



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Creating space and combining in two's and three's</p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> To score, the attacking team passes to any of the four neutral players and connects to a third teammate with a 1-touch pass. Games are to 5. 		
<p>2 Mobility and Connecting</p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> If the passer receives the ball back from the neutral player, the team maintains possession, but does not score. Neutral players have three touches. If no pass is made after two touches, the ball MUST be passed to one of the other neutral players to keep the ball circulating. 		

3 5 v 5 to goals

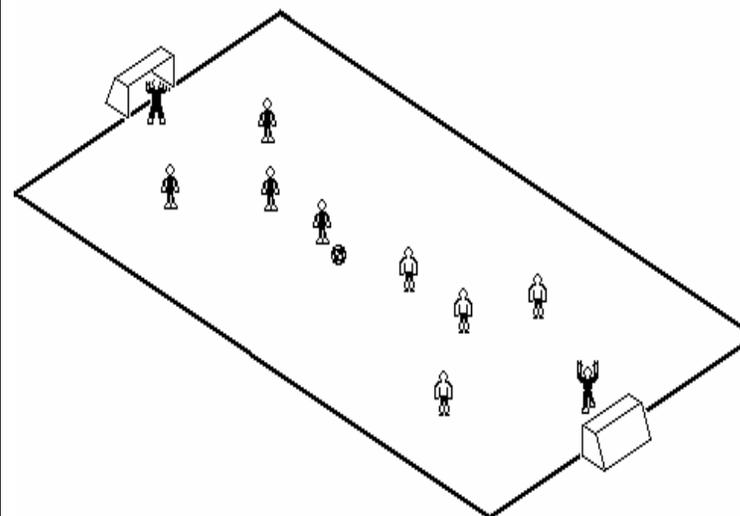
Numbers: 4 field players and a goalkeeper

Space: 40/45 x 30/35 yards

Organize players 2-1-1

Special Rules:

1. Limit touches (3) to reduce dribbling and increase ball circulation
2. Reward two- and then three-player combinations with a point; goals are worth three points.



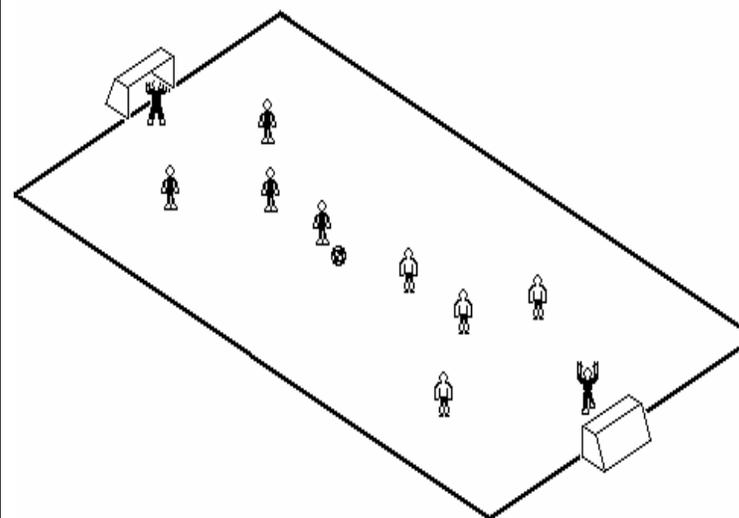
If no immediate counter-attack, develop basic spacing ideas:

- Forward and midfielder push out of the back (GK in possession)
- Defenders open to the side of the field
- **GK should advance the ball to create a passing lane(s)

4 5 v 5 to goals

Building up: Build basic connection ideas between 5 players.

- Midfielder and forward should move in opposition to each other (high-low, left-right)
- Midfield player acts like a AMF / #10 in 3-front, playing off striker's movements
- Defenders should not be forward together (team should be even numbers in defense)
- Central player should not kill passing lanes to the forward
- Striker should not stand on sidelines
- Midfield player should help build out of the back / change Point Of Attack by showing in central spaces
- Defenders should run the ball into space when possible
- Turning and finishing from MF and striker encouraged





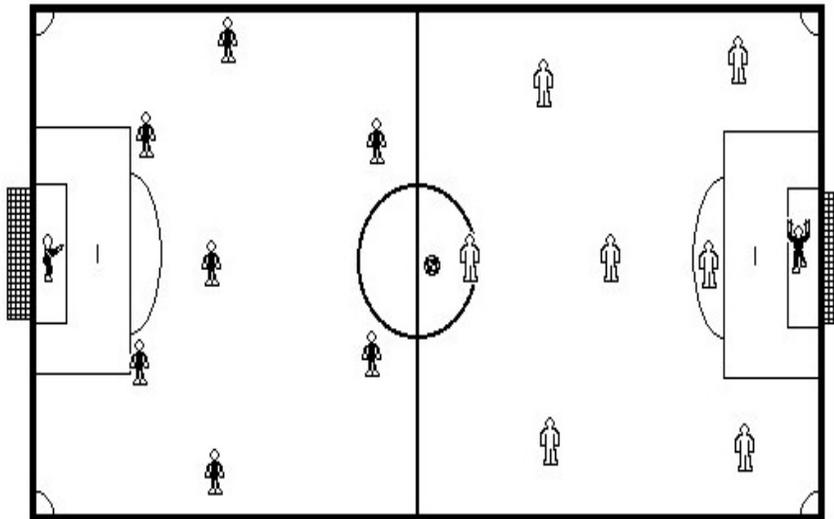
Lesson Plan



5 8 v 8 (not 11 v 11)

Special Rules:

1. Limit touches/unlimited touches
2. No punting
3. No pressing
4. Reward any reasonable combination attempt (successful or otherwise) with points (goals always worth more)
5. Do not pigeonhole what a “combination” is. Any reasonable combining action involving two or more players should count!



1. As above
2. Develop team shape ideas
3. Develop ideas on rhythm and phases of play

COOL-DOWN