



<b>Team Name</b>	Monroe Blasters	<b>Session Date</b>	
<b>Age Group/Gender</b>	U9 Boys	<b>Session Length</b>	90mins
<b>Topic</b>	Individual Possession	<b>Area Size</b>	30x30
<b>Key Learning Outcomes</b>			
1) Players to keep ball close using small touches	4)		
2) Be able to change speed and direction depending on defenders.	5)		
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
	<ul style="list-style-type: none"> <li>-3x pirates w/o balls.</li> <li>-All other play with ball each and are attackers.</li> <li>-Object is for Pirate to win possession and score in puggs.</li> </ul>	<ul style="list-style-type: none"> <li>-Keep ball close</li> <li>-Head up to observe defenders</li> <li>-Change speed or direction.</li> <li>-Movement into space.</li> </ul>



### 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>	<ol style="list-style-type: none"> <li>1-Attack Defenders quickly to commit.</li> <li>2-Movement wide of 2<sup>nd</sup> attacker to create space and to become an option.</li> <li>3-Head up to make decision.</li> <li>4-Execute decision quickly &amp; decisively.</li> </ol>

### 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>	<ol style="list-style-type: none"> <li>1 – Attack defenders to make them commit.</li> <li>2 – Movement of support players</li> <li>3 – Decision of 1<sup>st</sup> attacker depending on defender and movement of support players.</li> <li>4 – Play with energy.</li> </ol> <p>N/A</p>