

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. One thing I'm keen to develop this season is The bravery and confidence in the Keeper and Defensive unit to play out from the back. I want to do this to retain possession, to build play and have more of a control over the game as a whole. Playing long each time from goal kicks means our first contact afterwards is a 50/50 and I want to increase the chances of ball retention.	
Main Objective	Develop a structured build up from the Goalkeeper through the back three and Midfield.	
Player Considerations	Technical/Tactical Can players receive under pressure with the correct body shape? Do players understand their positioning, e.g LWB and RWB dropping deeper and staying wide to receive, when to move up? CDM dropping in to become the link and offer a forward pass? Do we need to add technical warm up elements to support this in our lead in practice?	Psychological Are players confident and brave enough under pressure to play from the back? Do they show resilience after making a mistake? How can we support this – can we build their confidence through repetition and praise when they achieve success to reinforce this?
	Physical Do our CB’s have the strength and speed to deal with a counter press? Consider the players mobility, stamina and agility when building up from the back.	Social Encourage communication, are leaders emerging that we can support. Are players supporting each other under pressure? Again can we promote this?
Principles of Play	Movement, Create Space and Support in the first instance when we initiate the play. Penetration and Creativity as we progress into Midfield.	
Primary & Secondary Units	Primary = GK, LCB, CB, RCB, CDM. The GK and 3 Defenders will initiate the play, the CDM is the link offering central support and options to play forward. Secondary = LWB, RWB, LCM, RCM. These players provide width and Vertical Progression.	



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?

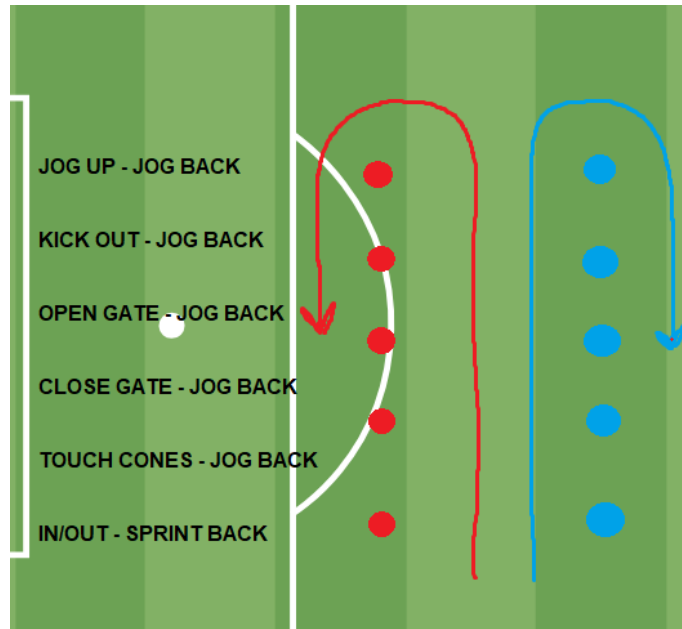
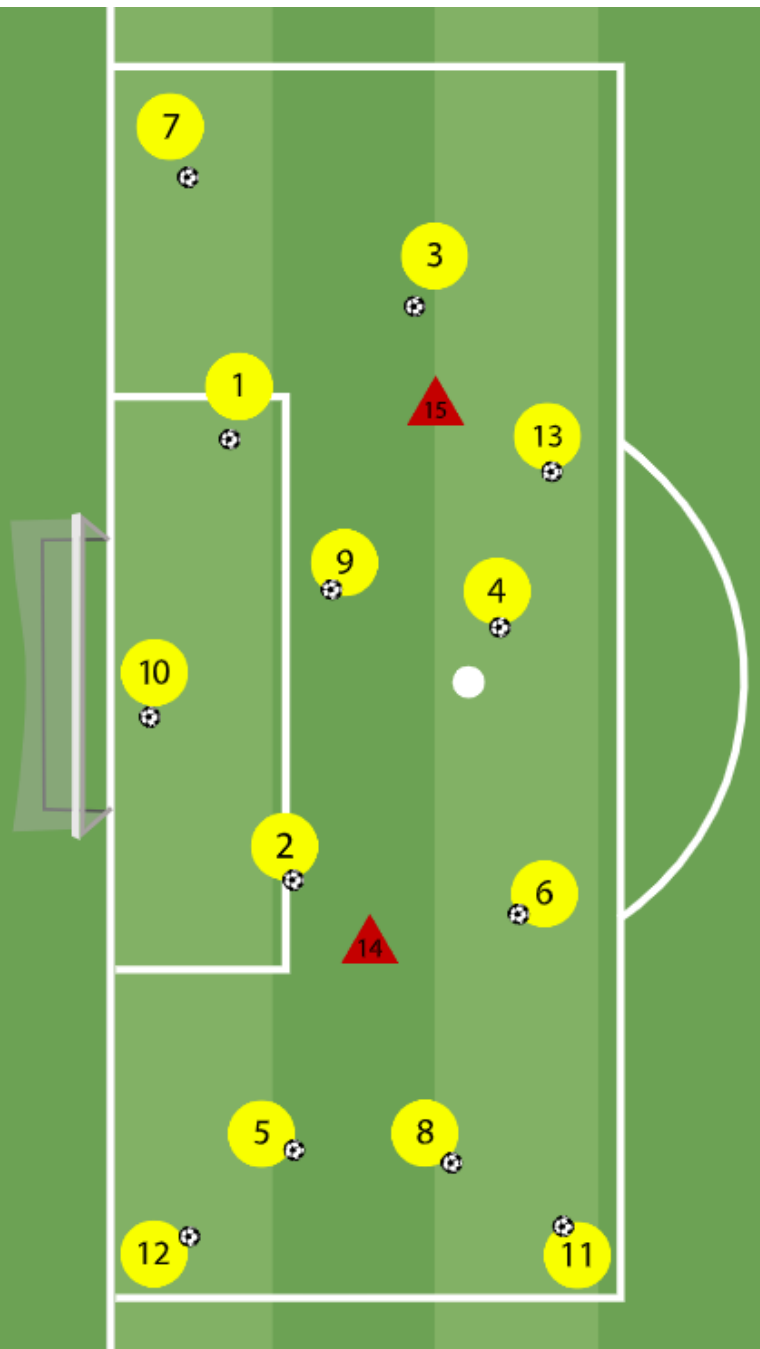
Be Creative with the ball – how can we manipulate the ball?

