

Week 4 Win the ball back

OBJECTIVE | Learn how to win the ball off an attacker

COACHING POINTS

1. Start fast, end slow, shorten strides.
2. Start tall, end small, balance low to the ground.
3. Approach on an angle to force play inside or outside.

GUIDED QUESTIONS

1. How fast should we approach the ball?
2. What should our body shape look like as we approach?
3. How close should we get before trying to win the ball?


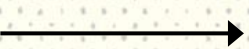
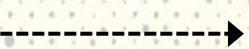
KEY WORDS

Get close, Communicate

PLAYER ACTIONS

Pressure

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Run to the ball;

Block 2: Approach run, Show in, Show out



4 v 4

Play to discover

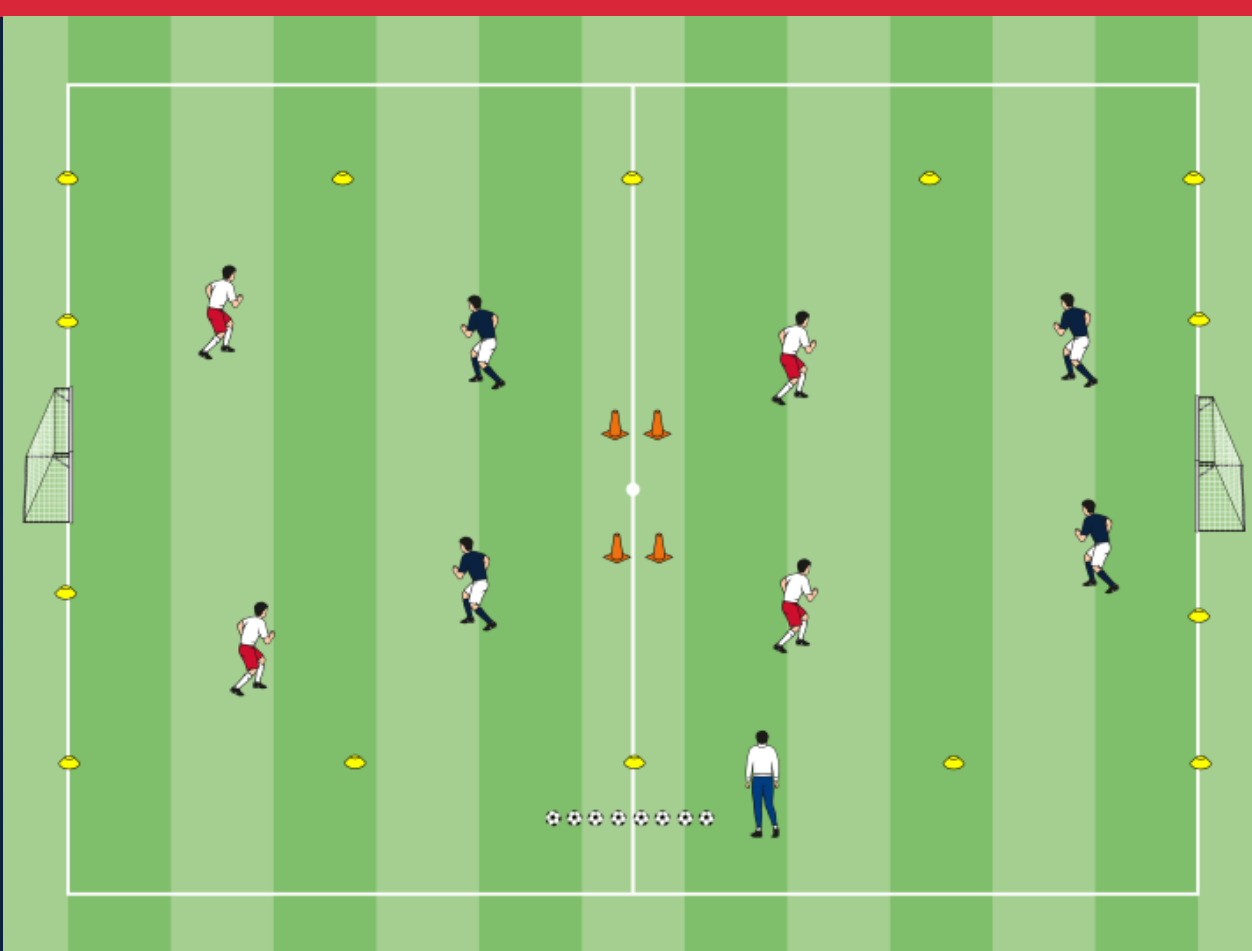
Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Pressure
Block 1

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard fields (x2)

DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

SCORING

Score on mini goal for 1 point

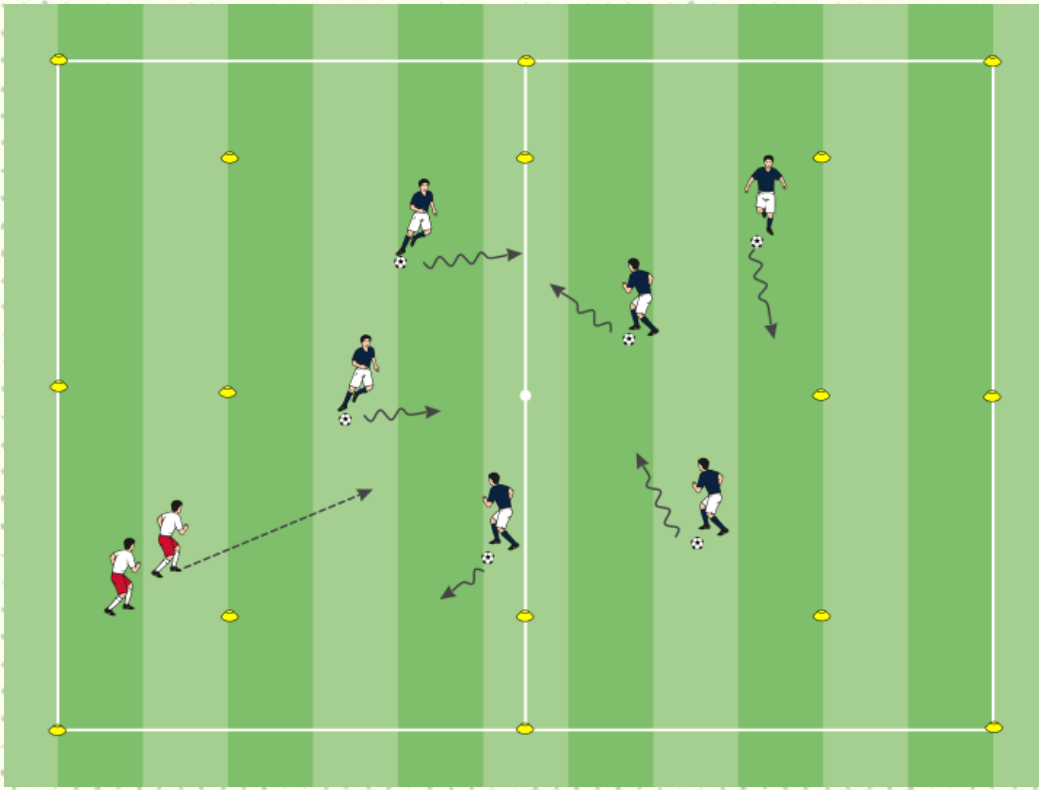
MORE CHALLENGING

Make fields smaller

Week 4 Win the ball back

PHASE 2 – KNOCKOUT | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 X 20 grid

