

Date:	Session	6	Skill	Delaying	Sub Principle/Skill: Delay opponent to win back/support to arrive
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Ball Mastery- Fifa Street

4x1minute

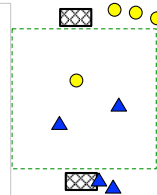
Size of Area: 25 Height x 15 wide	
Numbers Groups or Teams: 2-3x grids of even times	
Time in Blocks: 4x3mins	

Rules:
 2v1 for attacking team for 2 sets.
 3v2 for attacking team for 2 sets
 Defender(s) starts the practice by serving to the attackers then pressing the ball.

Attacking team can only make 1 pass in first 2 sets
 Attacking team can only make 2 passes in second 2 sets.

Key points:
 Delay by applying pressure and cutting line to goal.
 Once isolated player from his team mate, pressure to win.

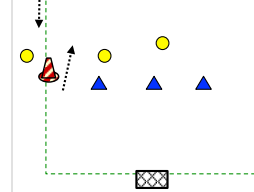
*****Little to no coaching in this part. Give them a chance to analyse defending in underload... Some questions of what is working for players or what they see could be some good prompting in the breaks, but try let them come up with their own ideas in this section.***



Size of Area: 25 Height x 15 wide	
Numbers Groups or Teams: 2-3x grids of even times	
Time in Blocks: 4x3mins	

Rules:

Key points:



As above; Start with 2v1 then 3v2, but this time, Once the ball is served, another defender takes off to get around a pole at halfway. Once he rounds this pole he then enters the field to defending 2v2 or 3v3.

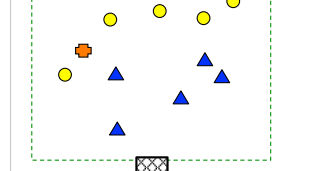
Key points:
 Delay by applying pressure and cutting line to goal.
 Once isolated player from his team mate, pressure to win.

Size of Area: 30 Height x 20 wide	
Numbers Groups or Teams: U9s=4v4 +1 U10-12=5v5+1 Aim for attacking overload!	
Time in Blocks: 4x4 mins	

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Rules:

Key points:



Attacking team play in overload (by 1-2 depending on numbers).

Encourage key points:
 Delay by applying pressure and cutting line to goal.
 Once isolated player from his team mate, pressure to win.
 Leave furthest attacker!