



Date: 17th Feb 17

Team: U18

Time: 1830 - 2000




Location: City Academy

DELAY... DON'T DIVE IN

Objectives

- Risk v Reward
- TCUP when outnumbered
- How to slow down opponent
- How to organise help, arrange cover if need to leave position
- Increasing ability to read game to predict likely outcome
 - Then make decisions in OODA feedback loop with this information

Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



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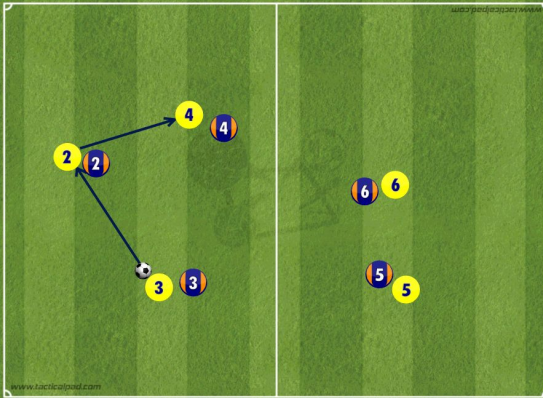
Warm Up: 1830 – 1845
Throw, Head, Catch

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Key Coaching Points

- Challenge for every ball
 - If it is not possible then make it as difficult as possible for the opponent.

Instructions

1. Possession game where ball is retained by a combination of throw, head, catch
2. The defending team can gain possession by heading the ball at any juncture.

Progression/Regression

- Players cannot head back to the player they received the thrown pass from
- Add goals or 'Bank' style scoring system
- Pair up players with an opponent; they can only challenge that player

Setup

30x30 yards, 2 teams, one ball



DELAY... DON'T DIVE IN

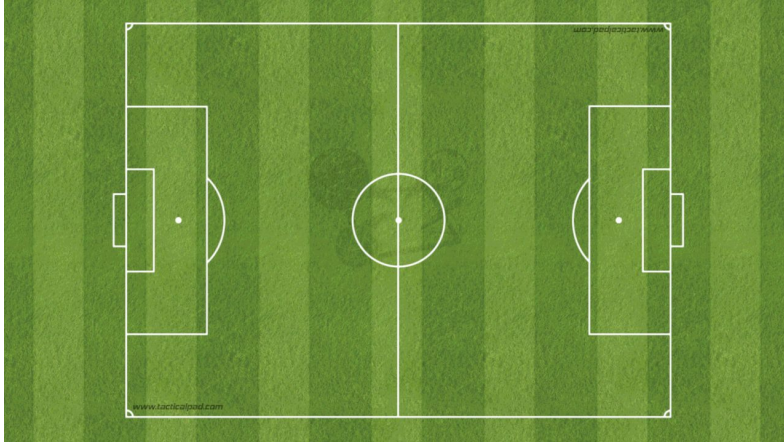
Scene Setter: 1845 - 1850
TBC

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Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



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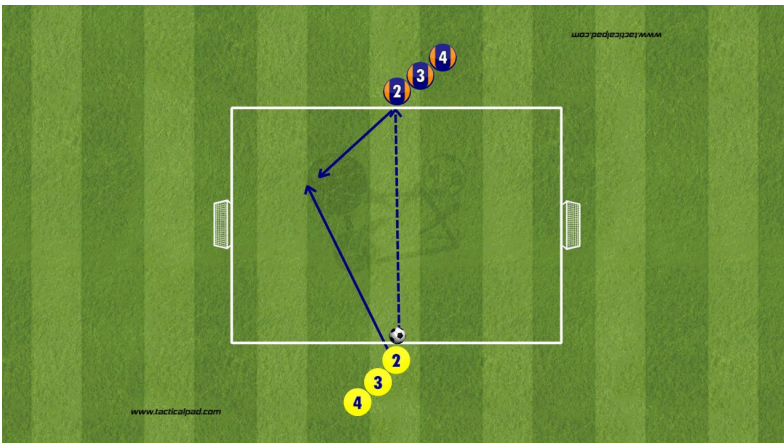
SSG #1: 1850 - 1915
Turn, Turn, Turn

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Key Coaching Points

- What is the objective?
 - What are you trying to achieve?
- Risk vs. Reward
 - What are the potential ramifications of your decisions?
- Basic 1v1 defending principles
 - Body shape
 - Distance to opponent and ball
 - Balance

