

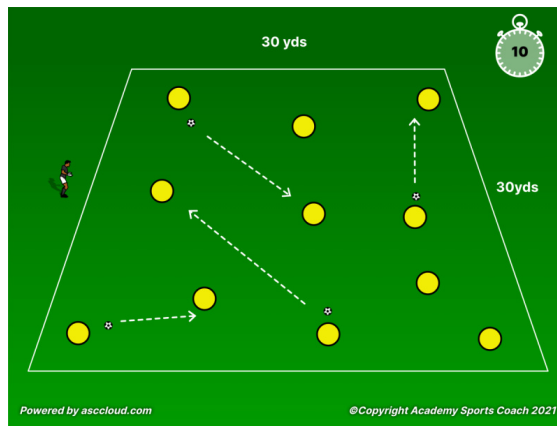
Select a Date

Week 6

Select team

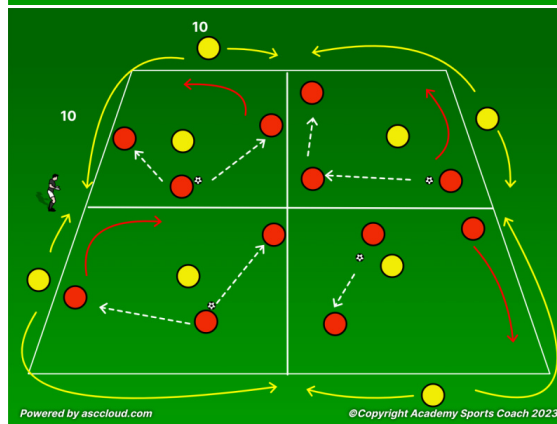
3v1 to break the press

60-90 minutes



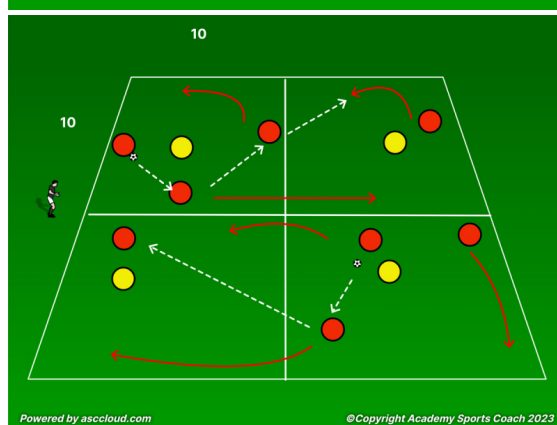
Players pass and move within the area. Challenge the players to work on different ways to receive the ball and turn away from pressure. Encourage the players when in possession to attack space and play quality passes to a team mate who is looking for the pass. When the coach calls out "Game on" the 2 players that are passing and moving play 1v1, with the aim for the attacker to keep possession of the ball, and the defender to regain possession. At the end of 60 seconds, whichever player has possession of the ball, scores 1 point. Play several times to create competition between players. Feel free to switch the partners up as you play the game.

**Coaching Points:**  
 Accuracy and weight of the pass  
 Play to the receivers back foot.  
 Check shoulders to be aware of what is around you  
 As you receive the ball ensure your body is behind the ball  
 Take ball away from where it came from.



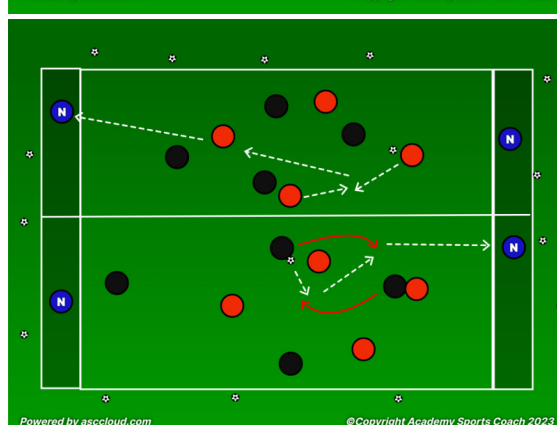
Attackers' objective is to keep possession of the ball. Defender's objective is to win the ball and keep possession by playing to a supporting team mate that can move anywhere on the outside. 1 point awarded for every 8 passes completed by the attackers. After 8 passes the 2nd defender can come into defend. 1 point awarded for defender winning the ball and either playing to the defender on the outside or dribbling outside the area (depending if the 2nd defender is inside defending). Attackers count number of consecutive passes. Keep rotating the players to ensure they participate in all roles.

**Coaching points:**  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass to feet  
 Always be in contact with the ball  
 Receive the pass on your back foot with your body open  
 Play with disguise  
 Quality of pass to keep possession



Players are set up in a 3v1 and then a 1v1. The 3v1 start with the ball. the 3 Attackers' objective is to keep possession of the ball while the player in the 1v1 square looks to find space to receive the pass. If the 3v1 can play into the 1v1 square 2 players move to support to create a new 3v1. Defender's objective is to win the ball and keep possession by playing to the defender in the 1v1 square to score a point. 1 point awarded for every successful pass completed that reaches the attacker in the 1v1 square. Keep rotating the players to ensure they participate in all roles.

**Coaching points:**  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass to feet  
 Always be in contact with the ball  
 Receive the pass on your back foot with your body open  
 Play with disguise  
 Quality of pass to keep possession  
 Movement to create space



4 v 4 to Neutral players. Players are given freedom to explore and bring out the possession and movement skills that have been worked on during the session. If the ball goes out allow the team to collect the closest ball and start the game with a dribble in or pass in. Try not to stop the game to coach but manage the players if needed. Celebrate success when players are able to keep possession and hit neutral players. If you hit a neutral player your team scores and keeps possession and aim to play the other way.

**Coaching points:**  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass  
 Always be in contact with the ball  
 Receive the pass on your back foot with your body open  
 Play with disguise  
 Quality of pass to keep possession  
 Movement to create space