

Video Clips for Each Phase of the Session

Phase 1, Extended Warm Up: <http://youtu.be/ommClpAitgo>

Phase 2, Whole (1): <http://youtu.be/Jmpb4JDySZs> and <http://youtu.be/h5EpSIG1bnE>

Phase 3, Part: http://youtu.be/KnzSGiE_tjE

Phase 4, Whole (2): http://youtu.be/_NM9lxYK1co

Phase 5, Game: <http://youtu.be/OC4vUL3OprU>

Below the original session plan is a copy of the session plan with additional coaching notes as delivered by the Colorado Rapids Youth Academy staff.



Collective Possession to Advance - Creation and Use of Space

Category: Tactical: Decision making practices
Skill: U16

Pro-Club: Colorado Rapids Soccer Club
Danny Stone, Las Vegas, United States of America

Description

PHASE: Collective Possession to Advance

GAME PRINCIPLE: Creation and use of Space

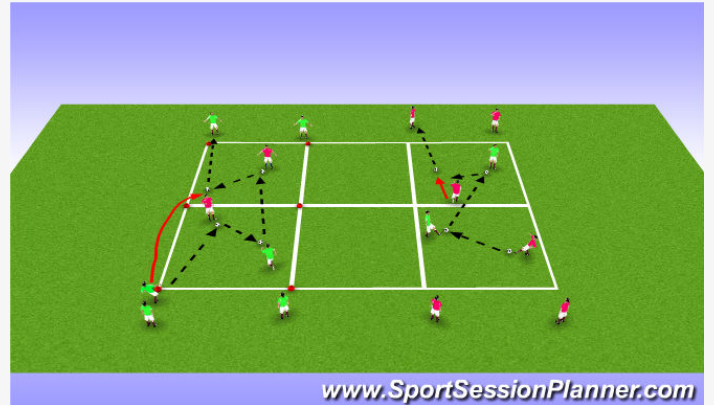
Technical passing. Warm up extension (10 mins)

DESCRIPTION: Extended technical warm up.

Free play working ball through channel. Working in twos from each end through two neutrals inside channel. Neutrals stay in, two players move through channel and follow ball out.

COACHING POINTS:

- Look like a player. Be aware of body shape and balance.
- Focus on quick, clean, quality technique.
- Find and maintain a rhythm of play and a tempo to the ball movement.
- Communication with body language as well as voice.
- Vary type of pass, length of pass, add disguise when appropriate, be creative, clever.
- Neutrals should be intelligent with their movement, play off each other, think of opposites, be active but not always running - find spaces.
- Outside players use end cones as a guide, not a constant starting position. Movement away from cones to receive ball, drift away from cones in any direction.
- Channel also just a guide, players can drift outside channel if appropriate to find space.
- Recover and fix mistakes, regain rhythm.



WHOLE - 5v5 to Targets (20 mins)

DESCRIPTION: Directional 5v5 possession to target players.

Unrestricted play using targets for possession. Target players can step inside area of play to keep flow of play. Tight space (25yd x 25yd) and conducive with the desired physical demands of a Body Load Day. (4 x 3-4 minute games.)

Progression 1: Keep possession by using related target players.

Progression 2: When target player receives the ball, it must be passed to partner target player on the same side before it can be played back into area of play.

Progression 3: One player from defending team can apply pressure to target players outside the area of play when the ball has been passed out.

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- Recover and fix mistakes, regain rhythm.
- High tempo throughout; don't worry about exercise duration.



PART - 3v3 with Neutrals (20 mins)

DESCRIPTION: Non-directional 3v3+3 possession.

Unrestricted play using neutrals/targets for possession. Target players can play inside or outside area of play to keep tempo of flow. Tight space (12/15yd x 25/30yd) and conducive with the desired physical demands of a Body Load Day. (6 x 2-3 minute games.)

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GAME - 9v9 to Goal (20 mins)

DESCRIPTION: Directional 10v10 game to goal.

Unrestricted play to goal. (4 x 4 minute games.)

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Collective Possession to Advance - Creation and Use of Space

Category: Tactical. Decision making practices
Skill: U16

Pro-Club: Colorado Rapids Soccer Club
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Description

PHASE: Collective Possession to Advance

GAME PRINCIPLE: Creation and use of Space

Explanation and instructions to players in two phases.

