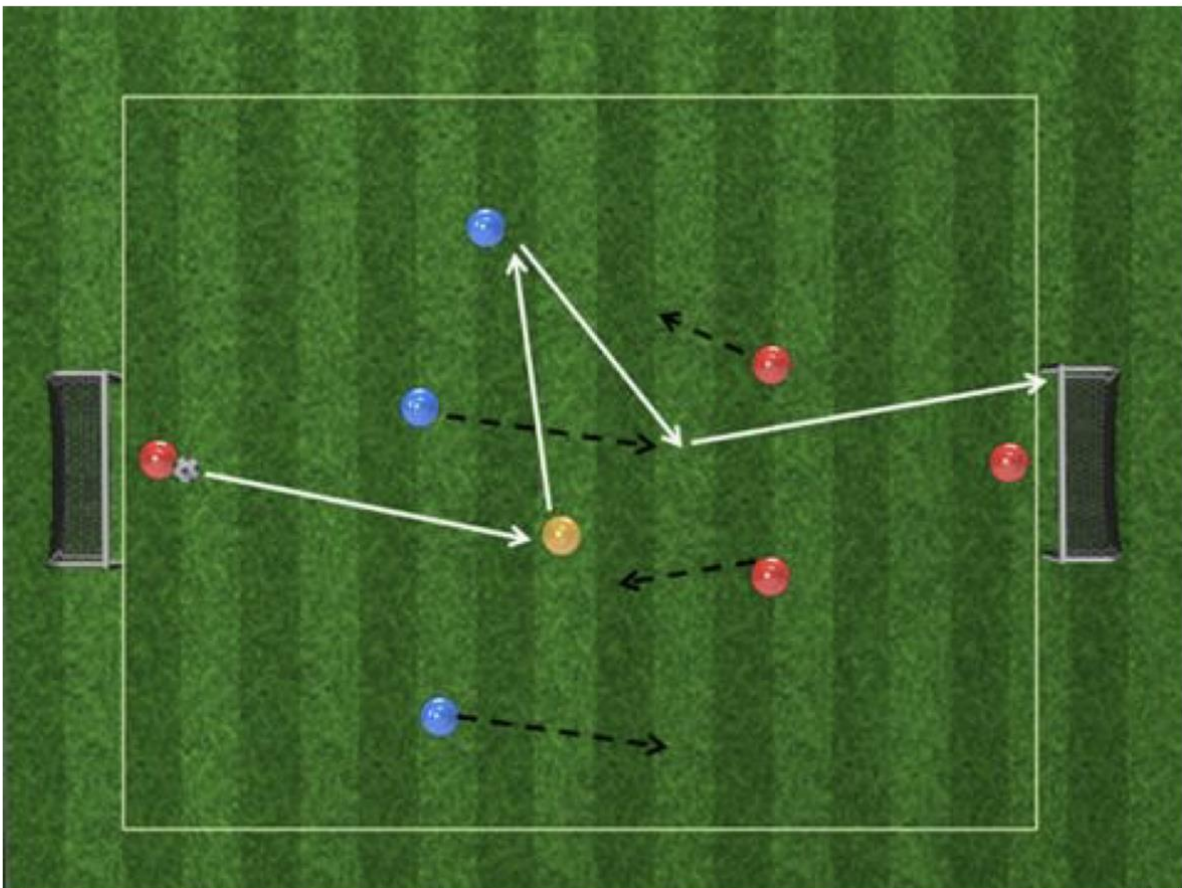

14 Dynamic & Adaptable Sessions

By: Coach Mark Higginbotham



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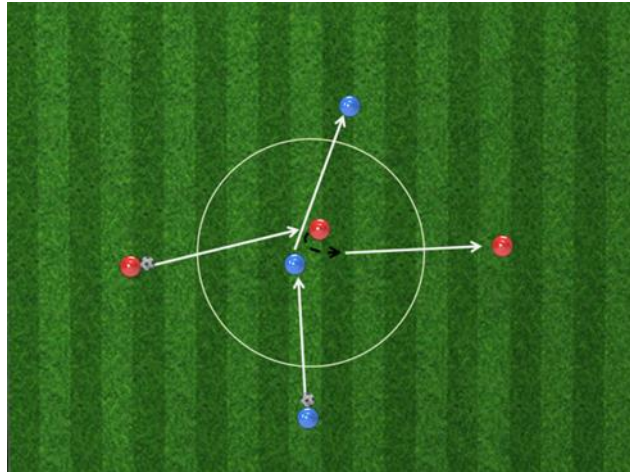
14 ADAPTABLE SESSIONS

Turning out-Wing mirrors

Area: set up a circular area- the centre circle is ideal.

How to: create 2 teams of 3 players. Add a third team if necessary. Players must pass into the middle player who, in turn, passes to the other player outside the area.

Coaching Points: Encourage receiving the pass on the half turn so they're able to see their team mate and make the pass quickly. Free player should move around the outside to increase the difficulty. Stress the importance of looking up and around to see your team mates and know your surroundings.

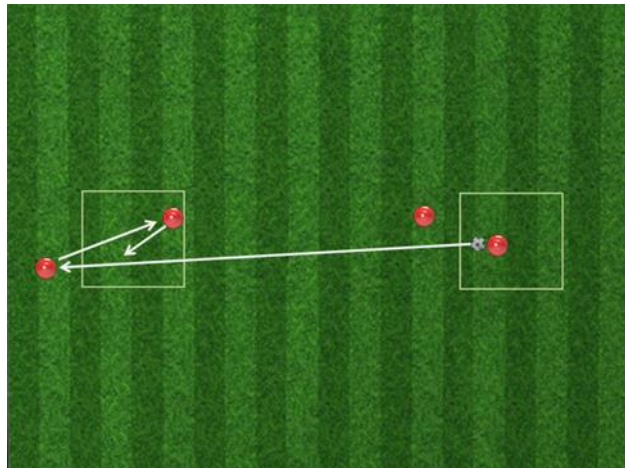


Long passes and relief support

Area: Set up two 5 yard squares 15 yards apart- increase distance to increase difficulty.

