

PATH 2 PERFECT

TUESDAY: PLAYING THRU MIDDLE THIRD/PREVENTING THE PLAY THROUGH THIRDS

ARRIVAL & CHECK-IN: Players check-in at main tent then head to you - engage with them as they arrive.

WELCOME & INTRO: Review everyone's names. See if anyone can name everyone.

WARM UP: *2 x 20x30 grids*
4v4 (1-2-1 formation)
Encourage that players play into midfield and forward before scoring
5 minute games and switch teams so teams play different opposition if numbers allow

COACHING POINT: *Attacking:* Can players find forward passes and look to create attacking supporting angles
Defending: Can you stop the forward pass by pressing or holding position and cutting off passing route

TECHNICAL: *15x25 yard grid* with the following; one player on the bottom and top end of the grid, two players on each side occupying half of a side each. three players in the middle of the grid in the same colored pennies versus a team of three players.

The outside team moves the ball into the grid playing with one of the teams who can use outside players. Outside players can play outside to outside but are encouraged to play the ball into the middle area and transition the ball directionally. If the defensive team intercepts or wins the ball (inside the grid only) they become the team in possession.

Make it easier: Bigger grid size
Make it harder: Put players on a touch list (2/3 touches)

Progression: In a 25x45 yard grid split the grid into thirds (15 yards). Attacking team has two defenders, three midfielders and 1 forward. Defensive team; one GK, one defender, two midfielders and one forward. Attacking team have to play thru the thirds and into forward who can score against a GK. Defenders can press in their own third and a third in front of them. Attacking players must stay in their third, only exception being one midfielder can join the attacking third when the ball is played into the forward.

1ST COACHING POINT: *Attacking:* Develop ability to look up frequently when in and out of possession and find a pass out of pressure into wide areas with the aim to go forward.

Defending: Press the ball into midfield, stop forward pass by getting the head down. Allow defenders to play.

2ND COACHING POINT: *Attacking:* Create two different angles of midfield line and forward line. Not a straight line.

Defending: Find a line of confrontation, is it the midfielders or the defenders. Limit space between lines to close the space prevent playing in-between lines

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TACTICAL:

30x45 yard area with a central Goal and GK on each end
Play 6v6 with GK (2-3-1)

Players must play thru the thirds to score; one defender, midfielder and forward must all have possession of the ball before scoring. No designated thirds, however players encouraged to play positionally.

Make it easier: Play attack v defence and go numbers up on attacking side

Make it harder: Player must play off 2/3 touches

COACHING POINTS:

Attacking:

Decision making, play forward when it is on, otherwise keep possession in defensive third where numbers are up.

Defending:

Can we screen pass into forward and remain compact in midfield third, pressing when players have no immediate passing option.

GAME:

20x35 yard area
Small sided game 6v6

Remove above conditions.

COACHING SUMMARY:

Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a player fails to use a teammate when they are in a good position. Some examples:

- 1) When attacking team plays too direct instead of connecting through the thirds
- 2) Defending team has too much space between lines

SIGN OUT:

Parent must come to you to sign their player out and initial sign in/out sheet.