Instructions

1. Y2 passes to B2 who has to score in either of the goals. Y2 must prevent him from doing so
2. After 5 seconds Y3 can help Y2 to create a 1v2 scenario (or vice versa)
3. When a goal is scored or the ball goes dead the game will restart with Y3 passing to B3
4. Repeat Step 1-3

Progression/Regression

- Increase delay time from 5 seconds to 10 seconds
- Vary numbers of players who can join after 5-10 seconds
- Attacker cannot change halves to attack the other goal

Setup

10x20 yards, 2 teams, one ball



DELAY... DON'T DIVE IN

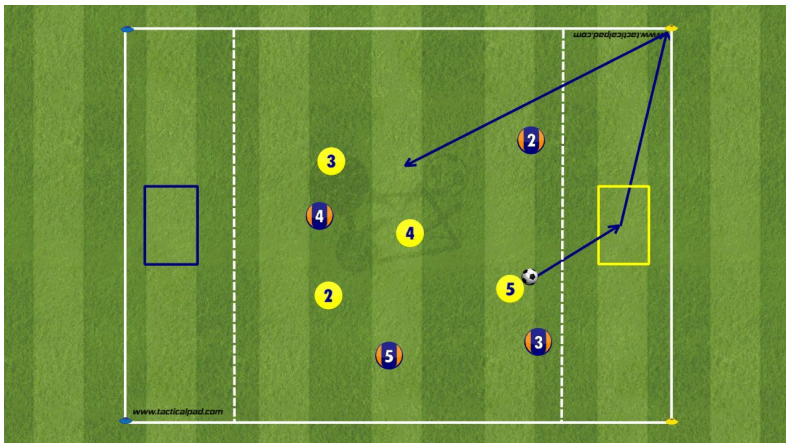
SSG #2: 1915 – 1940
Defending A Counter Attack

Date: 17th Feb 17

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Key Coaching Points

- When are we at our most vulnerable?
 - When are we a player less?
 - When is our shape least organised?
 - How can we limit our vulnerability?
- Where can the opponents hurt us?
 - What are consequences of not having off-sides?
- Where can the opponents hurt us?
 - What are consequences of not having off-sides?
- What information are we processing for OODA?
- Do I need to win the ball?
 - Why or why not?

Instructions

1. Directional game. Yellows score by dribbling into Yellow area and Blues into Blue area
2. When attackers pass the dotted white line they cannot be tackled
3. After the attacker scores he must leave the ball into the yellow/blue area before running around one of the corresponding coloured cones
4. Whilst the attacker does this the opponents launch a counter attack taking advantage of their numerical advantage
5. There are no off-sides

Progression/Regression

- Increase the number of attackers who must go-around a cone when a goal is scored
- Remove/adjust distance of tackle line

Setup

30x15 yards, 4v4, 1 ball



DELAY... DON'T DIVE IN

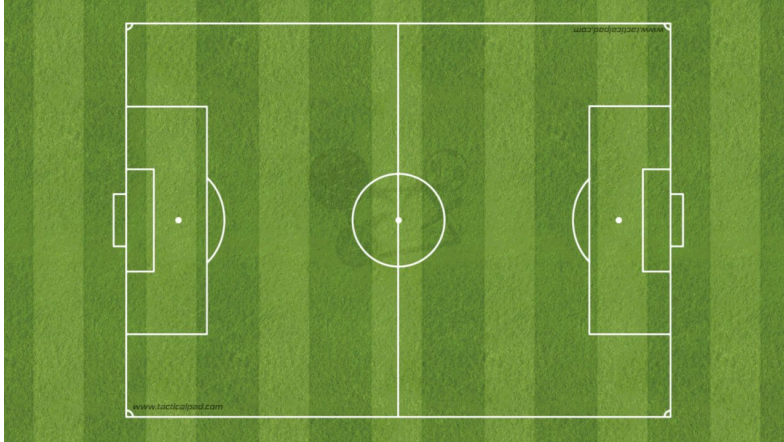
Scene Setter Revisited: 1940 - 1945
TBC

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Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

Instructions

TBC

Setup

TBC



DELAY... DON'T DIVE IN

**Match: 1945 - 2000
Match**

**Date: 17th Feb 17
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Time: 1830 - 2000
Location: City Academy**

**Players play a match... their rules
No coaching, just observing**