How to: Player 1 makes a long pass to player 2 who must cushion the pass in a controlled way to their supporting player who then lays the ball back to player two who makes a long pass back to player 1 and the patterns starts over.

Coaching Points: Supporting player should support on an angle, layoff should be back into the path of the initial receiver. Experiment with lofted passes. Controlled layoff should be landing in/around the square.

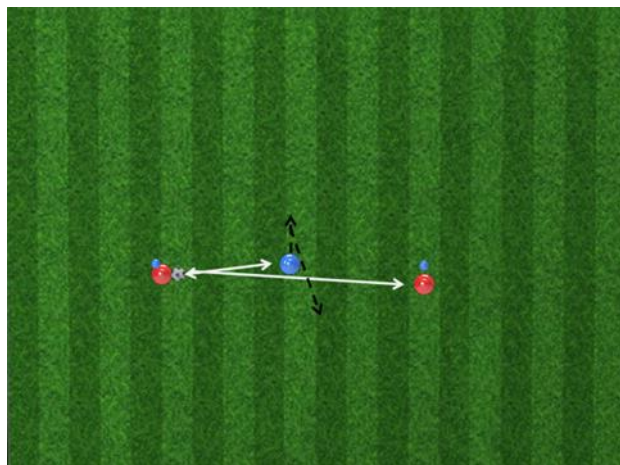


Quick moves in 3's

Area: 2 cones 10 yards apart. 1 player on each cone and a free player in between the two.

How to: One player on a cone makes a pass into the middle player who makes a return pass, the starting player then makes a longer pass to the other side, the pattern repeats.

Coaching points: Angles! Middle player should step to one side to receive the ball and make the return pass, they can then see the whole field and move accordingly to receive the next pass. Exaggerate angles and field position, move quickly and pass accurately.



