



<b>Team Name</b>	Monroe Dragons	<b>Session Date</b>	
<b>Age Group/Gender</b>	U12 Boys	<b>Session Length</b>	90mins
<b>Topic</b>	Combination Play	<b>Area Size</b>	30x30
<b>Key Learning Outcomes</b>			
1) Players to make defenders commit by playing quick and positively.	4)		
2) Be able to make decisions depending on what they see in front of them.	5)		
3) If combining look to play quick and decisively.	6)		

# OF PLAYERS	# OF GK'S	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)	# OF PINNIES (COLOR 3)
14	0	-	2	5	5	5

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

<b>Technical (including warm up) – 30mins</b>					
<b>Diagram</b>		<b>Organization</b>	<b>Coaching Points</b>		
		<p>Groups of 3. 2x Balls.</p> <p>Form a triangle with the player at the point of triangle playing 1<sup>st</sup> time back to server. Repeat by switching to each server.</p> <p>1 – Inside of foot to pass. 2 – Laces to pass.</p>	<p>Groups of 3. 1x Ball.</p> <p>Form a triangle with the players working the ball clockwise using 2 touch only.</p> <p>P – Pass must be made with the laces.</p>	<p>1 – On toes. 2 – Body facing towards passing target. 3 – Speed of play. 4 – Quality of pass.</p>	<p>1 – On toes. 2 – Quick feet. 3 – Quality of touch. 4 – In line with pass.</p>



		<p>Groups of 3 1x ball</p> <p>Working inside 10x10 square. Object is to always be in line with the person in possession of the ball.</p> <p>P-Add defender</p>	<p>Groups of 3 1x ball</p> <p>Working inside 10x10 square. Object is to attack passive defender and play wall pass with supporting teammate. Rotating positions after each combination.</p> <p>P-Defender not passive anymore</p>	<p>1 – Always in line with the ball, not diagonol. 2 – Good touch. 3 – Quality pass. 4 – Head to observe ball and supportive teammates.</p>	<p>1 – Always in line with the ball, not diagonol. 2 – Good touch. 3 – Quality pass. 4 – Head to observe ball and supportive teammates.</p>
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Learning Phase – 30mins		
Diagram	Organization	Coaching Points
	<p>Working in groups of 2 1x ball between 2 2x defenders defending in each channel</p> <p>Players working together to combine towards the goal. Rotating to next field and repeating. If player loses the ball he replaces defender.</p> <p>P – 2 defenders in each channel making it 2v2.</p>	<p>1 – Attack defender to make them commit. 2 – Movement of support player. 3 – Decision of 1<sup>st</sup> attacker depending on defender and movement of support player. 4 – Play with energy.</p>



Conditioned Game – 30mins

Diagram		Organization		Coaching Points	
		<p>2x equal teams. Lots of balls at each end.</p> <p>Players play 3v2 one way. Last player of 3 to touch ball stays on field and defends 2v1 (against original 2 defenders) other way. Two other attackers who didn't touch the ball go behind end line to defend next team of 3. Repeat.</p>	<p>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.</p>	<p>N/A</p>