

Week 1: General Shape to Pass & Build

OBJECTIVE | Improve teams attacking shape to create passing options & help build possession.

COACHING POINTS

- 1) BE Brave - GK Needs to be used to keep possession!
- 2) ABC'S – Always be curious! – SCAN for what's around? What are ALL my options?
- 3) Immediately stretch field high, deep and wide when we win possession.
- 4) Head Up & Strike center of the ball to keep it flat & firm.

GUIDED QUESTIONS

- 1) Who creates the numerical advantage for possession in defensive half?
- 2) What can I do with my head to improve speed of play?
- 3) Where MUST we have options at all times?
- 4) How can we move the ball quickly?

PLAYER SKILLS AND TECHNICAL TOOL BLOCKS




Passing

1. Find a teammate
2. Find feet, Find space
3. Possess, progress, penetrate
4. Correct foot, add variations
5. Search, Disguise, Texture

General Shape

1. 4v4
2. 7v7
3. 9v9
4. 11v11

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



Learning Block
Development Stage 3

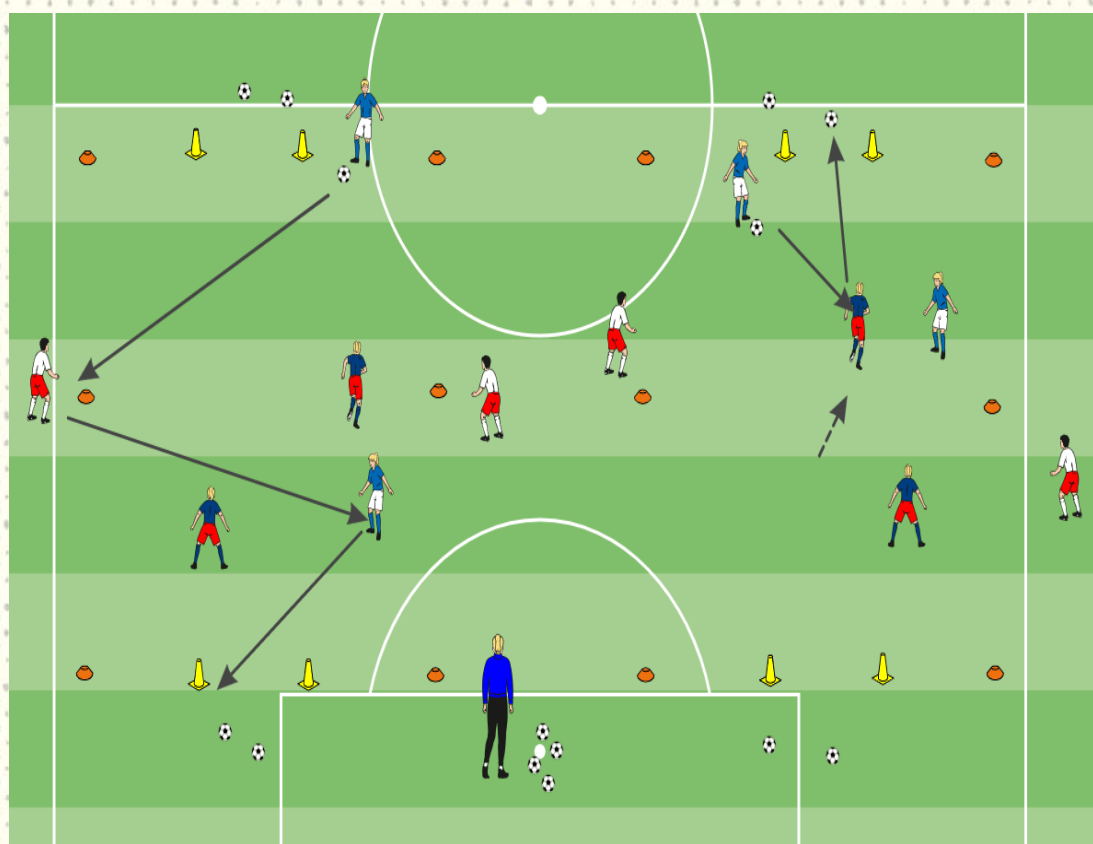
Stage Outcome
Learn basic skills and basic functions of attacking, defending and transitions

Game Moment
Attacking

Game Moment Idea
To create goal scoring opportunities in and from identified key areas of the field

PHASE 1 – NON-GAME FORM | 15 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

Set up 2 Fields Approx. 30x24 yards.

DESCRIPTION

Split into three teams and play small sided games of 3v3+2 neutral wingers. After 5 minutes. Call players in and introduce topic. Play resumes, switching teams/matchups for game 2!

MORE CHALLENGING

MUST play wingers before scoring!