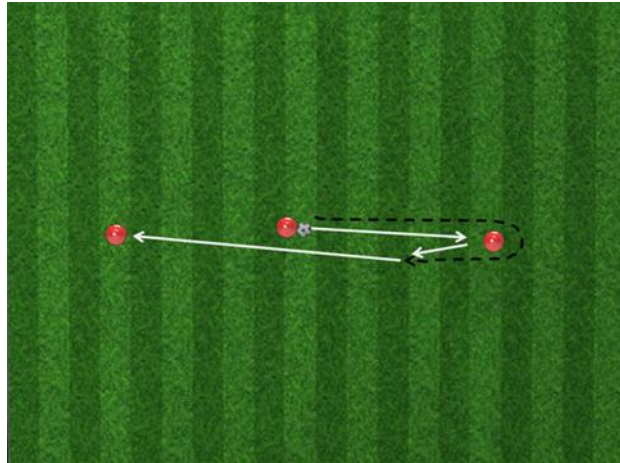
14 ADAPTABLE SESSIONS

Layoff passes in 3's

Area: Set up 2 cones 15 yards apart with a player on each cone. One player stands in between the two cones with a ball at their feet.

How to: The central player dribbles toward an end player and plays a pass into their feet, the player controls the ball and holds it at their feet while the central player makes an overlapping run behind them. The end player plays a pass to them to run onto and the pattern repeats.

Coaching points: Communication, call for the pass when you want it to be played, overlapping player should run onto the ball to keep their speed. Accurate and well weighted passes are important.

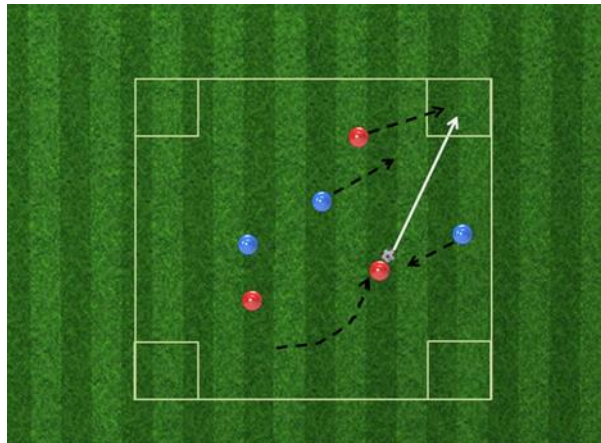


4 Corners- Manipulating play

Area: 35 x 35 yard square with 5 yard squares in each corner.

How to: separate players into 2 teams. One ball in play, teams aim to make a pass for one of their team mates to collect in any corner zone. Players cannot be in a corner zone as the pass is made. You cannot score in the same corner zone twice in a row.

Coaching points: Weight and timing of the pass. Communication and movement off the ball is crucial for taking advantage of space and scoring opportunities. Be creative, there may be a scoring opportunity elsewhere on the field. Look up and scan your surroundings, there are 4 scoring opportunities.

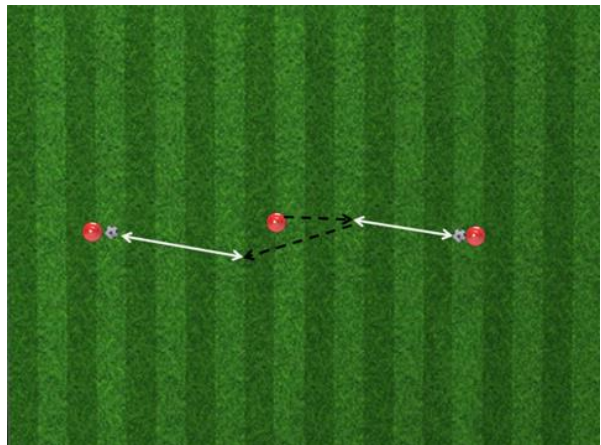


Quick passing and receiving

Area: 2 cones 12 yards apart with a player on each cone, a middle player occupies the space in between. One ball with each player on the end cones.

