

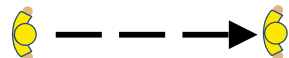
SAPCC Session Planner

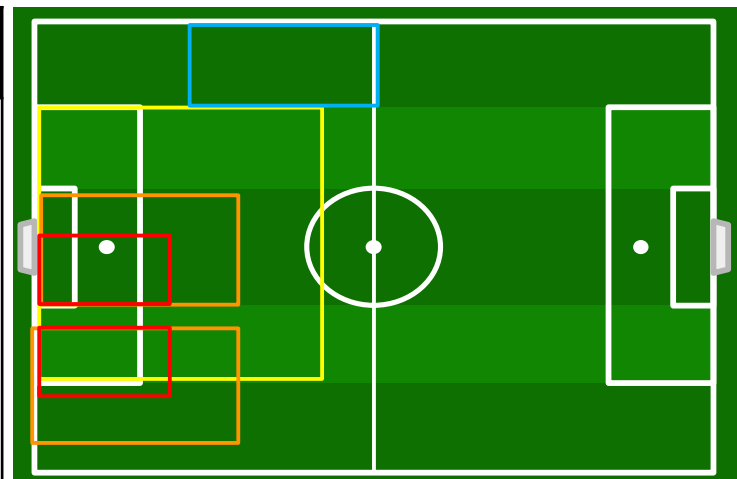
Cycle #	3	Week #	4	Session #	1	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to create and execute forward passes.
Core Skill	Striking the ball
Specific Aspect	Creating and executing forward passes with creativity
Key Player/Team Inspiration	Iniesta, Xavi, Aaron Mooy, Broich, Ronaldinho, Pirlo
Delivery Method	Progressive Part (Skill Intro – Skill Training – Skill Game)

Prepare – Pitch Organisation

Arrival Activity (AA)	Adjust the size and position of each box to accurately match the size and space where the exercises will (or should) occur.
Skill Introduction (SI)	Ball Movement 
Skill Training (ST)	Player Movement 
Skill Game (SG)	Running With The Ball 

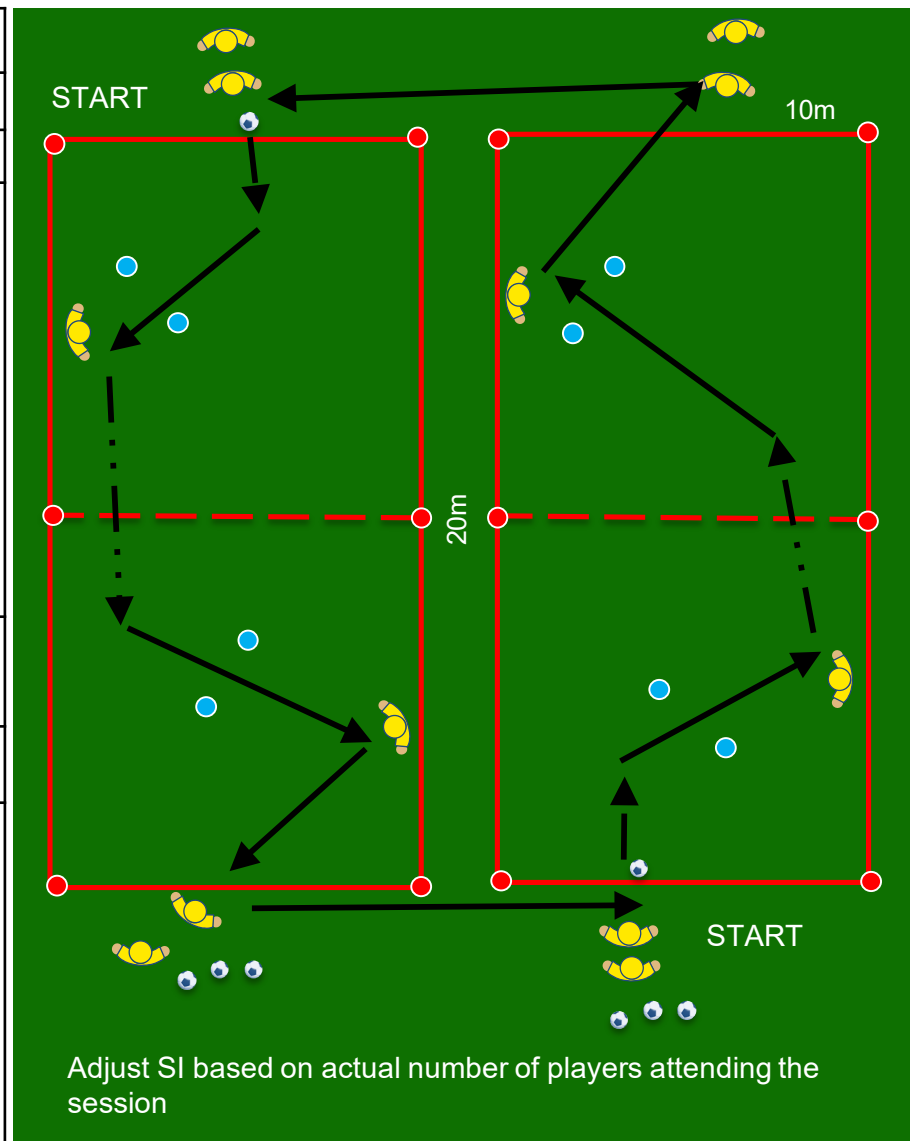


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to passing with creativity!" OR Coach to refer to Arrival Activities Examples

