

Session Plan

Session plan no. 2
Date: 27th March 2000
Name of group of players: U14 Girls, Coach Thorn
Time available for session: 1 Hour

Title of topic: **Movement and Spreading the Play Wide**

Topic objectives i.e. key factors

1. Pass the ball and move to receive it back
2. Move to a position where you can receive the ball
3. Communication
4. Supporting your team-mates
5. Choosing best passing option
6. Move the ball out to wide area's where there is space

19.30-19.40 Warm up with stretches

19.40-19.55 Pass, Move and Receive

Organization Set out a 30 by 15 yard area and divide into halves. Place players into groups of 5 with 2 players at either end of the area and a pivot man in the middle. Player 1 must pass the ball to the pivot and make a diagonal run to receive the return pass. They then dribble around the outside cone and make a pass to player 2, who repeats in the opposite direction. Rotate positions and make them go in reverse directions.

1. Quality of pass/control.
2. Make a good, strong diagonal run
3. Communication with the pivot player is essential.
4. Both players must be on their toes and alert.

19.55-20.5 Passing and Control, 3v1

Organization In a 15 by 15 areas, groups of 4 (3 attackers 1 defender) play 3v1 keep ball in the confines of the area. When a player is obstructed from play by the defender she should be looking to move to the vacant corner to create a second passing option.

1. Attackers must pass with accuracy, timing, disguise and correct pace.
2. Try to wrong foot the defender.
3. Communicate, attackers should be calling for the ball when they are in space.

20.05-20.20, Transition Game

Organization Set a 30 by 40 yard area and station 6 players in each half of the grid with one ball per practice. X team has possession of the ball and passes the ball to the opposing team (y), when y receives the ball, x team can send three players into the opposing area to defend. A goal is scored when the attacking team completes 5 consecutive passes. Repeat in opposite direction.

20.20-20.30 Small sided games

With no goalkeepers and small goals. To promote passing and controlling the ball, if a team puts together 5 passes they get an extra two points onto their score.