How to: The central player moves towards one player and receives the ball taking a touch to control and passes the ball back to the original player, the middle player then turns and passes with the player on the opposite side.

Coaching points: Quality of touch to control, advance to one touch passes where necessary. Angle of the approach will help your movement and passing. Move quickly, the central player should be working hard to keep the end players moving.



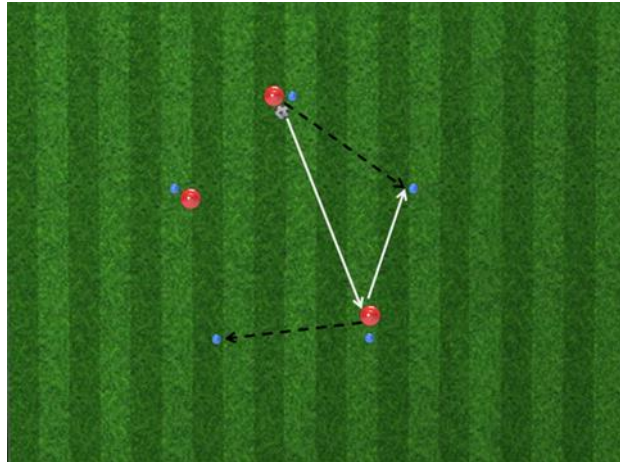
14 ADAPTABLE SESSIONS

5 cone pass and move with limited numbers

Area: Set out 5 cones in a hexagon shape shown. 3 players occupy a cone each, one ball between each group of 3.

How to: Players must pass to each other and move to one of the two free cones. The is unopposed and should be fast paced.

Coaching Points: Communicate; know who you are passing to and where the free space is before you have even received the ball. Move quickly, be aware of the ever-changing space. Pass accurately to your team mates feet.

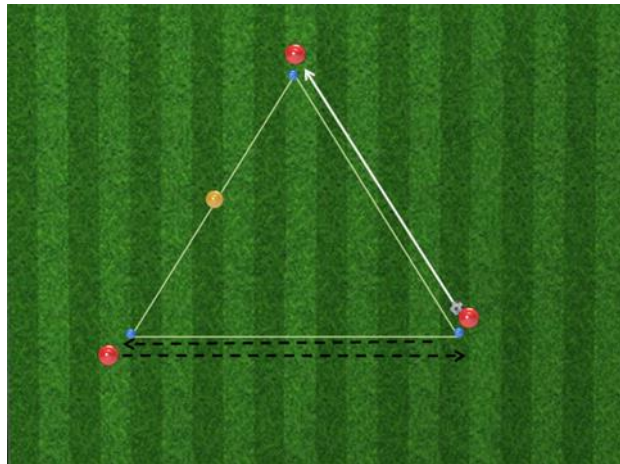


Triangle passing with an obstacle

Area: Set a triangle with each cone spaced 12 yards from the next, set up a flag/cone on one side of the triangle, one player occupies each cone.

How to: The player with a ball passes to one free player, the player who passes the ball and the free player switch positions. The next player then passes the ball to a free player and switches with the player who didn't receive the ball. The ball cannot be passed down the line where the flag/cone is.

Coaching points: Move quickly once you have passed the ball, scan the field, know your next pass/movement. Quality of pass, communication.

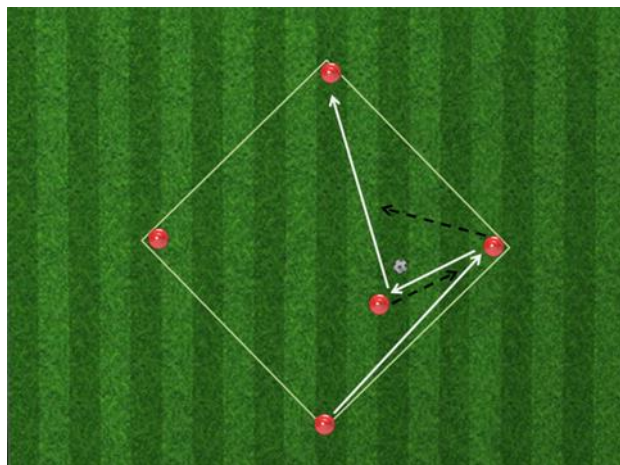


Moving support sequence

Area: Set a square/diamond 20 yards between each cone. One player per cone and one floating player in the middle. One ball between each group.

