



<b>Team Name</b>	Monroe Mayhem	<b>Session Date</b>	
<b>Age Group/Gender</b>	U8 Boys	<b>Session Length</b>	90mins
<b>Topic</b>	Attacking Principles	<b>Area Size</b>	30x30
<b>Key Learning Outcomes</b>			
1) Players to keep ball close using small touches		4) To understand the importance of playing quick when attacking forward	
2) Be able to change speed and direction depending on defenders.		5) Understand that at times you have to be patient when attacking	
3) Players to play with head to make decisions.		6)	

# OF PLAYERS	# OF GK'S	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)	# OF PINNIES (COLOR 3)
12	0	-	4	4	4	4

<b>SESSION STRUCTURE</b>		
30mins Technical	30mins Learning Phase	30mins Conditioned Game

<b>Technical (including warm up) – 30mins</b>		
Diagram	Organization	Coaching Points
	<p>1- Dribbling around cones, keeping ball close.            2- Dribbling diagonally, accelerating to cone in front.            3- Keeping ball close, turning 90degrees to go to next cone.            4- Dribbling to cone, turning back then accelerating to next cone in front.</p> <p>- Group split into 4 equal groups for high repetition.</p>	<p>-Keep ball close            -Head up to observe next action.            -Change speed or direction.            -Movement into space.</p>



Learning Phase – 30mins		
Diagram	Organization	Coaching Points
	<p>-2x equal teams.            -2v1/2v2/3v2            -Playing towards puggs.            - Attackers always start with the ball.            - After each attacking phase other team attack new defenders.</p> <p>P – 2v2            P – 3v2</p>	<p>1-Attack Defenders quickly to commit.            2-Movement wide of 2<sup>nd</sup> attacker to create space and to become an option.            3-Head up to make decision.            4-Execute decision quickly &amp; decisively.</p>

Conditioned Game – 30mins		
Diagram	Organization	Coaching Points
	<p>3x equal teams.            Lots of balls at each end.</p> <p>Round robin play, if one team scores they stay on and face new team coming onto the field.            2x equal teams</p> <p>Free play with little stoppage</p>	<p>1 – Attack defenders to make them commit.            2 – Movement of support players            3 – Decision of 1<sup>st</sup> attacker depending on defender and movement of support players.            4 – Play with energy.            N/A</p>