

Session Plan

Building from GK

Level 3

Category:

Attacking
Possession
Passing
Opposed

No of Players Required:

8/10+

Practice Length:

20mins
5mins work
2mins rest x3

Equipment Required:

Goal x2
Bibs
Balls, Cones

Aims & Objectives:

- Building possession from GK
- Possession 4v1, 4v2
- Speed of Play
- Decision to possess or advance

Coaching Points:

1. Use the GK to create numbers in possession. 4v1, then 4v2.
2. Move defender to eliminate pressure then advance to attacking zone.

How to:

1. 2 Teams, 5 vs. 5, 2 zones. Only one player from each team can defend in the attacking zone.

2. Team 1 tries to move the ball, move the defender, then advance and score.

3. With success in 4v1, the coach can allow the 6 to defend in attacking zone as well.

