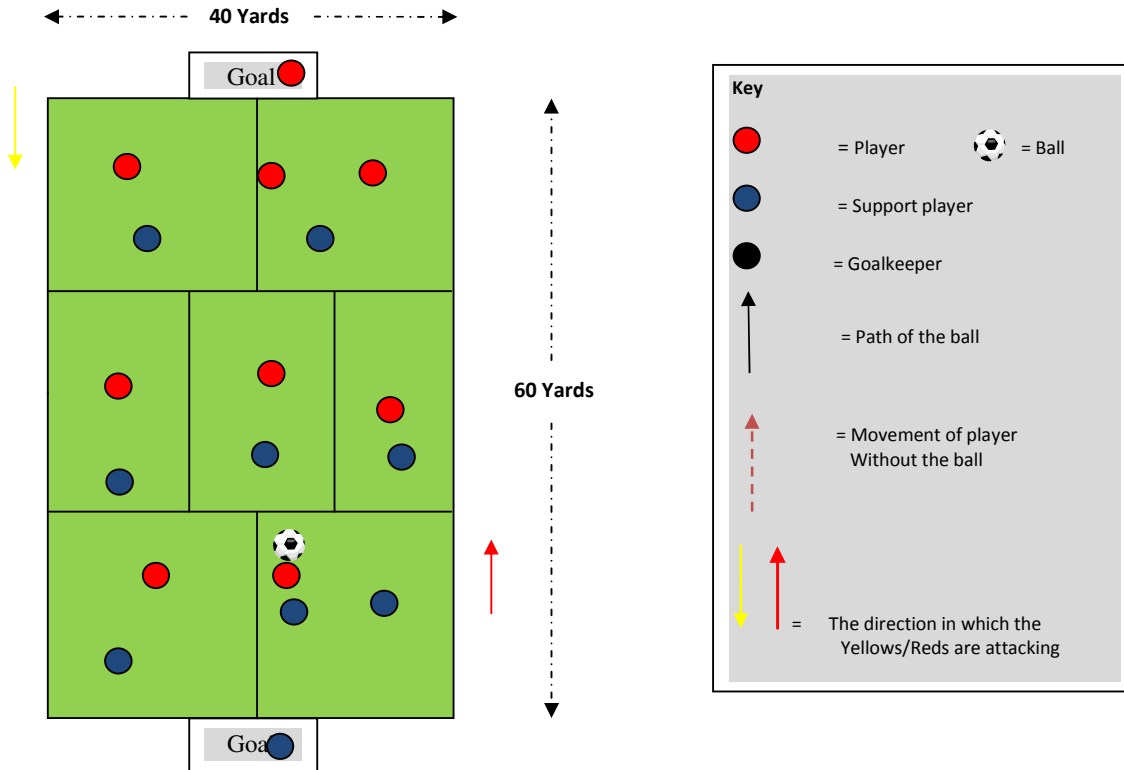


Hertfordshire Coaches Association

5th August 2010 @ Ware Youth FC
 9 v 9 Practice Peter Trevivan Session



Organisation

60 yards by 40 yards sectioned off as shown by cones. Offside Condition on using defensive channel line. Players were encouraged to stay in own zone unless trying to create an overload against the opposition in another zone i.e. 2 v 1. If players leave a zone could a teammate compensate for this and move into the vacated zone. The general concept was that this gives players a basic understanding of effective team positional rotation instead of all following the ball and compressing attacking space. When attacking, zones where hit immediately to create defensive problems for opposition when possession was regained. Emphasis was also placed on squeezing play if defending. Goalkeepers were encouraged to play a vitally important part in not only preventing goals but also being involved effectively in starting attacking moves and offering themselves as an additional outfield player to ensure composed possession and forward passing.

The Challenge for the players

Attacking. Keep Possession-Create overloads all over the pitch-encourages running with the ball-dribbling-shooting (End Product)-Combination play.

Defending. Pressing-Stepping up to offside Line when ball played backwards by opposition Sliding across pitch as a unit when balls wide

Practice can be used to emphasise many aspects of the game over a period of time. Not intended to cover every aspect of Team Play in one session.

Progressions

Change team Formations 1-3-3-2, 1-2-3-3

Name:

Club:

Age Group: