



Team Selection Event
Session 1

4/20/26 – 7:00pm-8:30pm

NLHS

Objectives:

- *Select players to receive early offers for 26/27*
- *Introduce the session structure & playing philosophy to all players*

Themes

- *Technical understanding execution*
First touch, passes
- *Tactical understanding & execution*
9v9 shape with & without the ball, # system
 - *Physical exertion*
Speed, balance, agility, endurance
- *Mental – Understanding & behavior*
Follow instructions, apply ideas, ask questions
 - *Social*
Body language, information, fun



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15 Minutes

22 players (2 GKs)

Physical/Technical Warm-Up

- Dynamic movements led by coach
- Running with ball/stop
- Running with ball/stop/1st time pass
- 2 touch pass/follow
- 2 touch pass/1 touch combo
- 1 touch combo at both ends
- Dribble/turn, pass/open hips/receive on half turn/ pass, follow

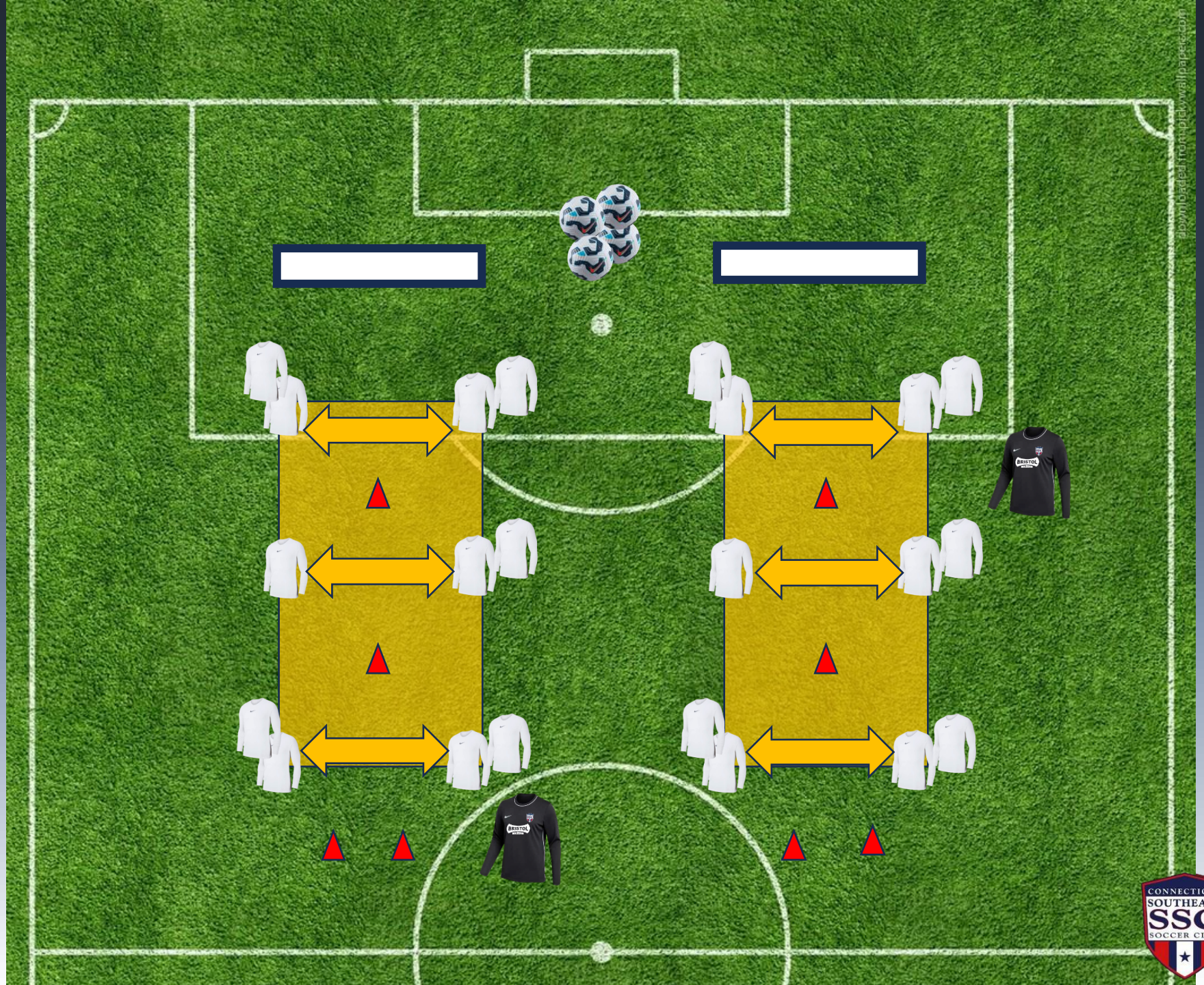
Coaching Points

- Type of touch
- Weight of pass
- Angle of pass
- SCANNING
- Movement & mouth
- Passing technique
- Body language

26/27 TSE
Session 1



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photos by @davidstuart1981



15 Minutes

Technical/Tactical/Physical/Mental/Social

TACTICAL PASSING PATTERN

- Ball is transferred around the rectangle with 2 TOUCHES.
- Players follow their pass
- Players on corners receive static
- Players on middle cones pull off wider to receive, mimicking wide play

