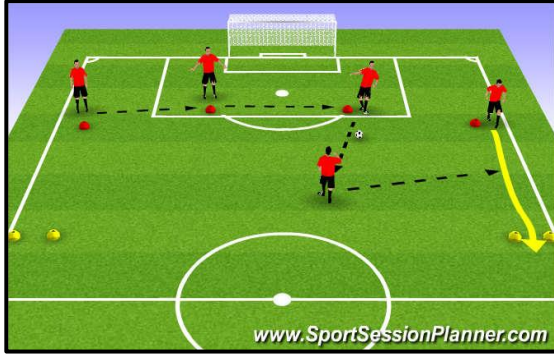




# JASA JUNIOR'S PRACTICE LESSON PLANS-WEEK 4

## Module 2: Passing and Receiving

## Topic: Build Up out of the Back

**Objective: To improve the team's ability to possess the soccer ball in the back third**

Stage	Organization	Diagram	Guided Questions
<b>Stage I</b> <b>Technical</b> <b>Warm up</b>	<p><b><u>5v0 Warm up:</u></b>            All 4 defenders and 1 midfielder must touch the ball. The pattern will be 3 defenders play the ball across the field, into the midfielder, out to the outside defender and dribble through the gate. Dribbling outside defender no plays back to a central defender. Repeat until the group is efficient with the pattern. Coach can change the pattern but the final ball and dribble should be through 1 of the outside defenders. 2 touches maximum to increase the speed of play. Multiple groups can be working in different areas of the field.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• With what surface should we to strike and receive the pass?</li> <li>• Where should the first touch be?</li> <li>• How should the receiver's body shape be?</li> <li>• What verbal cues should the players be telling each other?</li> </ul>
<b>Stage II</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>6v3 to a Goals and Counter Goals:</u></b>            GK, 4 defenders &amp; 1 midfielder attack any of the 3 flag goals at midfield. The coach will set up a line of cones 10 yards away from the flag goals. The team of 6 can only score from inside of the 10 yard restraint line. If the team of wins the ball, they can try to score on the big goal with the GK in it. All restarts come from the GK.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How should players support each other?</li> <li>• When and how should we recycle the passing pattern?</li> <li>• When should we skip a pass and hit a longer one?</li> <li>• When the can the FB run with the ball or connect with team-mates?</li> <li>• When, where and what can the CDF and MF do to support the FB'?</li> </ul>
<b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>8v5 to 2 Big Goals:</u></b>            Coach sets up a field with a big goal at each end and two gates at midfield by the sidelines. Coach will make a team of 8 and a team of 5. Both teams will have a GK and will defend a big goal. The team of 8 will play GK, 4 Defenders, 1 midfielder &amp; 1 forward. The team of 5 will play GK, 3 Defenders &amp; a midfielder. In the beginning, the team of 8 must play through a gate before they can attack a big goal. After 5-7 minutes, remove the gates.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How do you determine whether to play direct or build up wide?</li> <li>• Coach must always watch for proper technique of the first touch and quality of pass.</li> </ul>
<b>Stage IV</b> <b>Conditioned</b> <b>Game</b>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to circulate the ball in the back field</li> </ul>		