

Session Plan

Session plan no. 3
Date: 27th March 2000
Name of group of players: U14G, Coach Thorn
Time available for session: 1 Hour

Title of topic: **Passing and Movement (with finishing)**

Topic objectives i.e. key factors

1. Pass the ball and move at speed
2. Be pre paired to move in any direction
3. Pivot pass must be made into path of oncoming player
4. Communication
5. Use fakes and change of direction to throw defenders

17.45-18.00 Warm up and Stretching

18.00-18.30 Pass and Move Pivot Diamond

Organization Set out a diamond of cones within an area 20 by 15 as shown in above diagram. Station 2 players at the top and bottom point of the diamond and 1 player in the center as a 'Pivot' player. Player 1 passes the ball to the 'Pivot' player and makes a diagonal run toward the outside cone. The 'Pivot' player then plays the ball back to the player 1 who continues around the cone and makes a pas to player 2, who then repeats in the opposite direction.

Progressions...

1. Players call which side they want to receive the ball from the pivot
2. The pivot decides which way to play the ball
3. The pivot can play the ball in a straight line back to player 1 (this highlights that each pass doesn't have to go forward)
4. Add a defender behind the pivot player
5. Only use half of the diamond and position a goal and goalkeeper behind the pivot player and make player 1 shoot instead of pass.
6. Let the pivot decide to pass or roll the defender (continuation from last weeks session)

18.30-18.45 Short-Long-Short Chain Gang (*variation*)

Organization set out a 40 by 40 yard area with 1 goal. Group the players into groups of 6 and number them 1-6. Give each team a ball. The ball starts with number 1 and they have to pass the ball in numerical order to number 6. When it reaches number 6, he must pass the ball back to number 1 and the process is repeated. The coach will call out a number, the team must get the ball to that number, without breaking the sequence and then that player must shoot on goal.

Progressions...

1. The pass from player 1-2 must be short, the pass from player 2-3 must be long and the pass from player 3-4 must be short etc...
2. The shot on goal must be a volley or a header.

18.45-19.00 Small Sided Scrimmage

Divide players into two teams of 6, with goalkeepers. Set out 4 goals, 2 large (where the goalkeepers will play) and 2 very small goals on the side. This is just like a normal scrimmage but teams will get extra points for the following...

1. Scoring in the small goals = 2 points
2. Making 5 passes and keeping possession of the ball = 2 points and 5 push ups for the other team
3. Making 5 passes, keeping possession and scoring a goal =3 points and 10 push ups for the other team.