

Give and Go

Set Up-

20x20 Grid-Half the group on the inside, half on the edge
Players on inside have ball.

Find player on outside of grid, make pass, change body angle and receive the ball back and attack a new space. (wall pass)

Find player on outside of grid, make pass, receiver holds onto ball while passer overlaps (run around the back of the receiver) to then receive ball back. Same players work for approx 1 minute then swap role

Find player on edge of grid, make pass - Player receives side on and explode away, good first touch into space in grid

Players on outside hold ball in hand, as inside player approaches they under arm throw the ball into the player to volley back to the thrower

Coaching Points

Quick bursts, high intensity, high tempo & reps
do not allow any goofing off/slow pace

Solid passing

Good Technique



Rondo circle 4v2- Warm up (20 mins)

Set Up:

4v2 in the circle.

Player in the middle must hold a yellow pinnie.

12 yard circle.

Extra balls outside.

1. Defenders must intercept the ball to get out of the middle.
2. If the ball leaves the circle the player who was at fault is in the middle.
3. When defenders win the ball, longest player in goes out no matter who intercepts.

Coaching Points:

1. Player on the ball should always have three options.
2. High work rate off the ball to adjust your position to be an option.
3. Head up before you receive the ball to see where you're going to play next.
4. Anticipate where the ball is going and move accordingly.
5. Disguise your passes.



Possession (15 mins)

Set Up:

25x25 grid with 4 gates/goals in each corner

2 teams uneven numbers - 3 defender - 6 players

Balls on outside to allow quick restart of play. Passing team always start with position.

Change defenders each 3 mins.

Team with 6 players keeps the ball in possession

To score a point they need to make at least 8 passes.

For the team of 3 to score they need to win the ball and score in one of the 4 gates.

Coaching Points:

Posses ball with passing and moving

Awareness of when to hold the ball or when to release

Dribble ball into space if you have the time to move the ball

DO NOT PANIC



Scrimmage (30 mins)

Unconditioned Scrimmage

Let them play small sided games.

Try not to coach too much but if you do, reiterate the coaching points covered through the session

Coaching Points:

- Attack space with speed
- Change direction and speed
- Creativity with moves
- Distance of move (body's length)

