



## Session Plan

**Session Topic:** 'The Magic Rectangle'

**o** = Cone    **X** = Player    **D** = Defender    **(** = Goal

**Coach:** Dave Godley

**Proposed Intensity:** High

**Age Group:** U6-U8

**Venue:** Brisbane

**Date of Session:** Saturday 2<sup>nd</sup> July

**Time of Session:** 15:00p.m

| Activity Diagram | Short Description  |
|------------------|--|
|                  | <p>1) <b>Tricks and Turns:</b> 4 players in each corner rectangle, ball each – various turns performed * Change of speed &amp; change of direction are very important here*</p> <p>2) <b>Dribble under pressure:</b> 3 Players with a ball, one without. Man without acts as a defender and chases dribblers. Once he wins the ball the man who is tackled is the defender. Encourage players to face their opponent and use a trick to lose him!</p> <p>3) <b>Attacker v Defender Game:</b> 1 ball between 2 players. One player has the ball (attacker) and his job is to move at 50% speed in the grid, keeping his body between the man and the ball the whole time. This is not about speed, it is about learning to hide the ball from your opponent. The man without the ball (defender) has to stay close enough to touch the attacker. Who's the best shielder?</p> |
|                  | <p><b>3v1 Support Game</b> – ( 2 touch Minimum, players rotate in the middle every minute )</p> <ol style="list-style-type: none"> <li>1) 4 players in each grid, 3 on the outside (leaving on side free), one defender in the middle</li> <li>2) Players on the outside cannot enter the rectangle, defender cannot come out of the rectangle</li> <li>3) Man on the ball must always have a supporting player to the right and the left of him, if not a player must move to support him. As the ball moves, the player moves.</li> <li>4) Each player must control the ball first to give time to the supporting player to move.</li> </ol>   |
|                  | <p><b>2v2 Line Dribble Game</b></p> <ol style="list-style-type: none"> <li>1) Players now compete against each other 2v2 in each rectangle. The idea is to combine with your partner, or go 1v1 against your opponent to score by stopping the ball on the end line.</li> <li>2) You can work with attackers by talking about support and timing of pass, or you can work on defending and ensure one man goes to the ball, the other protects the space behind/marks. Or just let them play!!</li> <li>3) Winners play winners / losers play losers from the other rectangles</li> </ol>  |
|                  | <p><b>Shooting and 1v1 to goal:</b></p> <ol style="list-style-type: none"> <li>1) Players in red area play across to yellow area and follow towards the furthest goal. Yellow set the ball back for red to shoot. Player from red joins the back of the yellow queue and visa versa. At the same time players from white area play into blue area to set and shoot.</li> </ol> <p><b>Progression:</b> This time, players play across as before but this time after they set the ball back it is 1v1. can you beat him with a skill we practiced earlier and score?</p>   |



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| ○ | ○ | ○ | ○ | <p><b>Match – 8v8 (Using the cones as reference points for 3 thirds:</b></p> <p>I just let the boys play as it was the end of the session however there are a number of games you can play to challenge the players depending on their age.</p> <ol style="list-style-type: none"> <li>1) You can only score in the final third (Clever passing and crossing into the area)</li> <li>2) You cannot score inside the final third (Long shots)</li> <li>3) 2 Goals if you win possession in your attacking third and score (Defending from the front)</li> </ol> <p>You can also help the youngest players learn about basic positioning, keeping a defender back in the defending third and keeping an attacker in the final third for example.</p> |
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