

SCANNING TO CREATE 5v5 SSG NO GK's

Session Objective:

I want to see players scanning to create space to work in and see potential passes for teammates that lead to goals and scoring opportunities.

Lots of touches of the ball. Lots of efforts.

Progressions:

1. Must shoot within 6 seconds of having possession or a free kick is awarded to the opposition.
2. Play 6v4

Coaching Points:

- Timing of Scan. After a touch, in between touches.
- Bodyshape when getting into space to receive and play.
- Quality of pass to keep the flow of the move.
- Purposeful Scanning
- Think ahead

Duration:

25 minutes

Ability:

Development

No of Players:

10

Technical/Tactical

Passing
Receiving
Body Shape
Awareness
Movement
Scanning
Finishing

Physical

Fast Tempo
Fast Mind
Running
Tackling
Twisting/Turning

Psychological

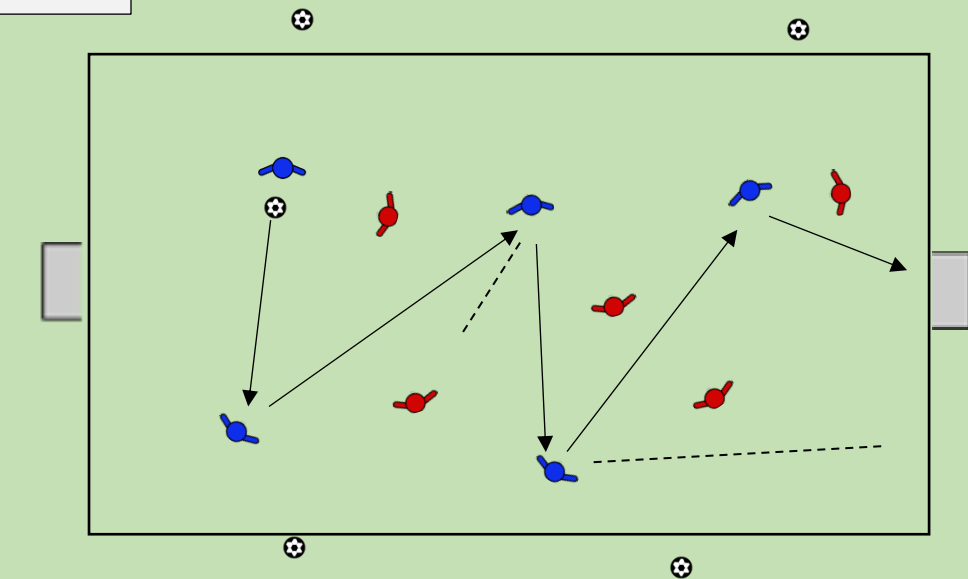
Decision Making
Thinking ahead
Problem Solving
Positioning
Movement

Social

Competition
Communication
Teamwork
Fun



Visual:



Description:

In an area of 50 x 30 yards. Set up a pitch with the 2 7v7 goals at each end. Position a number of balls around the pitch to maintain tempo.

Set the teams as a 5v5 with no Goalkeepers.

Play starts with one team in possession (Can be determined by Paper, Rock, Scissors).

Blues will play left to right. No throw ins, No goal kicks, No corners. Players just play in from where the ball went out of play. If a goal is scored, then play resumes with the team who scored as an award. But now they must score in the other goal. 1 point for every goal scored.

Equipment:

2 7v7 Goals

Balls

X5 Red Bibs

X5 Blue Bibs

Cones to mark out playing area.