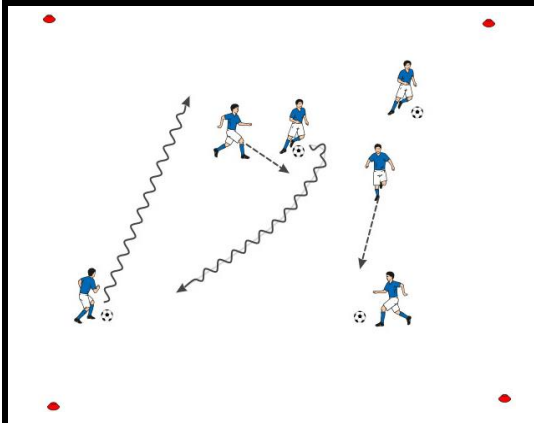




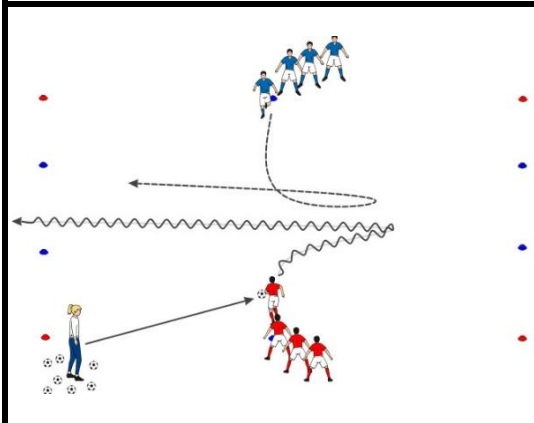
Purpose of this session is to develop players' ability to *dribble and pass out of pressure*. The Inside and Outside chops are great moves to get the ball away from a defender and set up a pass. The *Cruyff* is basically an inside chop, but behind the standing leg instead of in front.

These moves should be heavily encouraged and rewarded in all four activities, particularly when they are used to set up a pass to a teammate in space.



I. WARM-UP **Move:** Cruyff **Game:** King of the Pitch 25 minutes
EYSA Technical Warm-Up: Start every practice with juggling, then ball mastery touches (Pull-Touch behind standing leg, aka V-Cruyff) and 1v1 core moves (Review inside/outside chops, teach Cruyff). Finish with "King of the Pitch"

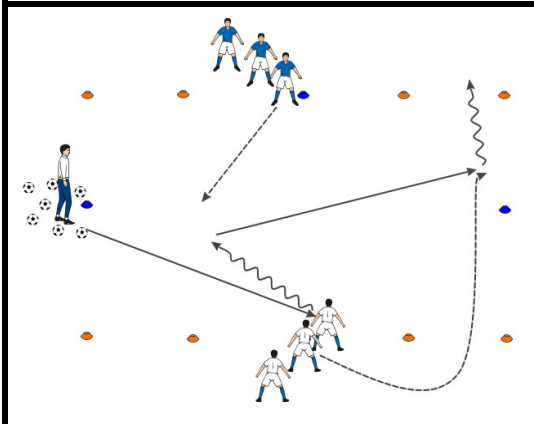
What: ~15x15yd grid. 30%+ of players without balls, as defenders.
How: Play < 1 minute rounds. Purpose is to end possessing a ball. Defenders must leave dribbler alone if they do a Cruyff out of pressure.
 Progressions: **1:** free play, no defender restrictions after a chop. **2:** All players have balls, try to tap/knock out other balls while not getting hit
Why/Coaching Points: Develop turning, recognition of defender, shielding("Hide ball from defender"). Head up to scan the field



II. SMALL-SIDED ACTIVITY **Game:** 1v1 - Out of Pressure 15 minutes

What: Slightly wide grid. Goal on each sideline. Teams on end-lines
How: Players can score by dribbling into either goal with control. Can give extra points if a player changes direction and goes to the open goal. Fast repetitions: feed ball in quickly to ensure ball in play at all times.
Why/Coaching Points: Change of *direction*. Change of *speed*. Shield ball from defender. "Where's the open goal?"

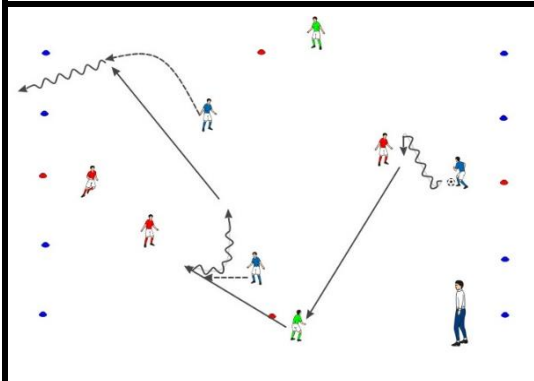
Note: In 1v1s, make sure to reward players for executing the move they learned. This week is the Cruyff, so extra points for the Cruyff



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

What: Two lines, Wide goals. Rectangle at least 12 yards wide.
How: Coach feeds. Start 1v1, can pass in to open goal. Quickly progress to 2v1. Team that receives feed: 1st player traps, 2nd player in line enters field(create width). This game should eventually progress to 3v1, allowing the 3 to possess to create space to penetrate to goal.
Why/CPs: **WIDTH** "get to sideline". **DEPTH** "Let teammate pass in front of you".
PATIENCE IN PENETRATION: Turn/pass out of pressure to create space to go forward

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: 2 "Bumpers" - wide players outside the field play on both teams, can't be defended. Can play to end-zone, 2 wide goals or 1 central goal.
How: Using bumpers allows for a ~5v3 instead of 4v4. Players should have more time to find the open pass by shielding the ball and dribbling into space
Why/Coaching Points: Incorporate topic and points of training session into final game.

Note: When you're in free play, ask yourself: Are the concepts we worked on coming out in the game? If not, what needs to change?