



Mount Hamilton Youth Soccer Club



Interactive Session Plan™

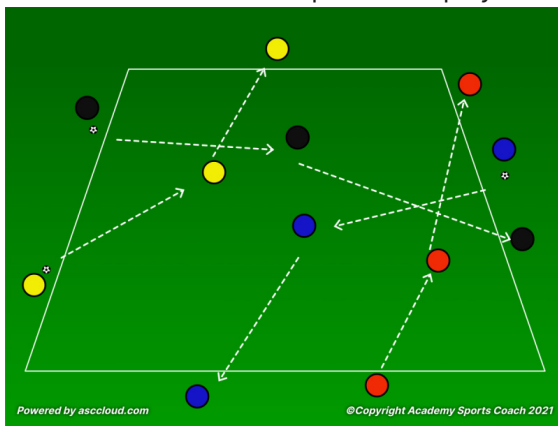
Select a Date

Week 9

Select team

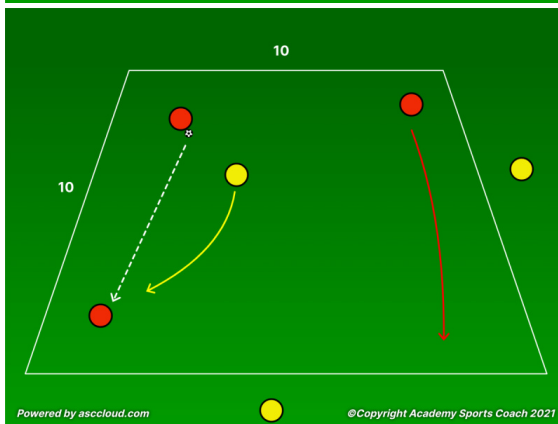
Theme: 3v1 to break the press and play forward

Time: 60-90 minutes



Players placed into groups based on numbers. 1 player in the middle from each group and 2 on the outside from each group. Each group of 3 play with each other. Ball starts on the outside and is played into the middle player, who turns and looks to play to the 3rd player who is moving on the outside of the square. Player in the middle works for 60 seconds. Players in the middle can move anywhere inside the square and players on the outside can move anywhere on the outside.

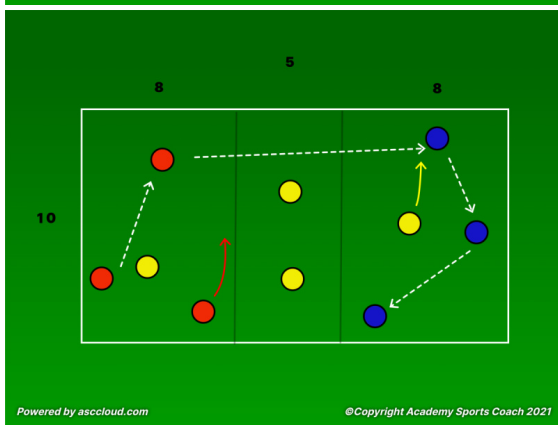
Focus should be on the:
 Quality of the pass
 Receiving touch
 movement off the ball



Attackers' objective is to keep possession of the ball. Defender's objective is to win the ball and pass to the waiting defender.

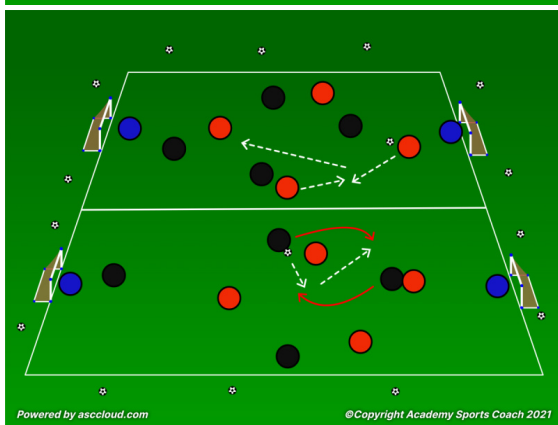
1 point awarded for every 4 passes completed by the attackers. 1 point awarded for to the defenders if they win the ball and successfully complete their pass to the waiting defender. Once the waiting defender receives the ball they transition into the attacking team with the other team now becoming the defending team with 1 player active and 2 players outside.

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
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



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



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.

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