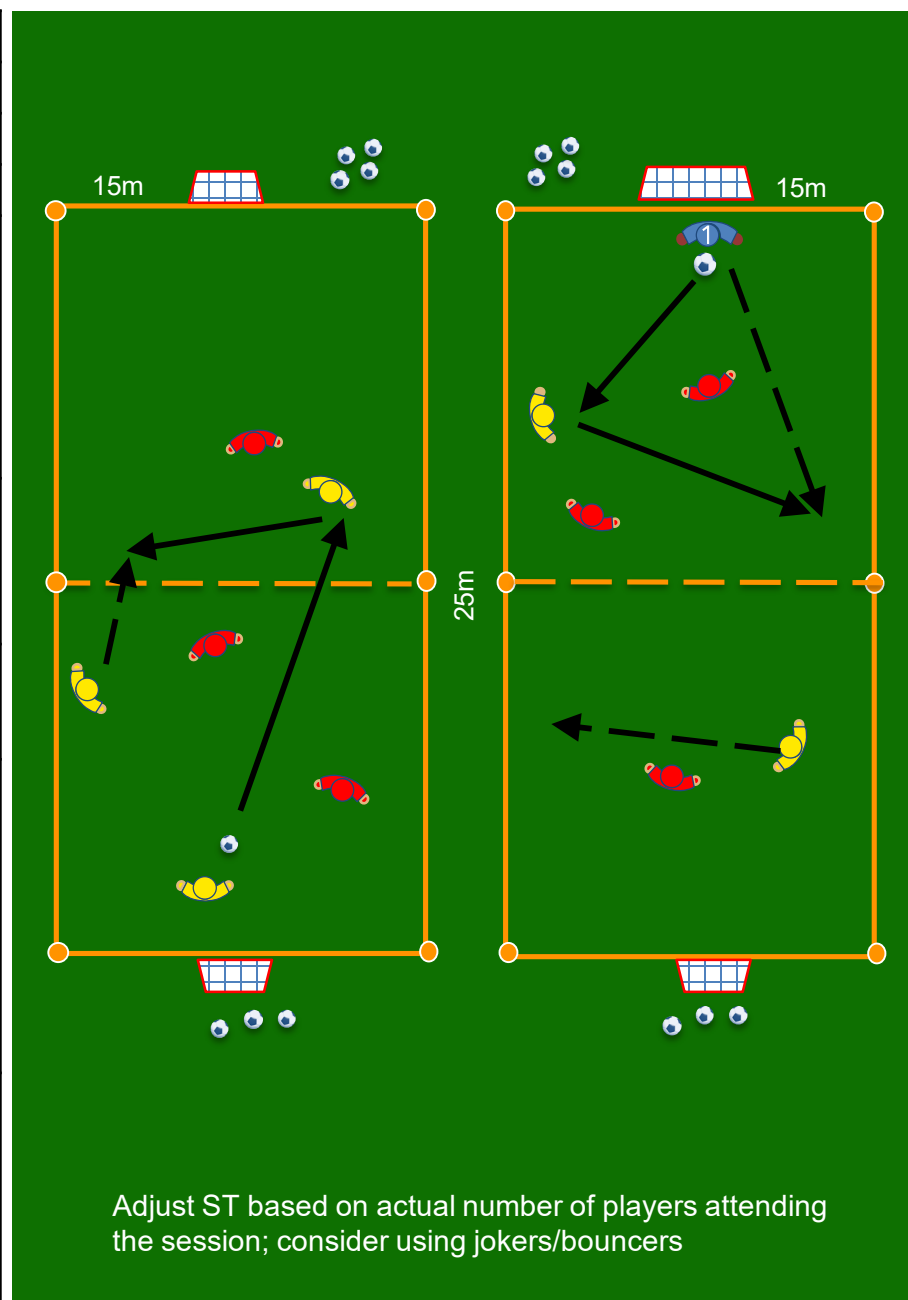
Skill Introduction

Players Involved	12 players
Areas & Size	2 areas of approx. 20m x 10m
Timing	15 mins
Rules/Explanation & Scoring Method	2 balls going at the same time Ball starts in opposite corners on each grid Player with the ball drives into the square and passes through the poles to the next player Ball should be played to furthest foot of the receiver, along the ground and using both feet After 2 minutes change direction and/or poles to different position but still ensuring that players are having to play the ball on an angle After 5 min remove gates and add a passive defender into each square
Step Up	Active defenders
Step Down	Increase size of the gates
Competition	Make 2 teams – first team completing 2 full rounds wins!
Player Behaviors (what the coach is looking for)	- Try to use <u>creativity</u> while moving the ball forward - Movement to create passing lane or <u>angle</u> to receive (no straight balls) <u>Direction</u> of pass - Playing to the player receiving's furthest foot - Playing in front of receiving players furthest foot <u>Speed</u> of pass (not over-hit or under-hit)



