

SESSION PLAN



Playmaker



USING MIDFIELD TO PLAY THE BALL FORWARD

This session helps teams to practise moving the ball up the pitch using three players in midfield. It progresses from arrival activity to full game.

ARRIVAL ACTIVITY



SET IT UP

- Split players into groups of three or four.
- Give each group a ball.

GET PLAYING

Within their groups, ask players to practise passing and receiving the ball. Use this activity as an opportunity to explain the objectives for the full game. This could be a group aim, such as moving the ball up the pitch, or an individual aim, such as thinking about when to join forward play – and when to stay back.



BALL:  PLAYERS: 

USING MIDFIELD TO PLAY THE BALL FORWARD

FULL GAME

SET IT UP

- Split players into two teams.
- Begin the game by 'playing out from the back'. This means that one of the goalkeepers starts with the ball.

GET PLAYING

At the start of the game, recap your aims, e.g. move the ball up the pitch.

As the game progresses, encourage your team to incorporate the midfield players (numbers 4, 8 and 10) as much as possible. It can help to explain their different roles.

- Number 4 should be in position, ready to receive the ball from defenders.
- Number 8 should avoid 'dropping deep' (i.e. into the position of number 4).
- Number 10 should try to work behind the opposition's midfield.

In the later stages of the game, take a step back and reduce your instruction. It's time for your team to demonstrate what they've learnt.