PROGRESSION

- After every pass, run to the nearest large cone & then follow pass

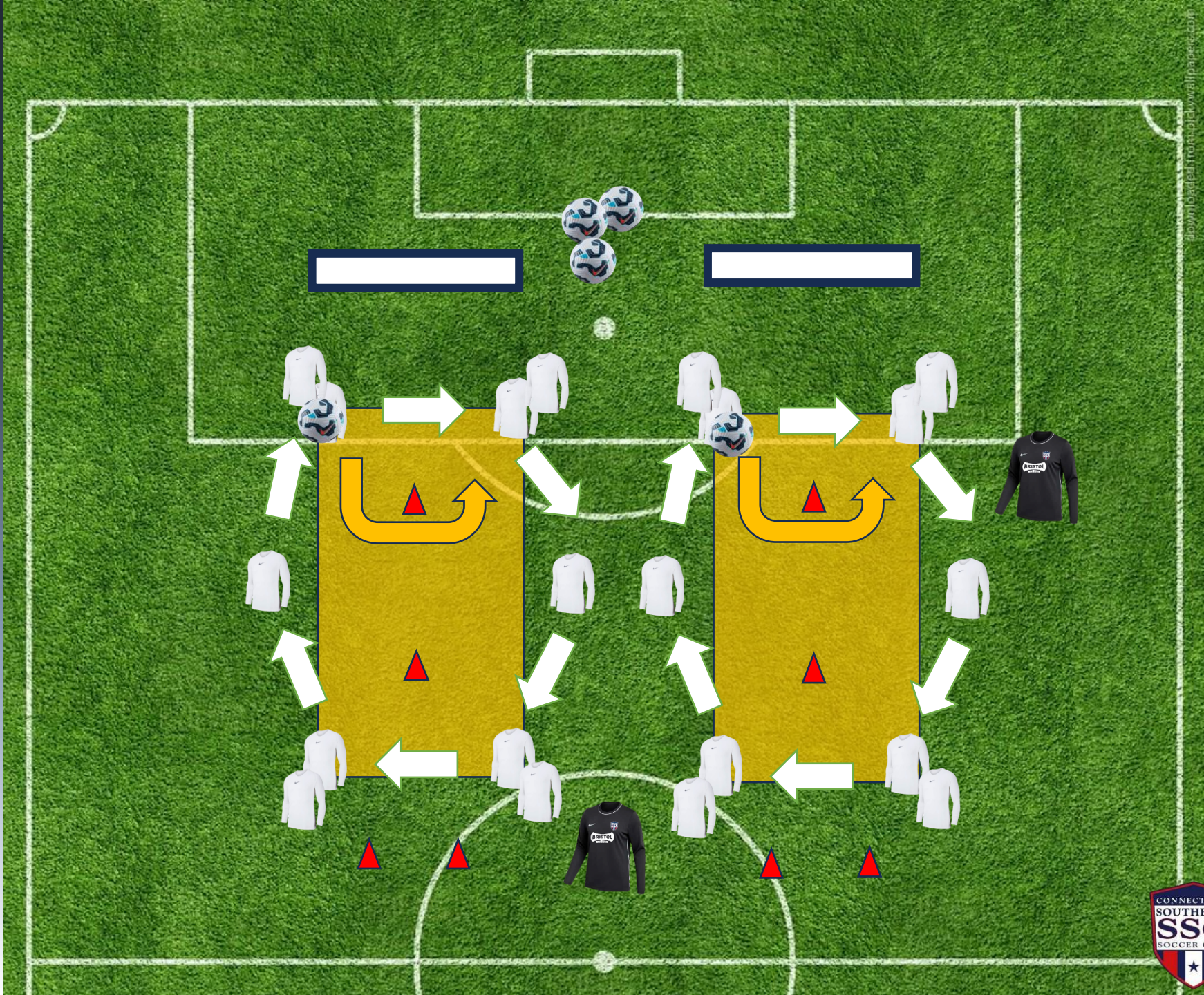
Coaching Points

- FIRST TOUCH BACK FOOT
- Scan before 1st touch/after 1st touch
- Angle of pass
- Weight of pass
- Movement ahead of the ball to support
- Passing technique
- First touch
- Body shape
- Body language



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photos by: @steph.wright





Technical/Tactical/Physical/Mental/Social TACTICAL PASSING PATTERN

PROGRESSION

- After every pass, run to the nearest large cone & then follow pass

Coaching Points

- INTRODUCE # CONCEPTS (4 & 5, 6, 2 & 3)
- 1st touch with back foot
- Scan before 1st touch/after 1st touch
- Angle of pass
- Weight of pass
- Movement ahead of the ball to support
- Passing technique
- First touch
- Body shape
- Body language

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15 Minutes

Tactical/Technical/Mental/Social

NON-DIRECTIONAL RONDO

5+3v3

- Red/Blue/GK to maintain possession
- 1, 4, 5, 9 all remain on lines
- 6 can move freely within area
- Blues must stay on lines
- If 3 defenders win the ball, they score
- Practice always restarts with GK

Coaching Points

- INFORMATION ON EACH PASS
- Angle of pass
- Weight of pass
- MOVEMENT OFF THE BALL
- Passing technique
- First touch
- Body shape
- Body language