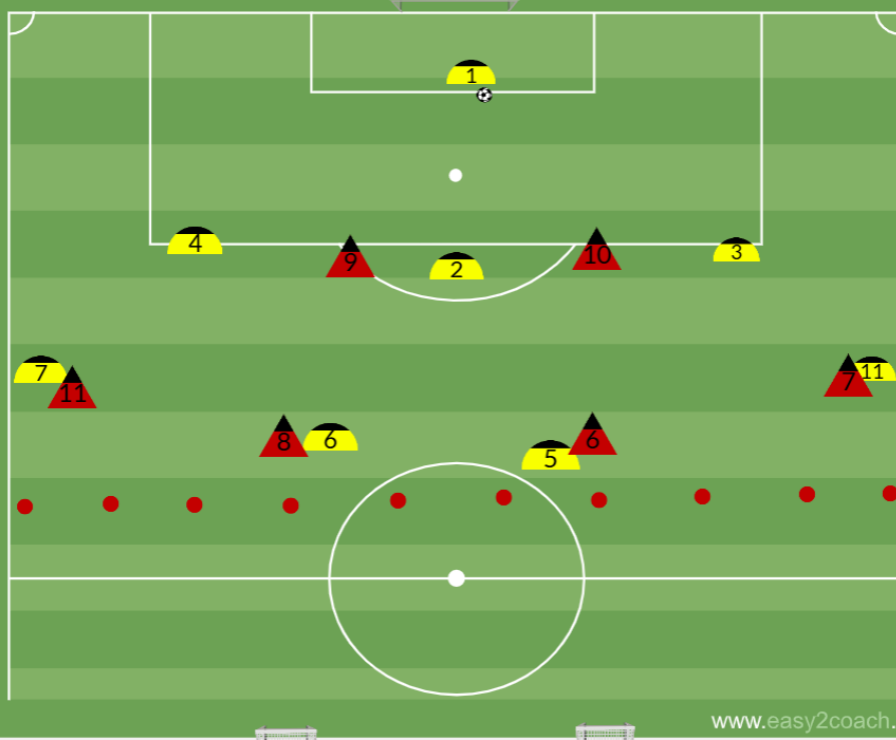
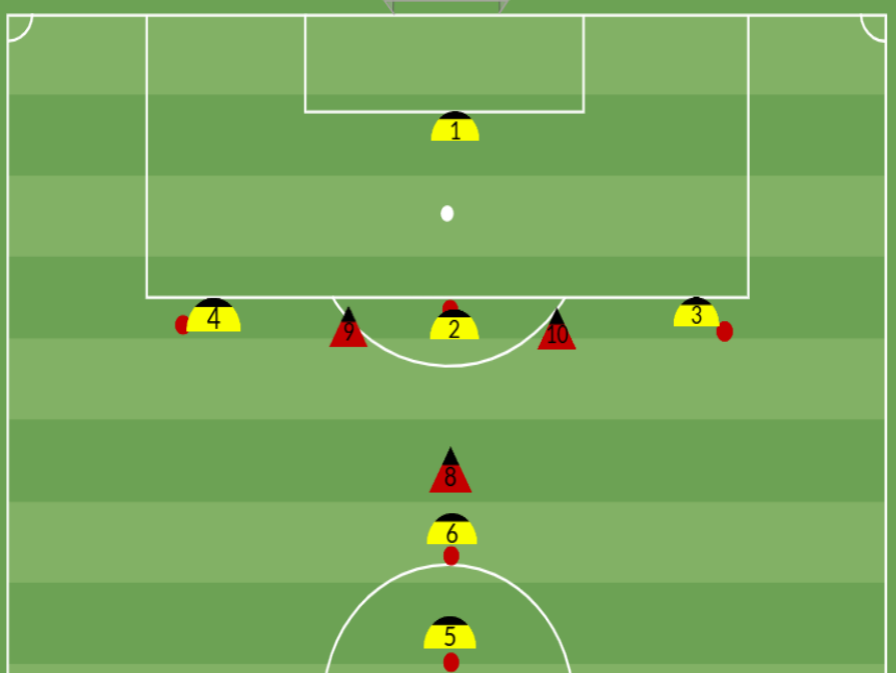
Progression:

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.





Practice: 6v3 Building out from the back – 15 Mins

Set up :- Red Focus spots on Pitch to replicate shape in the full 11v11 system
6 Players in Possession (GK, 3CBs and 2 Midfielders)

3 pressing players to simulate 2 strikers and 1 attacking midfield player.

Instruction:- Maintain Possession and look to play through to target player (Number 5)

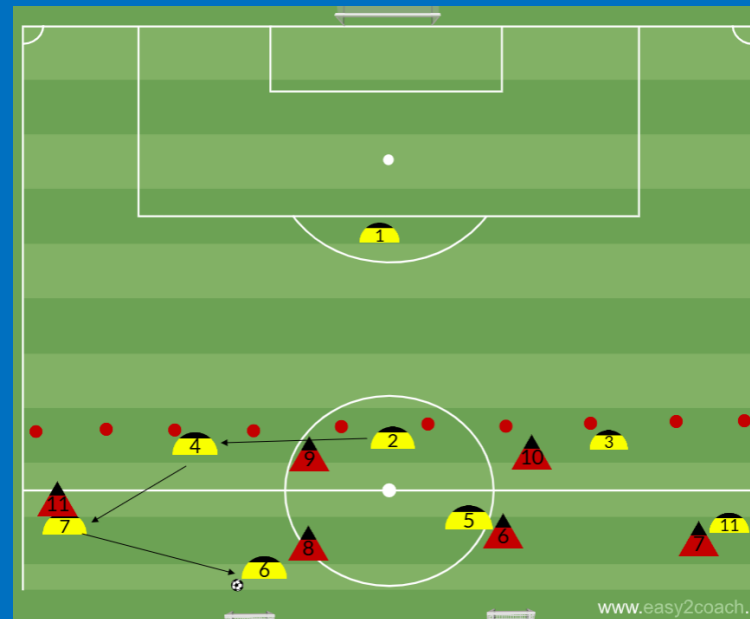
Condition:- At least 2 passes between defenders before playing forward

Play always starts from the Goalkeeper, and the objective in the practice is for effective build up play into “number 5” for the team in possession.