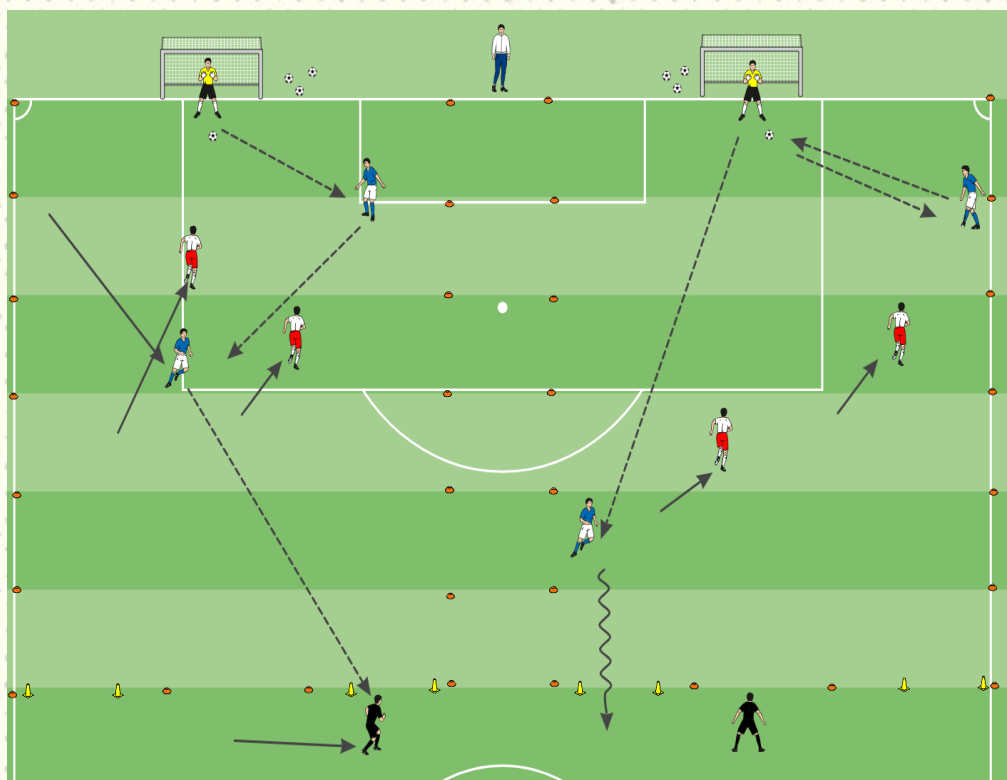
KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up

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PHASE 2 - MODIFIED GAME FORM | 25 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA: 24 Wide by 30 Long. 2 Gates at one End & 1 Goal on other

DESCRIPTION

Play 3v2+1 on each field. Blue team builds up and gets points every time the successfully dribble or pass through the gates to their neutral. After 1 round progress to teams playing to neutral and then immediately attacking big goal – Find target and turn to attack!

CHALLENGE

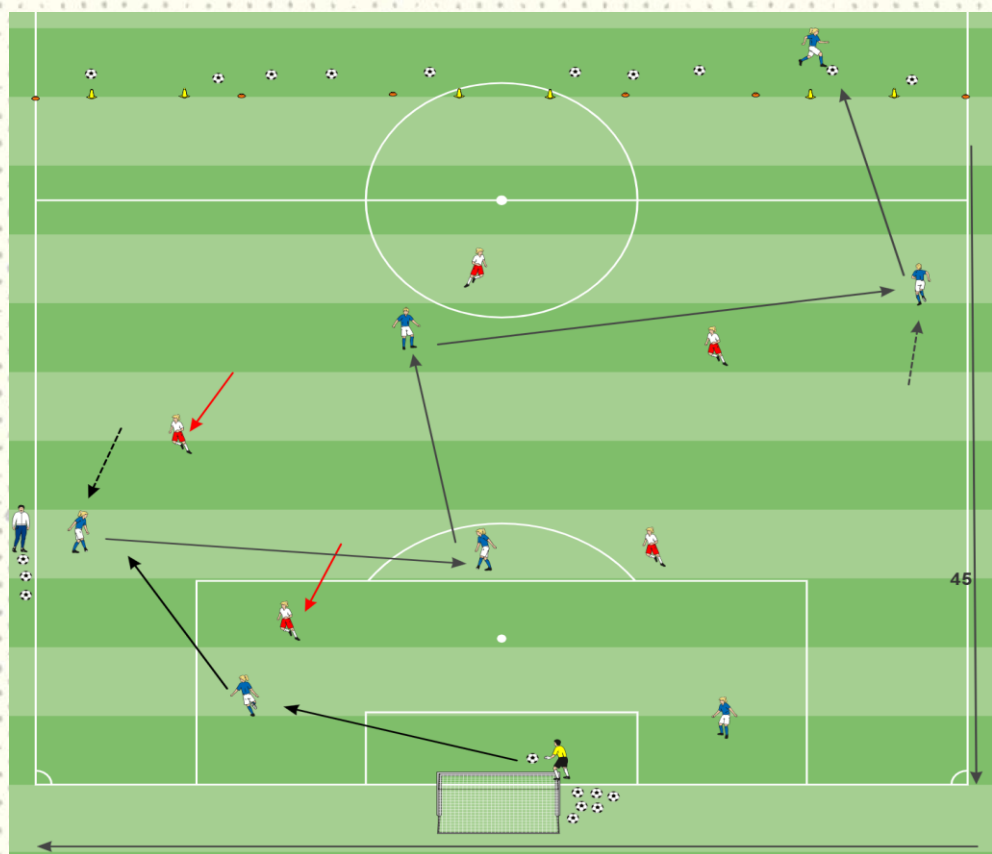
MUST Use GK in Possession!

KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up

PHASE 3 – GAME FORM | 20 MINS

9 MINUTES PLAY | 2 MINUTE REST



AREA: Half Field Or – As close to it as possible! 3 Gates set up at (just beyond) midfield.

DESCRIPTION: 7+1 v 5 Build Out!

Blue attempts to pass, through 1 of the 3 gates to target player. White attempts to win back and score on big goal. 1 point for building out, 2 points for scoring on big goal! Play 9 minute game and then switch teams/sides

MORE CHALLENGING

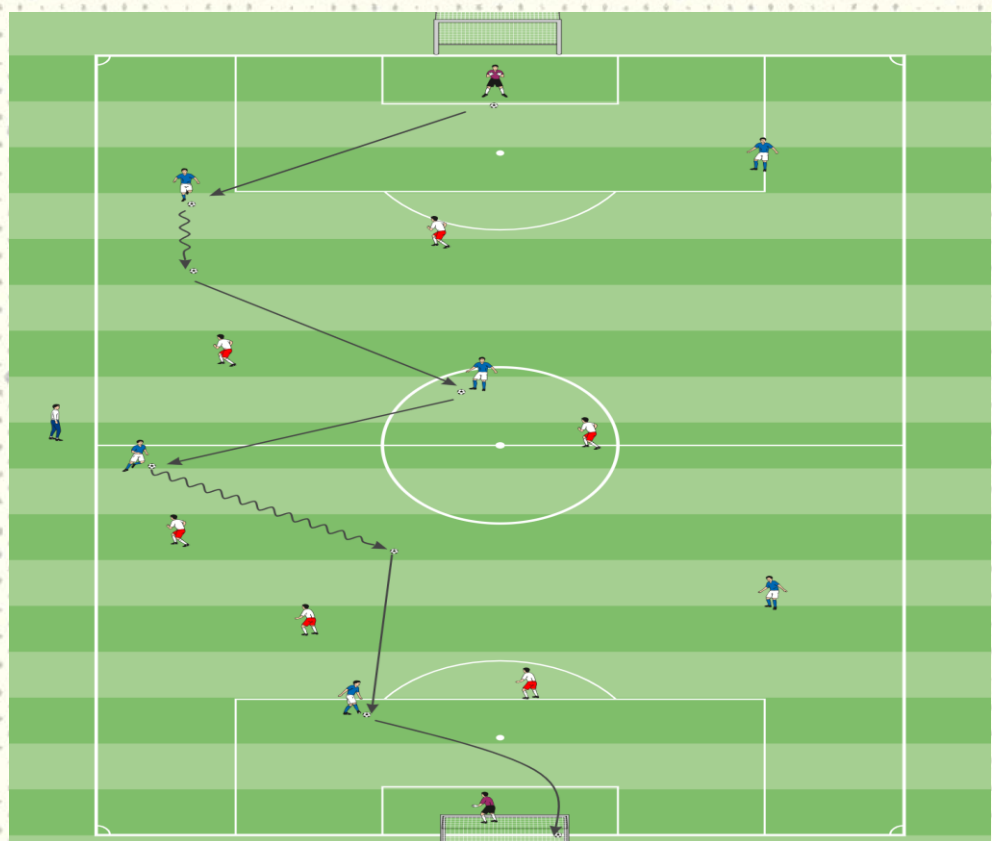
Play 7+1 v 6

KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up

PHASE 4 – GAME | 26 MINS

12 MINUTES PLAY | 2 MINUTE REST



AREA: Your Full Training Area!

DESCRIPTION

Split into 2 Teams and play as close to 9v9 as possible

SCORING

1 point for scoring in respective goals.

KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up