

Interactive Session Plan ™

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Session date

14 Dec 2015

Time available



Topic

Switching the point of attack to build attack

Technical / Tactical

80

Tactical / Technical

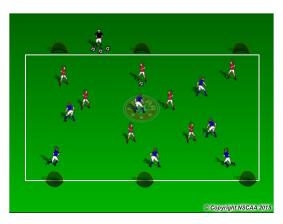


Coach

WARM-UP		
Organization	Key Coaching Points	
Divide team into 2 team. Start with one ball per team, progress to three balls in play. Teams score by passing ball through gate to teammate. Play until one team scores 7 points. If ball goes out of bounds, coach plays in new ball to keep the game moving.	Player on the ball should keep head up to find open gate. Don't force play. Players off the ball must move to find open gates.	
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ACTIVITY 1		
Organization	Key Coaching Points	
40x60 grid; divided into equal thirds.	Quickly switch the point of attack using 1 and 2 touch passes.	
Directional to small goals. Three goals for each		
team, one goal per third of field.	Create width to allow point of attack to change quickly.	
Teams must complete a pass in each grid before		
being able to score on any of their three goals.	Don't force play, find open space.	
	Proper body shape to be able to see field and switch ball quickly.	



ACTIVITY 2		
Organization	Key Coaching Points	
No restrictions on play. Players can score on any of three goals.	Player on the ball must assess level of pressure to determine if point of attack should be switched. Quickly switch the point of attack using 1 and 2 touch passes. Players must create width to allow point of attack to change quickly. Don't force play, find open space.	



GAME	
Organization	Key Coaching Points
1-2-3-1 formation for both teams. No restrictions.	Same as previous exercises. Emphasize switching point of attack through backs and center mids, use outside mids to create width.