

Lead Coach/Assistant Coach: Mitch Gough/Carl Rhodes

Session Development (Why and Who)	We play in a 1-3-5-2 formation and will do for the forthcoming season. I have been looking at Midfield combinations last week and its played a key part in our start to the season as we look to drop a player into Midfield. It would help the players to recognise patterns in movements so I will look at pattern play today in a wave format for them. It may not progress to opposed – but we can revisit that later in Session 8 potetinally. We will see how it goes.		
Main Objective	Introduction to and develop pattern play		
Player Considerations	Technical/Tactical Can players understand that this isn't a rigid way of playing but rather a way of helping them see something that may develop on the pitch and having rehearsed this execute?	Psychological Are players confident enough to try this and recognise the trigger.	
	Physical That movement from the outside wide player up and down can be labour intensive on them	Social Encourage communication, does the CDM lead this and are the other players supporting it.	
Principles of Play	Movement, Create Space and Penetration		
Primary & Secondary Units	Primary = CDM Secondary = CM RWB LWB ST.		



Arrival Activity/Warm up – 15 Mins – Ball Mastery, Passing and Movement

Space: Whole 18 Yard Box

Players as they arrive asked to get a ball and move inside the 18 Yard Box with the ball at their feet, practicing ball mastery, and control within the area.

Individual Objectives:

Avoid Other Players (Eyes Up)

Tight Control in tight space – burst into open space with a bigger touch

Dribble with the ball – what part of the foot are we using to move the ball?

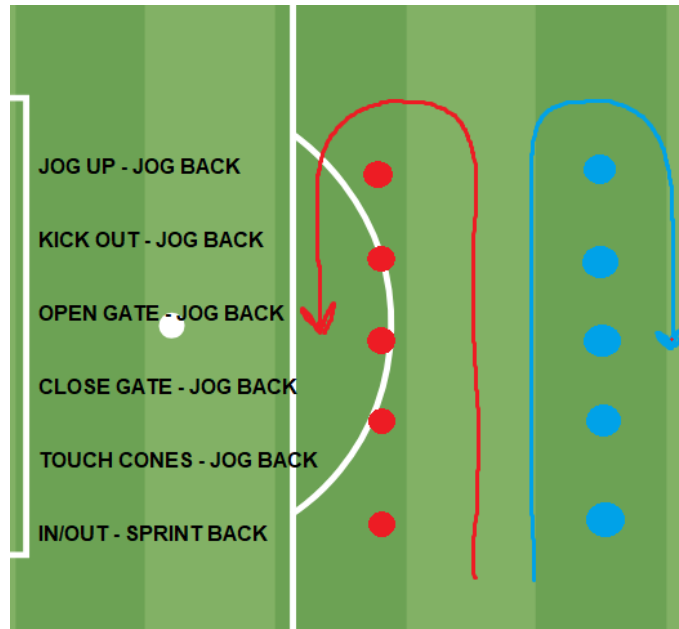
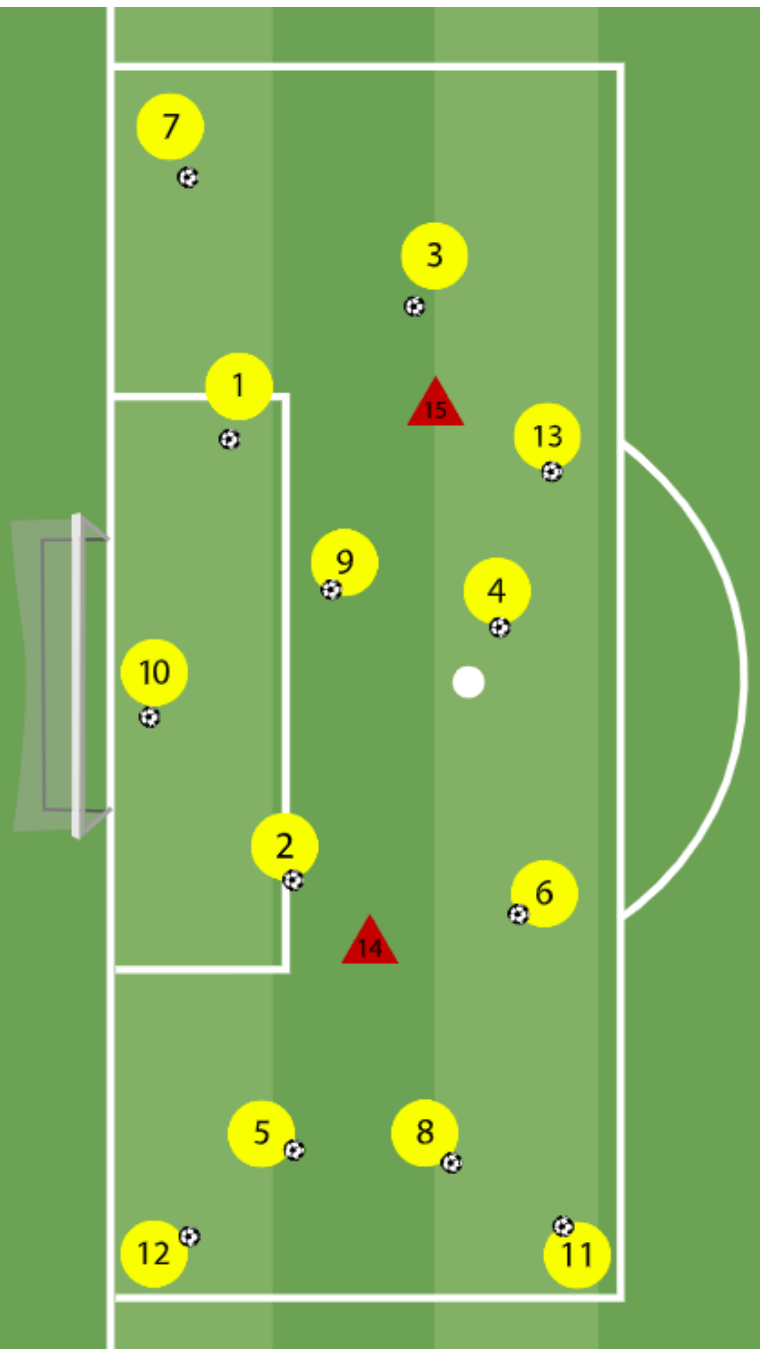
Be Creative with the ball – how can we manipulate the ball?

