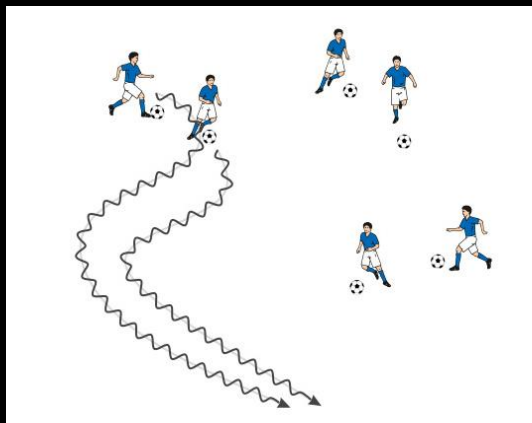


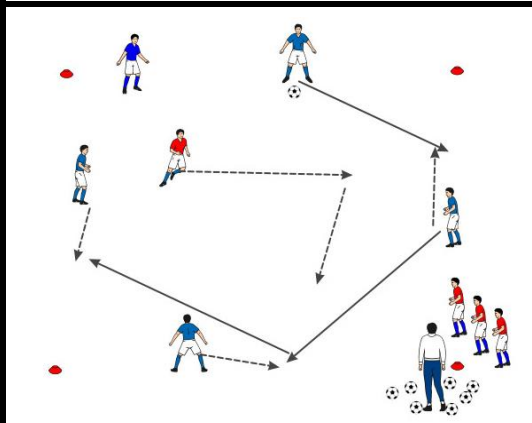


Purpose of this session is to *develop patience and awareness in attacking*. Players should recognize when it's on to attack, and when they should move the ball into space. In a possession-oriented style of play, two important principles are *width* and *depth*. At this age, "who can be the most open" or "how can you be available for a pass" is the starting point, but we want to create *support(depth)* behind the ball and *width* to create passing options all over the field.



**I. WARM-UP**    **Move:** Out/Out/In    **Game:** Follow the Leader    25 minutes  
**EYSA Technical Warm-Up:** Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Follow the Leader"

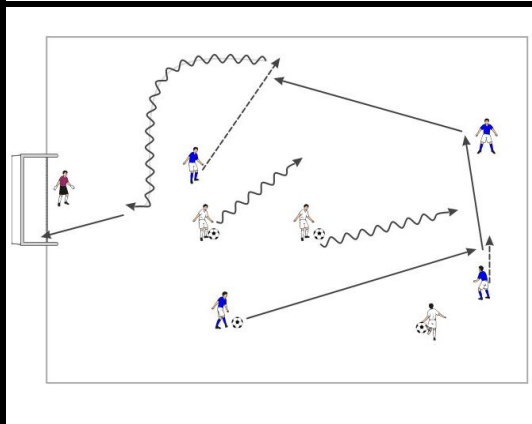
**What:** ~15x15 grid. Players partner up.  
**How:** One partner leads, the other partner follows. On coaches call "catch him!" the follower must touch the leader with his hand. If either player loses possession of their ball, they lose the round. Switch roles each round.  
**Why/CPs:** Close control, check shoulder to find follower, change of direction



**II. SMALL-SIDED ACTIVITY**    **Game:** Rondo    15 minutes

**What:** ~12x12 box - adjust to create success. 5 players spread out, inside the field. The rest in a line out of bounds. Coach feeds ball in to team of 5.  
**How:** Attacking team possesses against one defending player. When a defender steals ball, pass to teammates for a point. New ball and defender is then fed in. 3-6 passes is a point. Teams switch roles every ~3 minutes.  
**Why/Coaching Points:** "Who can be the most open?" Trap away from defender. Approach, Kick, Follow through.

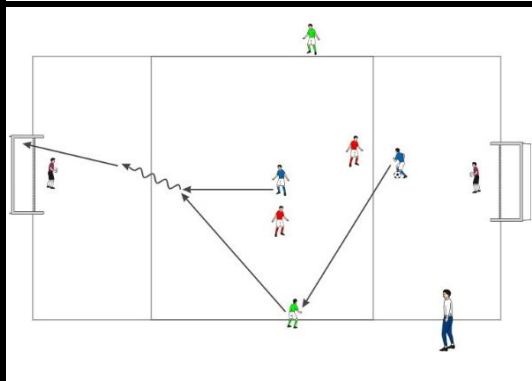
**Note:** There are many variations and levels of Rondos. Run the Rondo your team can handle. Coach should also encourage movement to receive



**III. EXPANDED ACTIVITY**    **Game:** Possession to goal    15 minutes

**What:** Even numbers. All defending players have a ball. Attacking team shares 1. Regulation goal on one end. Coach keeps spare balls to feed.  
**How:** Attacking team must make 3+ passes before attempting to score. After 3 passes, can shoot on goal. Defenders are dribbling to try to break up the play. Any legitimate touch by defenders restarts pass count. Switch roles half way through.  
**Why/CPs:** "Who can be the most open". Dribble to create a pass. Movement to receive.

**Note:** The pace of the defender has slowed down due to dribbling. This creates more time on the ball before pressure closes down. If your players are getting a lot of shots off, require more passes or shrink the space.



**IV. GAME**    **Game:** Possession to Goal    20 minutes

**What:** Regulation goals with GKs, plus Bumpers. Even numbers in field(2v2, 3v3). If odd numbers, coach plays as bumper. Defenders can't pressure GKs.  
**How:** Free play, but adjust scoring based on number of passes before a goal. 0 passes + goal = 0 pts. 6 passes + goal = 6 points. Rotate bumpers/GKs.  
**Why/CPs:** Patience in build-up. If forward play isn't available, pass back to GK and start again.

**Note:** Playing 2v2+bumpers and GKs creates a 5v2 in a big area to possess, along with created depth and width. Encourage possession with as many passes as possible before going forward.