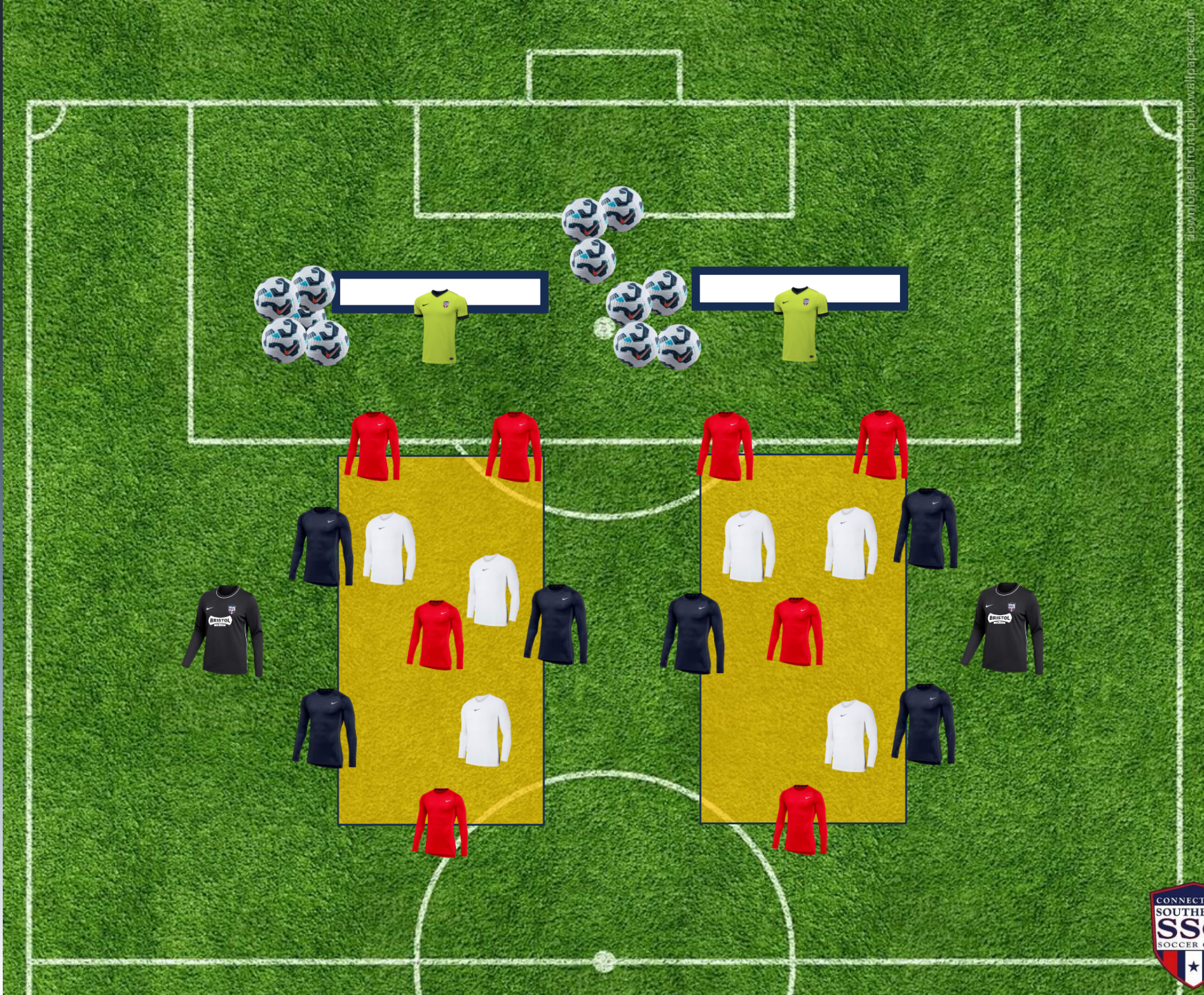
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photos by @davefish from @picbywallpapercreator





15 Minutes

Tactical/Technical/Mental/Social

DIRECTIONAL RONDO

7V4

- Red/Blue/GK to maintain possession & break line of defenders to transition ball to other area

- 1 defender presses ball, the other 3 remain compact and stop through balls in their middle zone

- If defenders win ball or intercept pass they can shoot on large goal or run ball through small gate

- Practice always restarts with GK

Coaching Points

- REACTION TO LOST POSSESSION

- Information on each pass

- Angle of pass

- Weight of pass

- Movement AHEAD OF the ball

- Passing technique

- First touch

- Body language

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Session 1**



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photos by @davefish from @picmonkey via @paperkit





30 minutes

Technical/Tactical/Physical/Mental/Social

Full-Sided 9v9 Game

9v9 – Full Rules/Half Field

Focus

- Possession mindset vs attacking mindset

Coaching Points

- Build out shape
- Use of GK's feet
- Restarts

Non-Active Players

- Each player with a ball
- Must complete a set target of juggles (set by coach) prior to being allowed to switch with a field player

