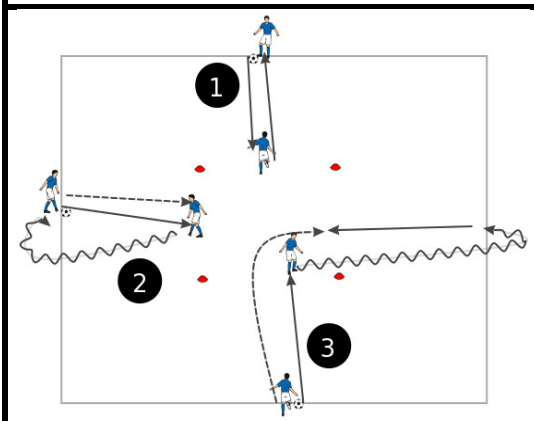




Purpose of this session is to *develop creating triangles and receiving into space*. In a possession-oriented style of play, two important principles are *width* and *depth*. At this age, "who can create the biggest triangle/diamond" or "how can you be available for a pass" is the starting point. We want to create *support(depth)* behind the ball and *width* to create passing options all over the field.



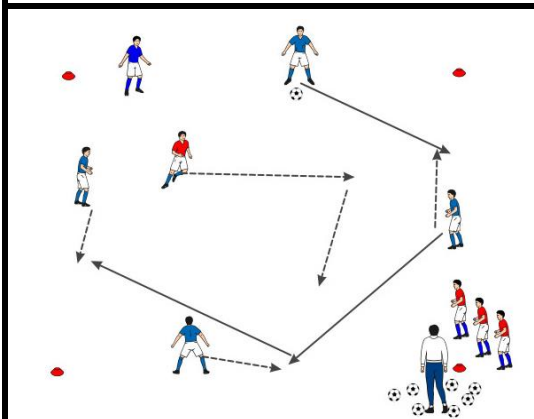
**I. WARM-UP** Move: Ins/Outs Chops **Game:** Pass and Move 25 minutes

**EYSA Technical Warm-Up:** Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Pass and Move"

**What:** 15+ yd box. 5 yd box in middle. Half players on outside box, half of players on inside box. Partnered up, ball with outside player

**How:** Players pass back and forth. **#1:** No movement. **#2:** Dribble to line, turn, pass to partner who replaces. **#3:** Outside passes to inside, runs into inside box, while inside dribbles to a new side, turns, passes **#4:** No inside box. Pass, dribble to new line, turn, find teammate.

**Why/Coaching Points:** Approach, Kick, Follow through in layers. Head up



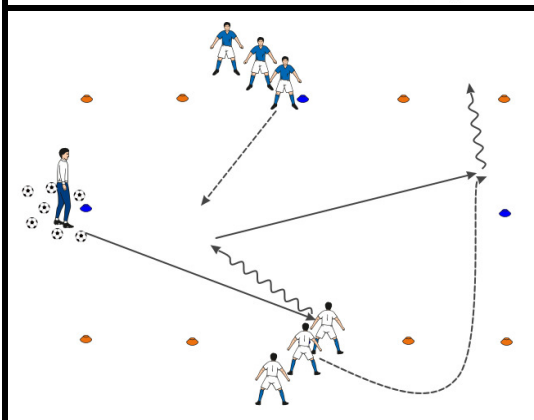
**II. SMALL-SIDED ACTIVITY** **Game:** Rondo 15 minutes

**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:** Implement Far Foot Trap. "How do you make yourself available?" Move to create an angle. Trap away from defender

**Note:** Run the Rondo your team can handle. Think about putting a directional component on it - "After 4 passes, then get the ball across this line to score"



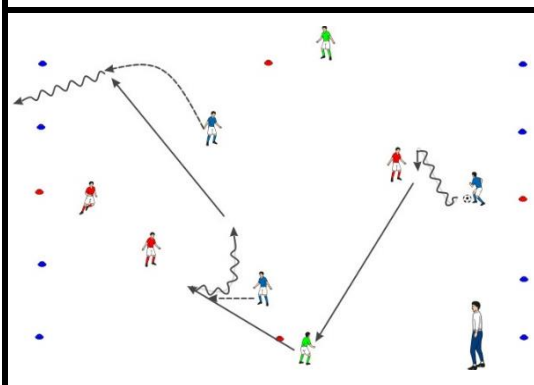
**III. EXPANDED ACTIVITY** **Game:** 3v1 - Possession to Goal 15 minutes

**What:** Two lines, Wide goals. At least 12 yards wide.

**How:** Coach feeds. Start 1v1, each team has 2 goals to score, can pass in. Quickly progress to 2v1. For team to receive feed: 1st player traps, 2nd player in line enters field(run through the goal to create width). This game should eventually progress to 3v1, allowing the 3 to possess to create space to penetrate to goal.

**Why/CPs:** "How do you get the most open?" Movement: Get wide to force the defender to cover more ground. Dribble to set up a pass into space.

**Note:** In 2v1 and 3v1, create more success by restricting the defender to his own goal line(run back and forth blocking either goal), then progressing to only allow defending in his half.



**IV. GAME** **Game:** Bumpers 20 minutes

**What:** Wide goals plus Bumpers. Even numbers in field(2v2, 3v3).

**How:** Free play, but adjust scoring based on number of passes before a goal. 0 passes + goal = 0 pts. 6 passes + goal = 6 points. Bumpers compete against each other to try to complete the most passes(to keep engaged/motivated)

**Why/CPs:** Depth in support of the ball. One player must be behind the ball as a safety option

**Note:** Playing 3v3+bumpers creates a 5v3 in a big area to possess, along with created width. Notice the scoring system rewards proper play but doesn't restrict them from going forward if it's available.