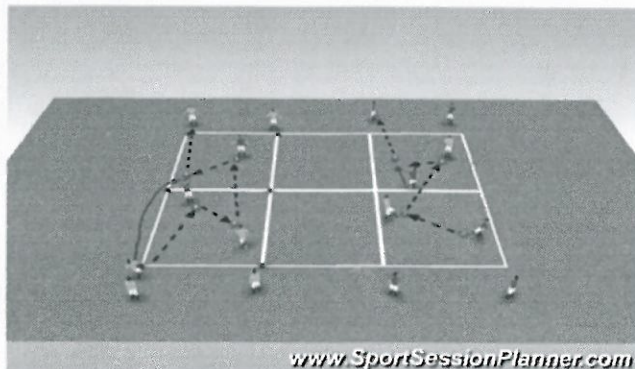
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1

2

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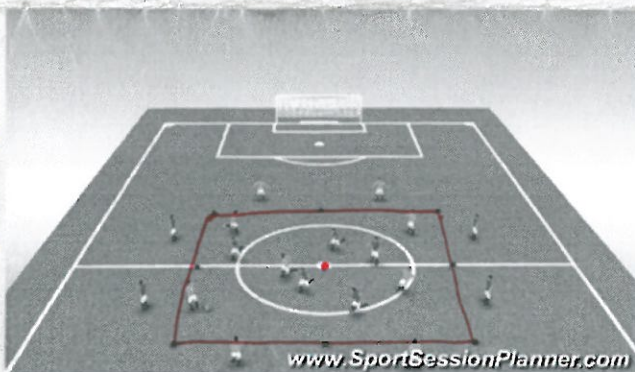
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Intro game - stage 2 - stage 3

1: Quick recap from warm up.

2/3: After intro stage, add this info.

- With ball: QUICK + SIMPLE.
- Without ball: Intelligent movement - for a reason. why?
- In possession: Awareness of movement of teammates and defending team - dictates use of ball/choice of pass. Why choose a certain pass?
- Timing of pass: Also a reason. Give next player more time. Draw a defender to the ball.

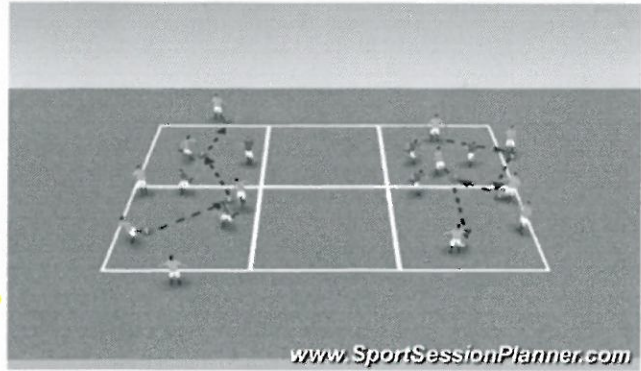
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- QUICK + SIMPLE.
- Mental sharpness, awareness.
- Movement (to create space). Awareness of other players, not only the ball.

in possession use body language. Out of possession use voice.

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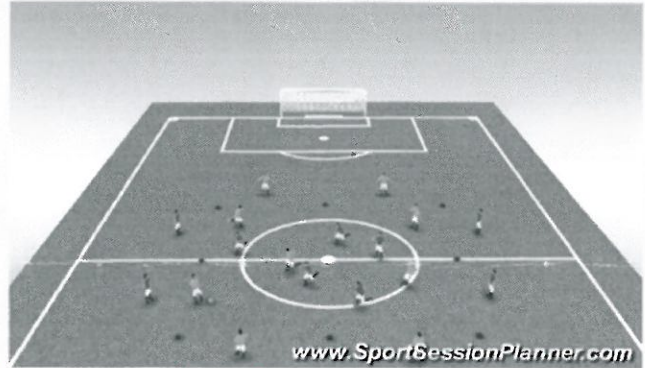
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- Demonstrate how shorter passing + longer passing (or simply body language) creates different space + options for pass.

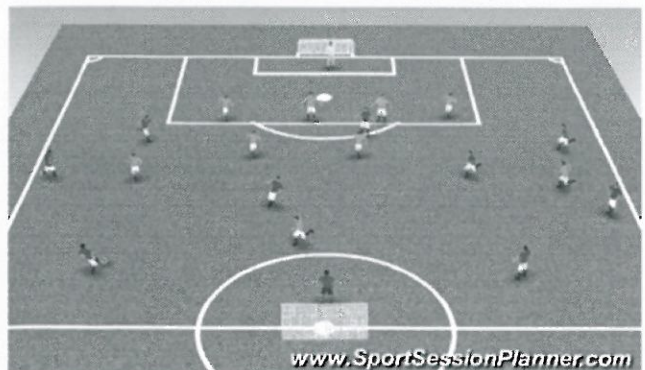
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COLLECTIVE POSSESSION TO ADVANCE.