How to: A player on the outside starts with a ball and plays a long pass to the next corner. The corner player makes a short layoff pass to the central player who then plays long to the next corner. The corner player switches and follows that pass, becoming the middle player, the middle player moves to the vacant corner.

Coaching points: Move quickly, remain focused and move with the play. Pass accurately, communicate well.



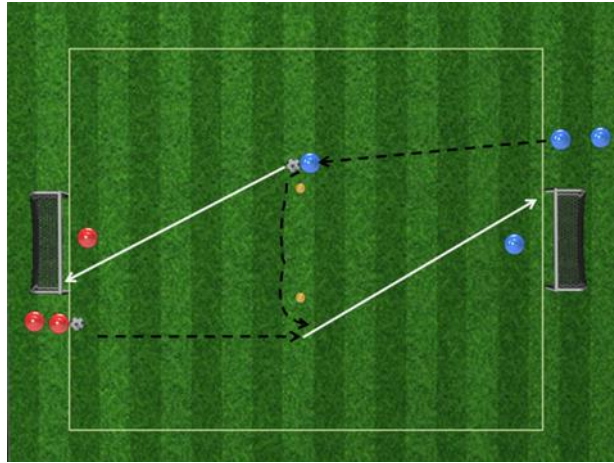
14 ADAPTABLE SESSIONS

Long shots and pressure

Area: 35 x 30-yard field with a goal at either end. Two cones placed in the middle of the field as a marker as to where the shot should be played from.

How to: Lines go one at a time, first player moves unopposed and shoots when in range. When the shot is taken, the next player can advance and shoot. The player who initially shot then runs around their cone and applies pressure to the next person running to take their shot.

Coaching points: Basic shooting technique- head over the ball, strike through line of the ball. Shoot for the far post. Dribbling technique, set yourself for the shot. Apply pressure quickly to speed the game up

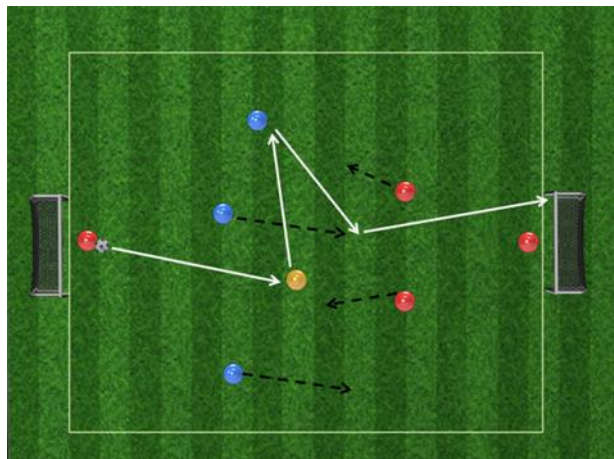


4v2 quick attacks

Area: 40 x 30-yard area with a goal at either end, one goalkeeper in each goal. Set up a team of 3, a team of 2 and one player in a separate coloured bib.

How to: The goalkeeper passes the ball out to the free player who passes to the team of 3 and joins in a quick attack 4v2 to goal. The goal scorer joins the other team who then become the attackers coming back the other way 4v2.

Coaching points: Passing angles and support runs to maintain the speed of attack, use the extra men to exploit space. Play quickly to ensure plenty of shots on goal and to take advantage of poor defensive shape.

