



# Mount Hamilton Youth Soccer Club



## Interactive Session Plan™

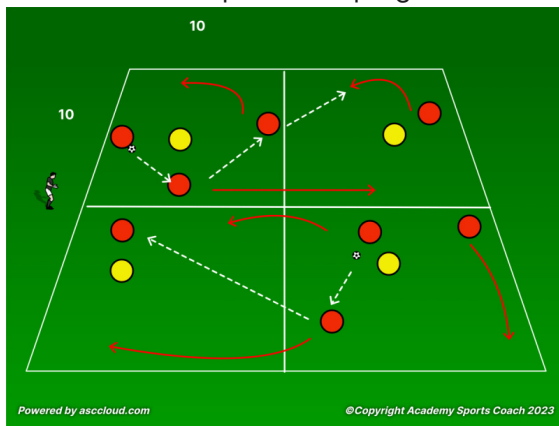
Select a Date

Week 7

Select team

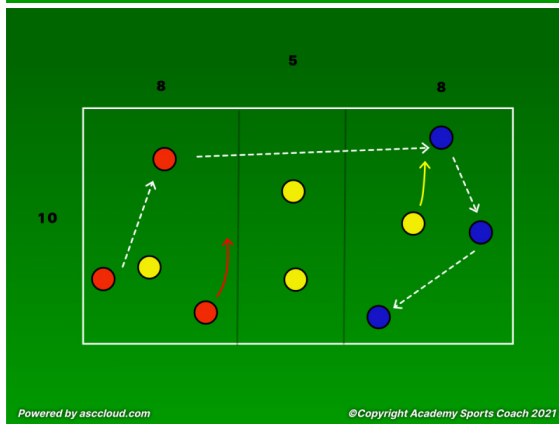
3v1/2v1 to break press and progress forward

Time:60-90 minutes



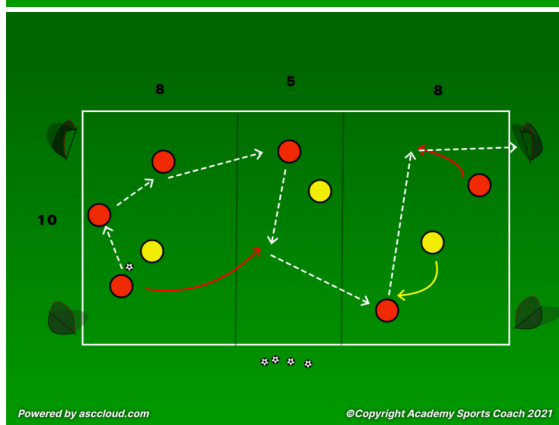
Players are set up in a 3v1 and then a 1v1. The 3v1 start with the ball. the 3 Attackers' objective is to keep possession of the ball while the player in the 1v1 square looks to find space to receive the pass. If the 3v1 can play into the 1v1 square 2 players move to support to create a new 3v1. Defender's 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



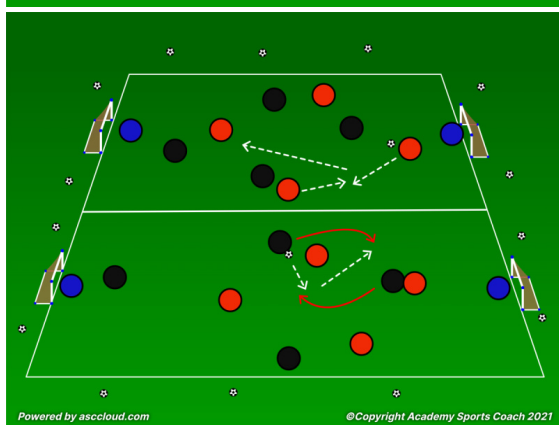
The red players start the game of playing 3v1 with the aim of keeping possession and transferring the ball to the blue players in the opposite square. every time the ball is successfully transferred the team that plays the pass scores 1 point. If the defending team wins possession they now transition to the attacking team while the attacking team becomes the defending team. The 2 players in the centre can not block the pass across to start. As the players progress they can start to intercept the ball.

Coaching points:  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass  
 Body, Body, Ball Keep body between the defender and ball)  
 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



Attackers' objective is to possess the ball, progress through the 2 zones and score on one of the 2 small goals. Defenders objective is to try and win the ball and score in the other small goals. Defenders must stay within their zones.

Coaching points:  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass  
 Body, Body, Ball Keep body between the defender and ball)  
 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



5 v 5 (Max). Players are given freedom to explore and bring out the 2v1 situations 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 you see successful 2v1's that break pressure.

Coaching Points:  
 Always be "mobile" to support player in possession  
 Ensure you are "available" to receive a pass  
 Body, Body, Ball Keep body between the defender and ball)  
 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