Progression to 8v6 – 25 Mins

Set up:- Add RWB and LWB for the attacking team in yellow. Add a CM ,LM and RM for the pressing team. Target area to build up play and Mini goals to simulate striker outlets.

Instruction:- Play starts from the Goalkeeper always. Play must be built up and to score the team in possession must have the 3 CB’s advanced beyond the target line (indicated by target spots) before they can attempt to score in either focus goal. Pressing team can attempt to score if they successfully press and overturn possession



Individual Objectives:- Understand your role within the Primary and Secondary Unit and how you support build up play from the back

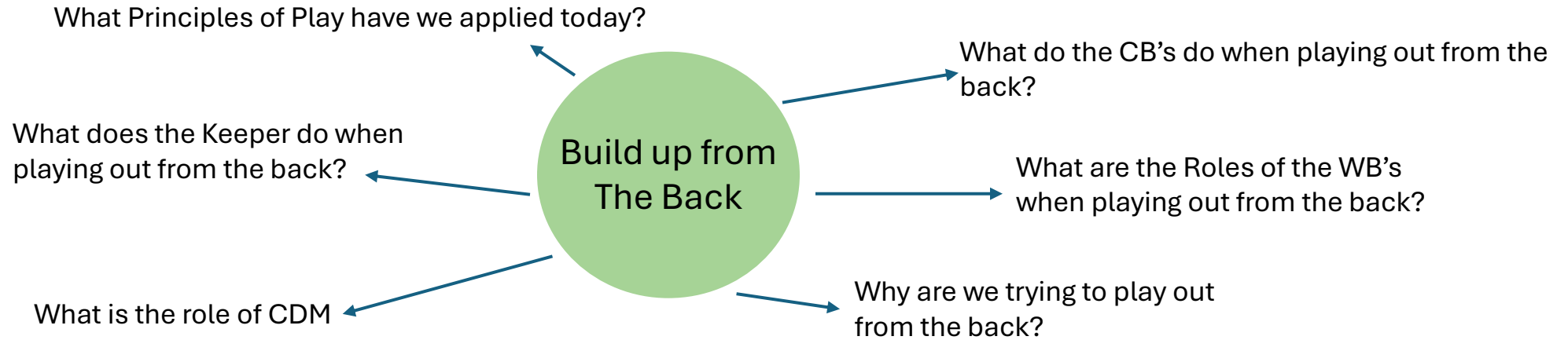
Support the Team Objective by utilising the in-Possession Principles of Play.

Team Objective: Advance up the pitch through build up play from the goalkeeper toward a target, using our in possession Principles of Play

Debrief, Cool Down, Communication – 5 Mins

Debrief with the players. Check learning and coaching points, chat to the players – how has their week been? Any dramas? Any plans before Matchday?

KNOW YOUR PLAYERS



Reflections

When reviewing a session I like to use WWW.EBI.COM This is a method I was introduced to on course and is an acronym for:-
What Went Well Even Better If Changes Or Modifications

WWW = The players enjoyed the autonomy of running the warmup themselves. It also builds in that social element for them. The initial 6v3 worked really well I felt. They were successful in applying the in possession principles of play and gained a lot of success in playing through to the target player.

EBI = Owing to the space used for this practice when I progressed the 6v3 to an 8v6 it became more difficult for them to apply the principles of movement and creating space especially when the RWB and LWB dropped deeper to receive. Rotating the 3 CB's in hindsight might have been a better option to allow development of the playing principles. This adjustment would of allowed more success rates of the desired outcome of playing out from the back and offered more realistic decision making opportunities.

COM = As above I would consider more player rotation and keep the practice as a 6v3, or perhaps added more out of possession players to create a 6v4.