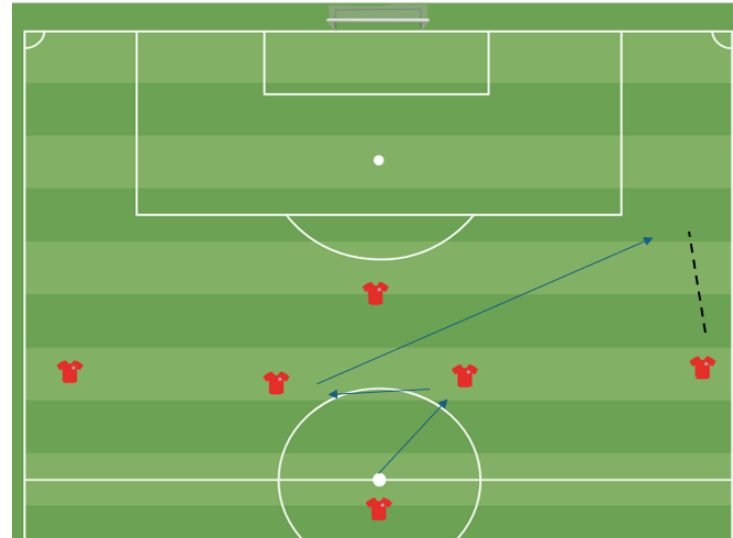
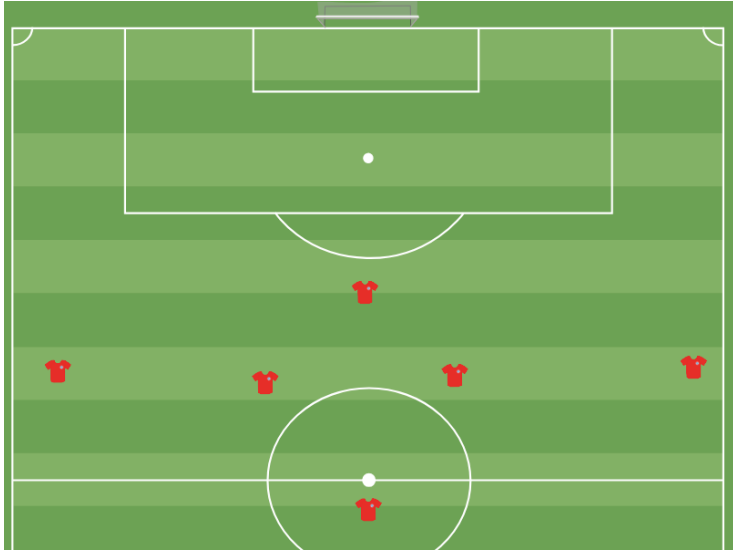
Progression:

Take the football away from 2 players. These 2 players must now complete as many 1-2 (or Bounce passes) with a player with a ball - keeping score. They must move to a different player each time and keep score. Scan for space, keep the ball in the 18 yard box. If the ball leaves the 18 yard box the score they have resets to zero. They can't move on until the player they received the ball from has the ball back at

their feet. Each week change 2 players who receive the passes and keep scores, and each player gets a chance to beat their score and become the “pass master” Keep scores of this on Tactic Board to keep competition and get ball rolling.

Cone Warm Up to Finish: Each week someone will lead this warm up. This is good for the lads socially to experience leading practice and demonstrating. The pattern is the same and once finished they are ready to go straight into practice.





Pattern Practice

Set Up: Players on determined focus spots as per the diagram.

The CDM will start the practice and initiate a play. If he plays to the inside left CM the LWB will begin to move, as he recognises that his trigger. The inside left CM will bounce to the inside right CM who will play the ball through into the path of the LWB who will already be travelling. Its important that the players move after to populate the box and get into their “Zones” the LWB will deliver a driven cross into the box – we will try for a first time finish.

This is new to the players, will be run through firstly without a keeper – then we will add a keeper. I will repeat this on session 8 and add 2 defenders in the box then who will look to intercept only and be semi passive – I will then look at again in Session 11 with live defenders.

This pattern will be tried both sides, and its important for them to realise that its not a rigid way of playing. When defenders are live - the run of the RWB and LWB may draw them out so the ball through to the striker may be the one.

SSG: 8v8 Can we see the pattern

Set Up: SSG on Pitch – We will replicate our matchday setup. I will coach the midfield connections and off the ball supporting movements. Can the players recognise the trigger to travel and can the player in possession realise that although the pre rehearsed pattern may not be on we have created spaced through movement (all principles of play)

If we can score from a pattern it counts as 3.

Evaluation

Post session Thoughts: This was something new to the players and honestly it was a struggle at first. In the SSG they thought it was the ONLY way to play. In the player debrief at the end I reinforced that this is to make us robotic and football is chaos and you can never plan for the unplannable – but when we have the ball we can realise patterns and triggers and that's what this is. We don't HAVE to play to that player if the pass is not on but using the principles of play we have if that movement has created space we can play a penetrative pass somewhere else can't we.

They did score some goals from it in the pattern practice but not in the SSG. I will revisit this on session 8 and instead of the SSG start with the defenders passive and keeper so they can see the picture unfolding.

Learning takes time and I told them that.

WWW – The players enjoyed the principle of it – they can see players on youtube etc doing patterns so felt that they were training like them,

EBI – We can get them to realise that it's not the only way to play and we have to try and force the pattern as you then become predictable.

COM – Next time we revisit this – don't put a carrot in an SSG, don't play an SSG and add the keeper then defenders.