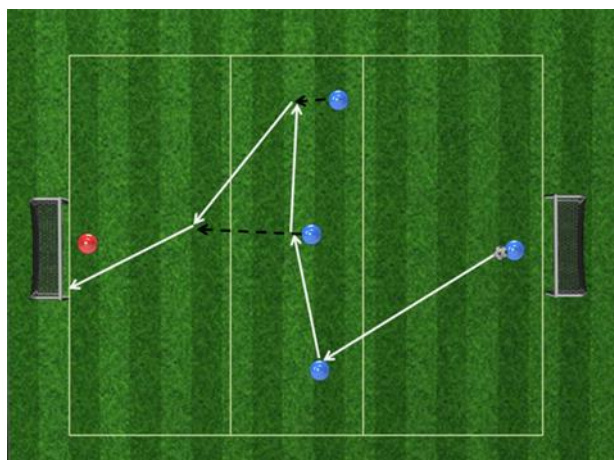


Using width in attack

Area: Set up a 30 x 40-yard field played length ways with a central area. A goalkeeper in either goal and 3 players in the central area.

How to: The goalkeeper passes the ball into a wide positioned player in the central area. The ball is passed centrally then to the opposite wing. The middle player or other wide player can then move into the final third, to receive a pass from out wide before shooting on goal.

Coaching points: Keep width and shape to create gaps in an opposition defense. Work the ball to the opposite side quickly, make the final pass into a dangerous area. Communicate and move well.



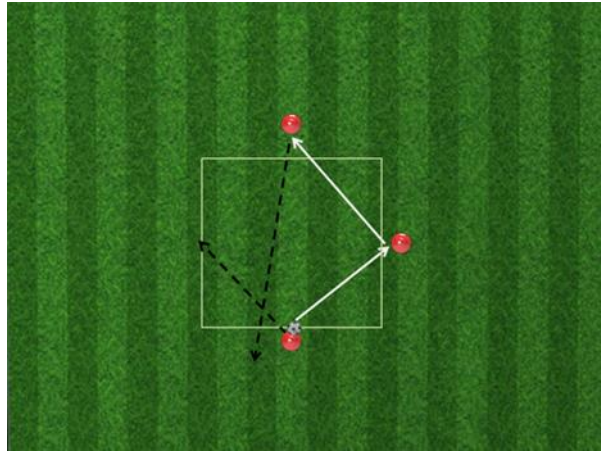
14 ADAPTABLE SESSIONS

Sharp passes and movement

Area: 7 x 7 Yard Area, 3 players occupy a side each, one ball between 3.

How to: The player with a ball passes to a free player. The player who passed the ball then moves to the free side.

Coaching points: Pass and move quickly, read the play and know your movements before you receive the ball. Pass accurately and communicate with team mates.

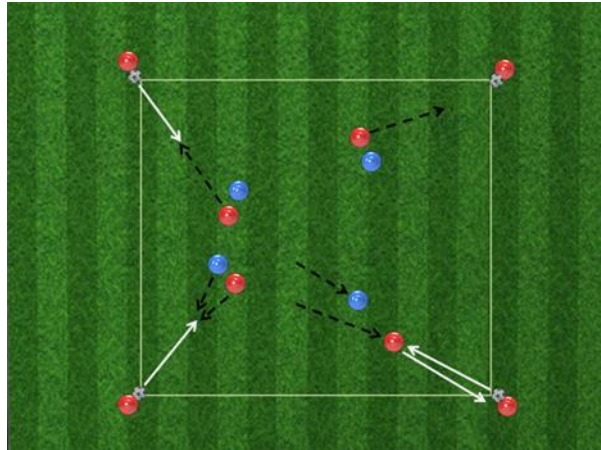


Passing from corners- making space

Area: 15 x 15 yard square, one player occupies each corner. 4 v 4 in the central area. Each corner player has a ball.

How to: Players in the centre play 1v1 and jockey for position. Their aim is to receive a pass from a corner player, take a touch and play a return pass. They can receive from any corner team mate.

Coaching points: Know your surroundings, change the speed of your movement to lose your marker before calling for the ball. Use your body to shield the ball. Communicate with the corner player.



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