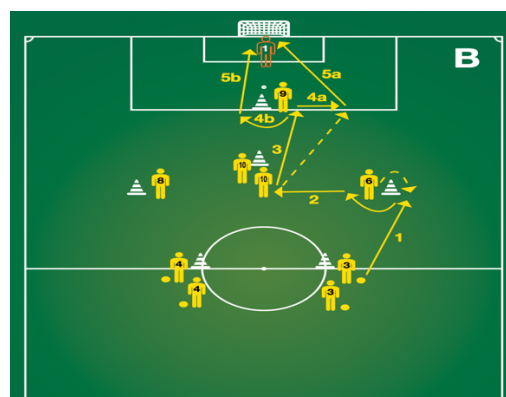
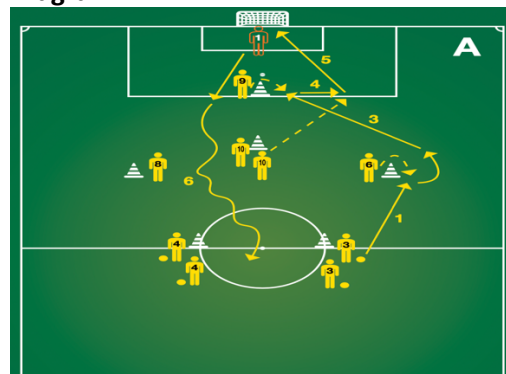
Organisation/ Explanation

- Session set up as illustrated.
- Players in game positions.
- Have 2 players on positions #3, #4 and #10.
- Passing sequence as shown in the diagram.
- Players follow their pass to the next cone with player #9 jogging back to the start of the practice.
- Begin with players in the #9 position passing the ball back to the goalkeeper to his/her hands.
- Gradually build up to players shooting at goal.
- Practice is repeated on the left side using players #4 and #8.

Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

Diagram

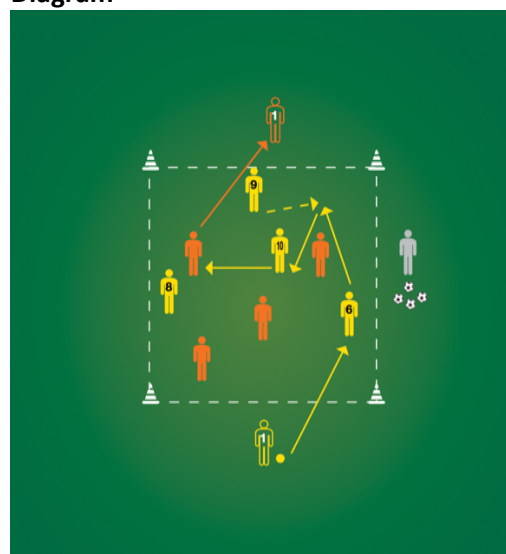


Positioning Game – 20 Minutes

Organisation/ Explanation

- 5v4 positioning game.
- Session set up as illustrated.
- Playing Area: 30m x 30m depending on players ability.
- 5 yellow players keep possession of the ball from the orange players.
- If orange players win the ball, they keep possession from the yellow players.
- Encourage team in possession to provide passing options left, right, central and far for the player on the ball.

Diagram



Game Training – 20 Minutes

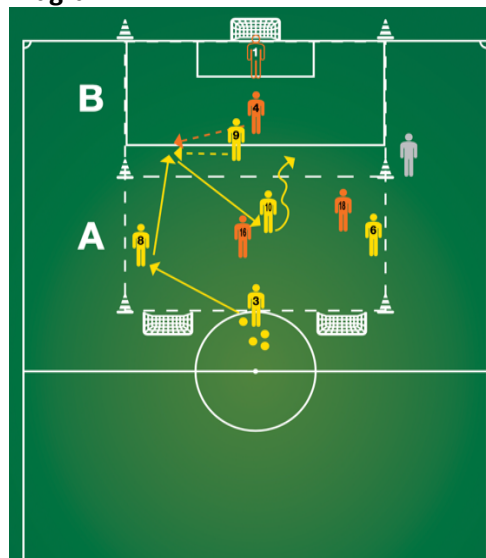
Organisation/ Explanation

- Session set up as illustrated.
- Players must stay in designated grids as shown in the diagram.
- Practice starts with yellow player #3.
- Yellow team keep possession in grid A and attempt to get the ball and one yellow player, forward into grid B to create a 2v1.
- Offside rule applies to yellow #9.
- If the orange team win the ball they try and score in either of the two end goals.

Progression

- Add an orange player into grid A. Yellow player #3 can dribble into grid A to create a 4v3.

Diagram



Training Game – 20 Minutes

Organisation/ Explanation

- 5v5 + goalkeeper training game.
- Yellow team attempts to score in the big goal.
- Orange attempt to score in the two smaller goals.
- Usual game rules apply.
- Coaching on the 'run', don't stop the game.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to combine in central areas.

Diagram

