



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1 Creating space and combining in two's and three's</b></p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> <li>To score, the attacking team passes to any of the four neutral players and connects to a third teammate with a 1-touch pass.</li> <li>Games are to 5.</li> </ul>		
<p><b>2 Mobility and Connecting</b></p>			
<p>Numbers: 3 v 3 + 4 (NEUTRALS) Space: 25/30 x 25/30 yards</p>	<ul style="list-style-type: none"> <li>If the passer receives the ball back from the neutral player, the team maintains possession, but does not score.</li> <li>Neutral players have three touches. If no pass is made after two touches, the ball <b>MUST</b> be passed to one of the other neutral players to keep the ball circulating.</li> </ul>		

### 3 5 v 5 to goals

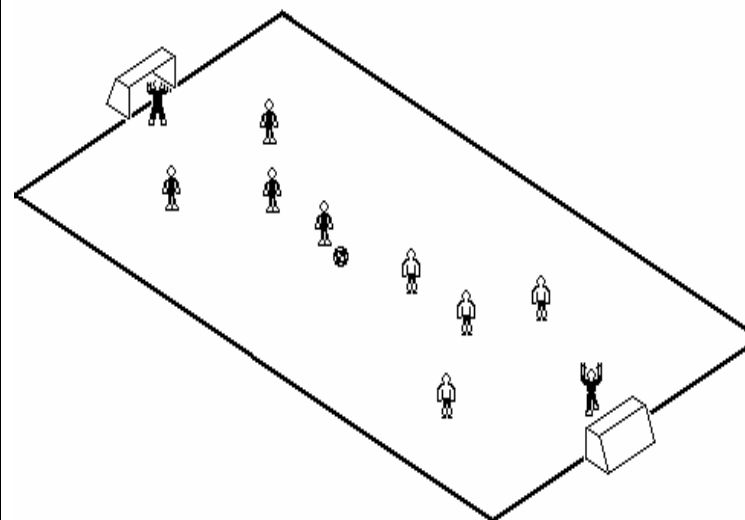
Numbers: 4 field players and a goalkeeper

Space: 40/45 x 30/35 yards

Organize players 2-1-1

Special Rules:

1. Limit touches (3) to reduce dribbling and increase ball circulation
2. Reward two- and then three-player combinations with a point; goals are worth three points.



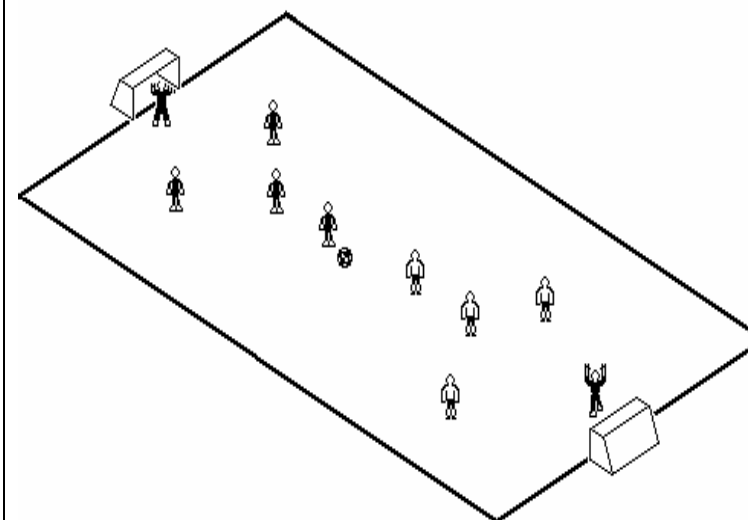
If no immediate counter-attack, develop basic spacing ideas:

- Forward and midfielder push out of the back (GK in possession)
- Defenders open to the side of the field
- \*\*GK should advance the ball to create a passing lane(s)

### 4 5 v 5 to goals

Building up: Build basic connection ideas between 5 players.

- Midfielder and forward should move in opposition to each other (high-low, left-right)
- Midfield player acts like a AMF / #10 in 3-front, playing off striker's movements
- Defenders should not be forward together (team should be even numbers in defense)
- Central player should not kill passing lanes to the forward
- Striker should not stand on sidelines
- Midfield player should help build out of the back / change Point Of Attack by showing in central spaces
- Defenders should run the ball into space when possible
- Turning and finishing from MF and striker encouraged





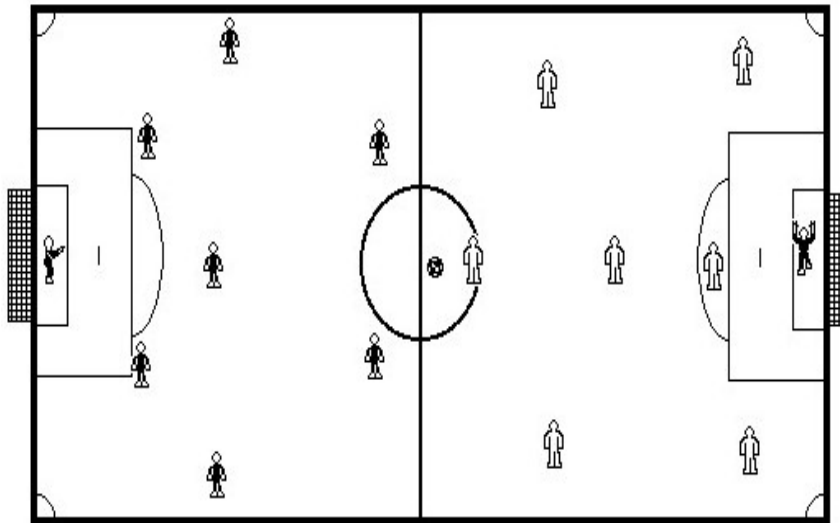
# Lesson Plan



## 5 8 v 8 (not 11 v 11)

Special Rules:

1. Limit touches/unlimited touches
2. No punting
3. No pressing
4. Reward any reasonable combination attempt (successful or otherwise) with points (goals always worth more)
5. Do not pigeonhole what a "combination" is. Any reasonable combining action involving two or more players should count!



1. As above
2. Develop team shape ideas
3. Develop ideas on rhythm and phases of play

COOL-DOWN