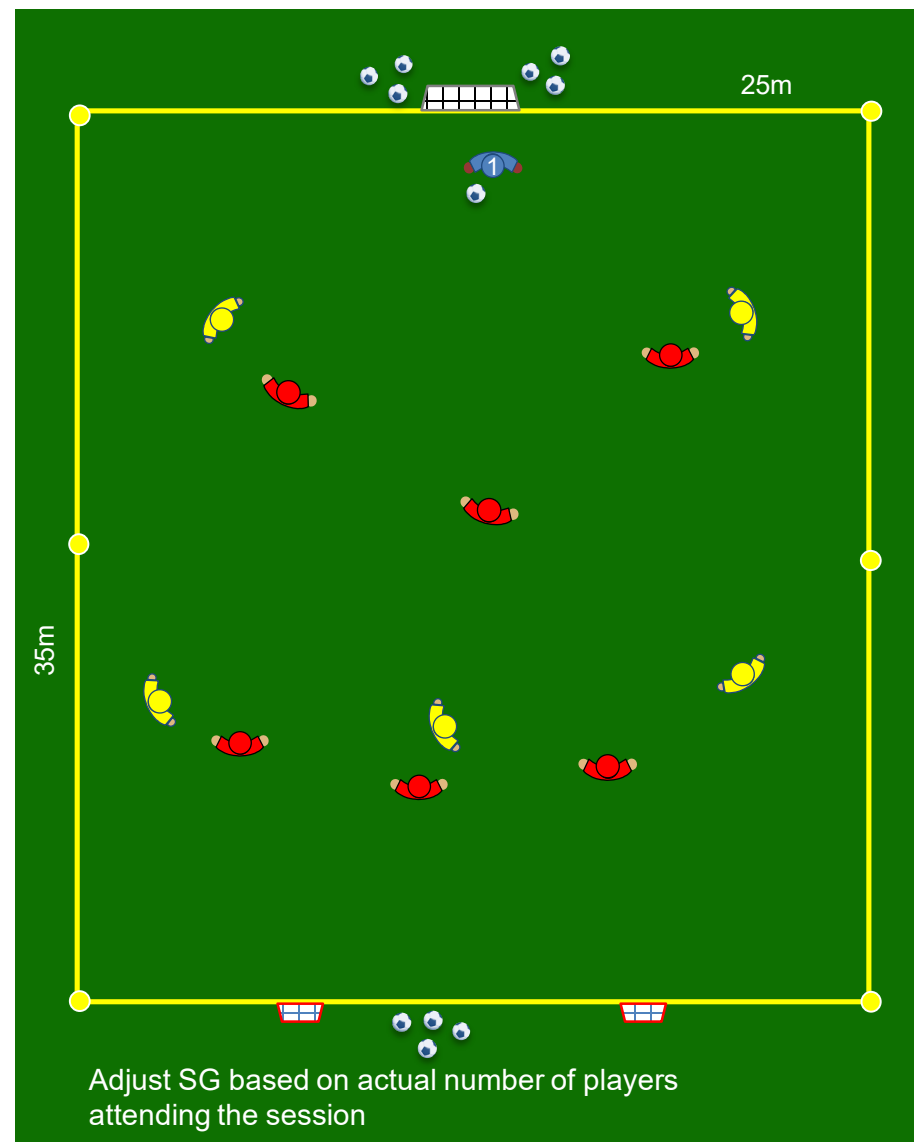
Skill Training

Players Involved	12 players – GK in goals if available
Areas & Size	25m x 15m per grid
Timing	20 mins
Shape/Formation	3v3's in each grid
Rules/Explanation & Scoring Method	Ball starts in back square with 2v2 in back square and 1v1 in front square 1 attacker can progress to the front square after passing to the teammate in the front square Defender from back square isn't allowed to track back. Player can interchange positions All goals are worth 1 point
Step Up Step Down	No restrictions to defenders, they can track back Increase size of field Defender in front square is passive until receiving player has taken their second touch
Exercise Task	Today's focus is to use <u>good passing</u> and <u>positioning</u> to move the ball forward with <u>creativity</u> and score!
Player Task / Player Actions	- Try to be <u>creative</u> when moving the ball forward (no-look pass, lofted pass, arabona, etc.) - Can you <u>scan</u> to find a free player? - Look to play <u>forward early</u> if you can - find the furthest, safest pass - Get in a good position to play or create a forward pass/passing lane - Use good <u>ball speed</u> and <u>information</u> (further foot) to eliminate opposition quickly
Coaching Cues	- Before you receive a pass <u>scan</u> to find your next passing option - If you can't play forward, <u>move the ball</u> so you can, or play to someone who can - While deciding where to play next, try to understand the <u>right weight</u> and <u>right direction</u> of a successful pass.



Skill Game (Free game)

Players Involved	ALL : 11 + GK
Areas & Size	1 area of approx. 35m x 25m
Timing	Approx. 30min (4 x 7min)
Shape/Formation	Yellow 1-2-3 vs Red 3-3 – up to the players Team in BP: 1-2-3
Rules/Explanation & Scoring Method	Free game 6v6 Normal game rules Scoring team retains the ball Goal = 1pt 5 passes before goal = 2pts At half time, teams swap direction



Home Challenge

Coach: "Love to see if you can practice your creative passing skill – maybe against a wall" OR Coach to refer to Home Challenge Examples