

Norwich City Football Club
Session Planner 2009/10

Coaches Name
Neil Adams

Age Group
Under 16's

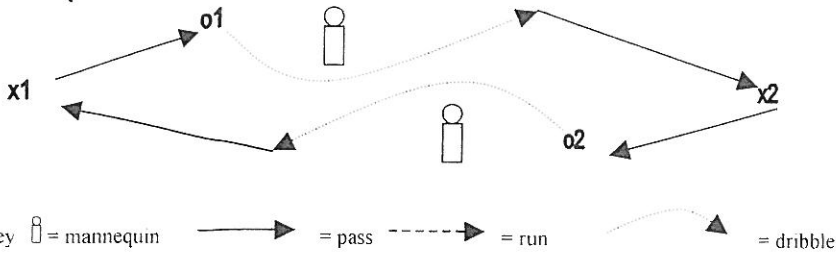
Date
22/02/09

Number of Players
16

Session Title

Coaching a Midfield Unit to Attack Quickly on Gaining Possession of the Ball

Warm Up



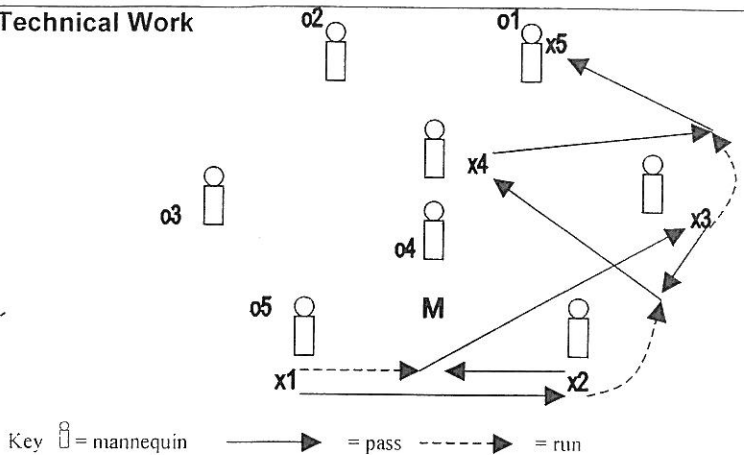
Organisation

X1 plays to O1, X2 plays to O2
O1 and O2 receive, turn, dribble through the mannequins and then make the pass

Progression

1. Use one ball, X1 plays to O1 who plays back to X1 who then plays to O2. O1 spins to receive from O2
2. X1 plays to O1, O1 turns and plays a one-two with O2 behind the second mannequin

Technical Work



Organisation

X1 plays to X2 who plays back to X1
X1 plays to X3 who sets X2
X2 plays into X4 who plays wide to X3
X3 plays to X5

O's work the other side at the same time, players follow their pass (except O4 and X4 who remain in their positions)

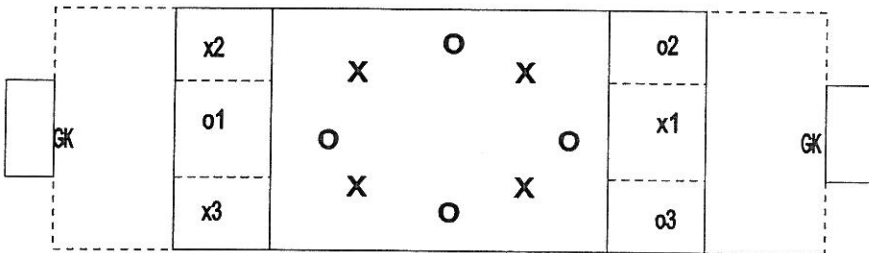
Progression

1. X3 lays off to X2 and makes a run 'inside' the pass to receive from X4
2. Introduce a midfielder - M

Coaching Points

1. Quality/Accuracy of pass
2. Effective movement (timing) in relation to ball
3. Positioning
4. Variety

Game Related Practice - Directional Possession



Organisation

4v4 possession in main area
X's can only play to X's on outside
O's can only play to O's on outside
O1 and X1 can receive and try to score

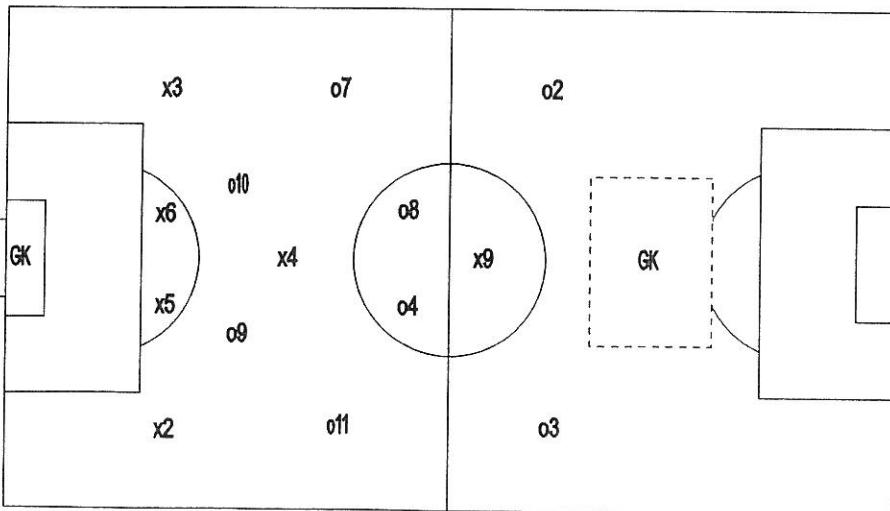
Coaching Points

1. Play forward to O1 and X1 whenever possible
2. Angles to receive/support
3. Rotation

Progressions

1. Defenders (X2, X3, O2, O3) can defend when O1, X1 touch the ball
2. One player is allowed to support X1 and O1
3. Defenders can play out from the back (including GK)
4. Introduce wide players

Game Related Phase - Playing from the middle to attacking third



Organisation

O's attack the main goal
X's defend and try to play to their GK when they win possession

Coaching Points

1. Can O's play (one touch whenever possible) into O9 and O10
2. Support for O9/O10 in advanced areas
3. Availability to receive (O9 and O10)
4. Combination play in the final third