DESCRIPTION

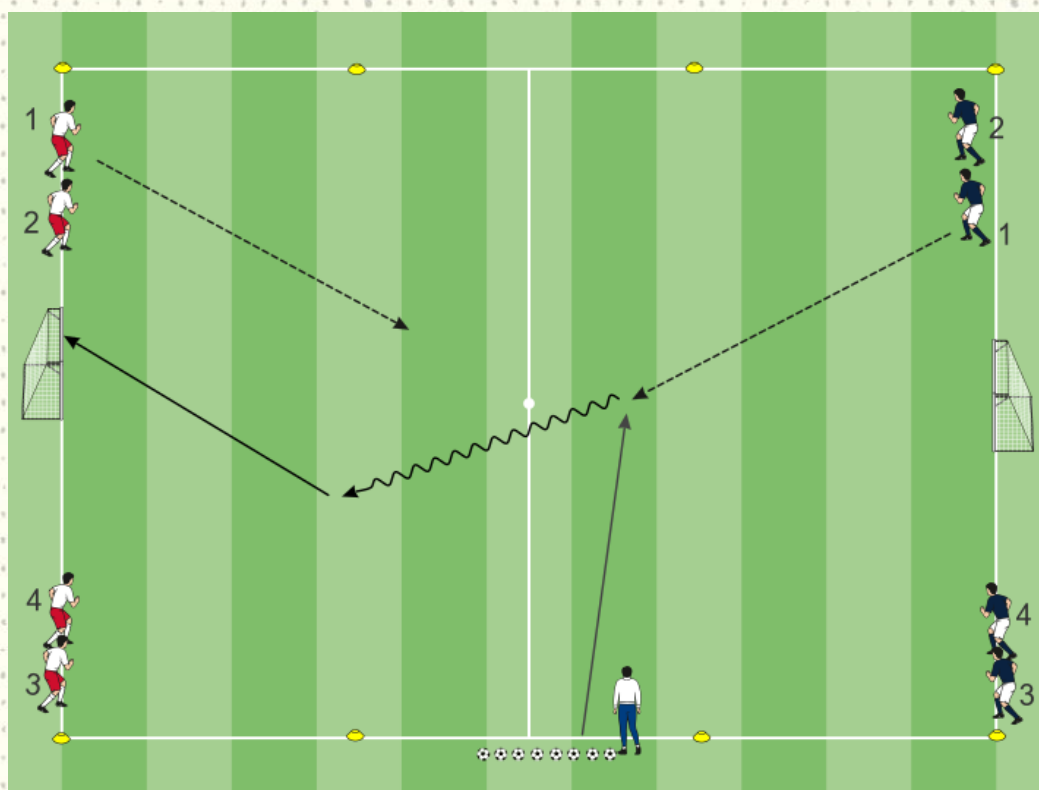
Players in blue try to protect their own ball while the red player/s attempt to steal blue players ball and dribble it out of the grid. If a player's ball is knocked out, give a ball mastery task to get back in (10 sole taps). Red team attempt to clear all balls out of the grid. In specified time. Encourage defenders to work together and pressure player with ball by getting low and using toe to poke/steal ball.

MORE CHALLENGING

Add more defenders.

PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

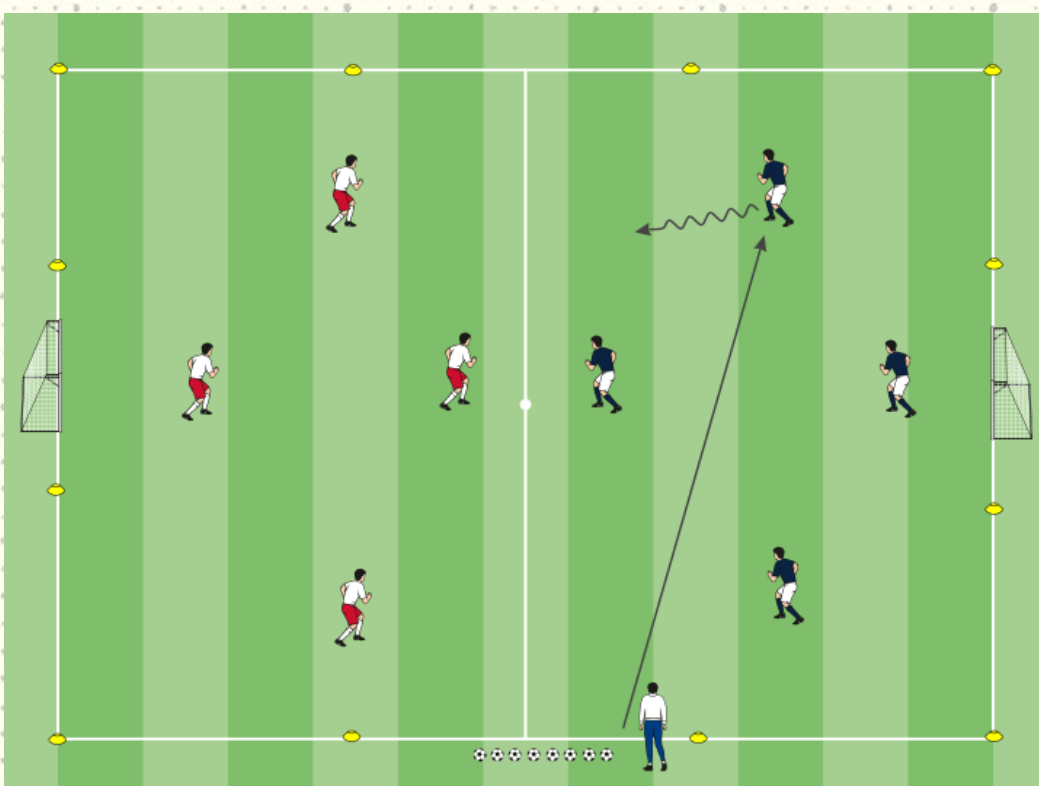
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal. Focus on defender, close space, get low, keep eye on ball, steal the ball!

MORE CHALLENGING

Call out 2 numbers for 2v2.

PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller