

# SESSION SWAP HACKS: WHAT TO DO WHEN YOUR PLANS GO SIDEWAY

By [Kevin Middleton](#) - [www.360tft.com](http://www.360tft.com)

Quick fixes for when your session goes off script.

We've all been there, you have a session plan and then realise you have a different number of players or don't have all the equipment required. So what do you do? You need to adapt, and I hope this cheatsheet helps you do this.

## 1 2 3 4 SESSION DOESN'T FIT THE NUMBER

## GOALS? DON'T HAVE ANY

### Player numbers don't match the plan?

- If it says 7v7, then run 8v8 or similar
- If you have an odd number of players then make the odd players jokers or neutrals, or just run the session with underloads and overloads (like the real game sometimes!)
- Split the session into two stations (depending on space)
- Rotate players in and out after a set time, and make the session a competition. Can the players who have rotated out be jokers/neutrals on the outside?
- For adult teams, if you can rotate players in and out, can they do a physical activity to increase their fitness while they are rotated out?

### Got a session plan which requires goals, but you don't have any?

- Use **Finish Zones** for players to pass or dribble into to score
- Use target players in zones that count as a "goal" when they receive a pass.
  - These players can be on limited touches
  - They can rotate out of the zone with the player who passed into them so the sessions becomes dynamic
- Use mini goals or cone goals instead

## NO MINI GOALS

## ÷ YOUR PITCH SIZE CHANGED

## NO GOALKEEPER

### Does your session plan require mini goals?

- Use 2 poles to create a mini goal instead
- Use 2 cones or flat markers = instant mini goal
- Use 2 bibs to mark out mini goals
- Use 2 water bottles to mark out a goal
- Use two shoes/trainers instead

No excuses!

### Turned up to your session and you only have a quarter of a pitch instead of half? Adapt!

- Break the group into smaller stations to maximise reps in a tight space
- Rotate players through short, intense stations or circuits
- Run tight 1v1s, 2v2s or 4-goal games in small areas
- Rondos, rondos, rondos are always a winner
- If all else fails, can you just play small-sided games in the space available?

### No GK today? Here's what to do...

- Use rules like: 1-touch finish, finish from zones, or score through gates
- Place mini goals in the corners of a larger goal and challenge players to finish in these
- Use cone to define a target in a larger goal - i.e between post and 2 yards away so players need to finish in the corners
- Ask if any outfielder wants to go in goals

## NO CONES

## NO MANNEQUINS

## BAD WEATHER

### Forgotten your cones? Mark space visually, not perfectly!

- Use some bibs to mark out the pitch
- Use water bottles or even shoes
- Can you use poles?
- Can you use any pitch markings to define an area?

### Does your session plan require mannequins or static defenders?

- Can you use a pole instead?
- If you have cones, these can be used
- If you have an assistant coach, they can act like a static defender
- Can you adapt your session so a player becomes a passive defender as part of a rotation

### Bad weather? Keep it short, intense and technical. Get value, stay warm.

- If your session has any lines or stoppages, change the session to a high-tempo game based one.
- Keep the session fun, pull out your best jokes
- Ensure the players are getting value and staying warm

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