

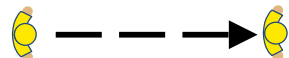
SAPCC Session Planner

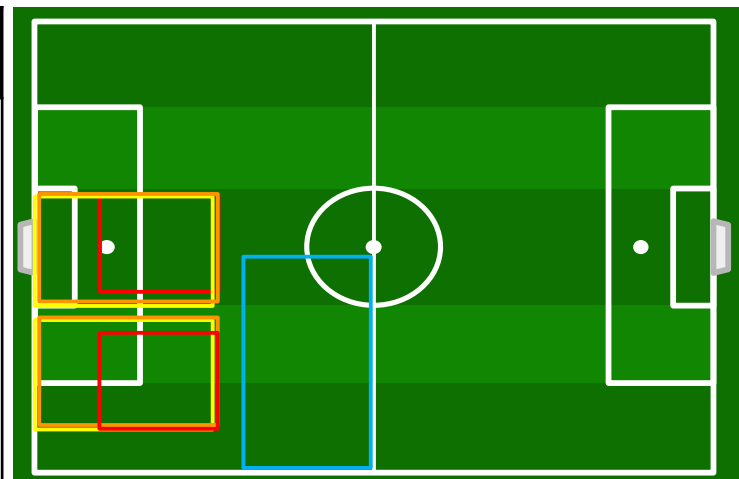
Cycle #	1	Week #	4	Session #	1	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to fix a player before passing to a teammate
Core Skill	Running with the ball
Specific Aspect	Fixing a player and finding a teammate in space
Key Player/Team Inspiration	Matthew Leckie, Caitlin Foord, Ronaldinho, Neymar
Delivery Method	Whole – Part – Whole (Game Related Practice – Isolated Practice - 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.
Game Related Practice (W)	Ball Movement 
Isolated Practice (P)	Player Movement 
Game (W)	Running With The Ball 

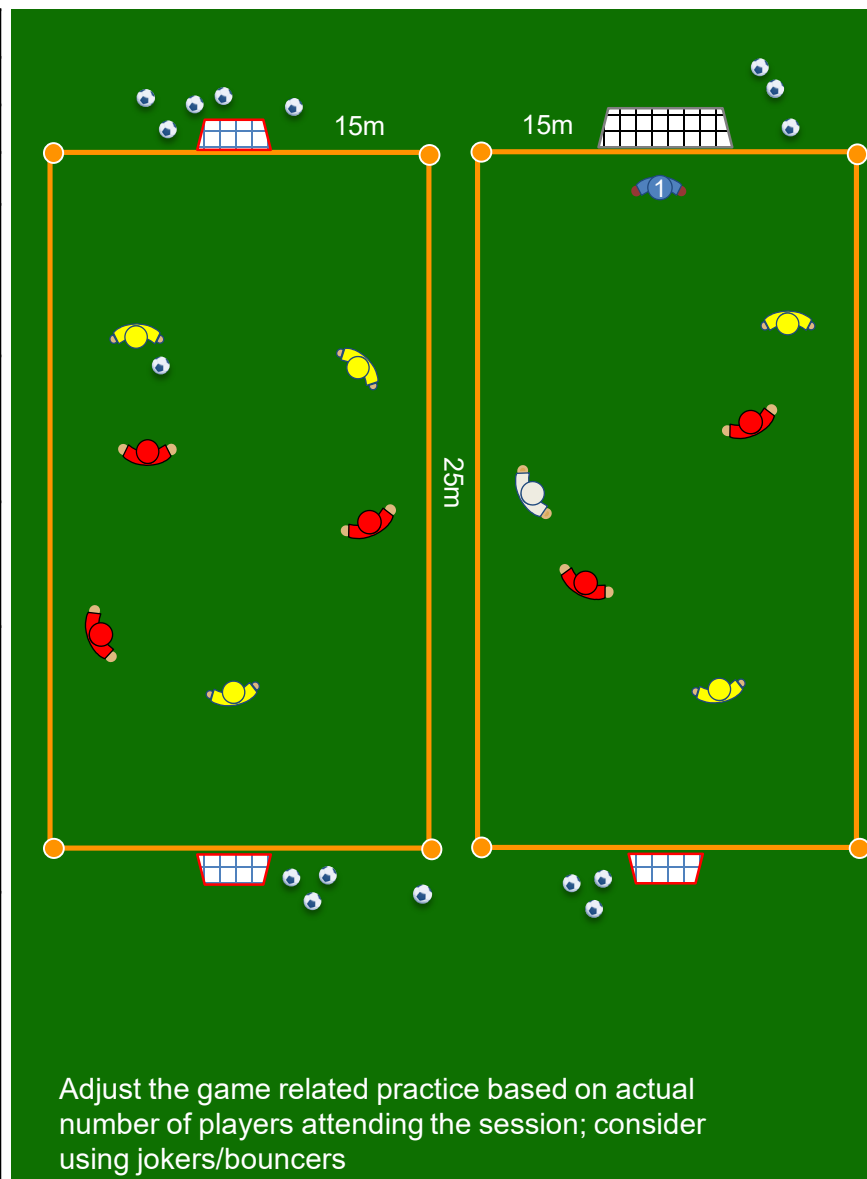


Players Arrival Activity

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

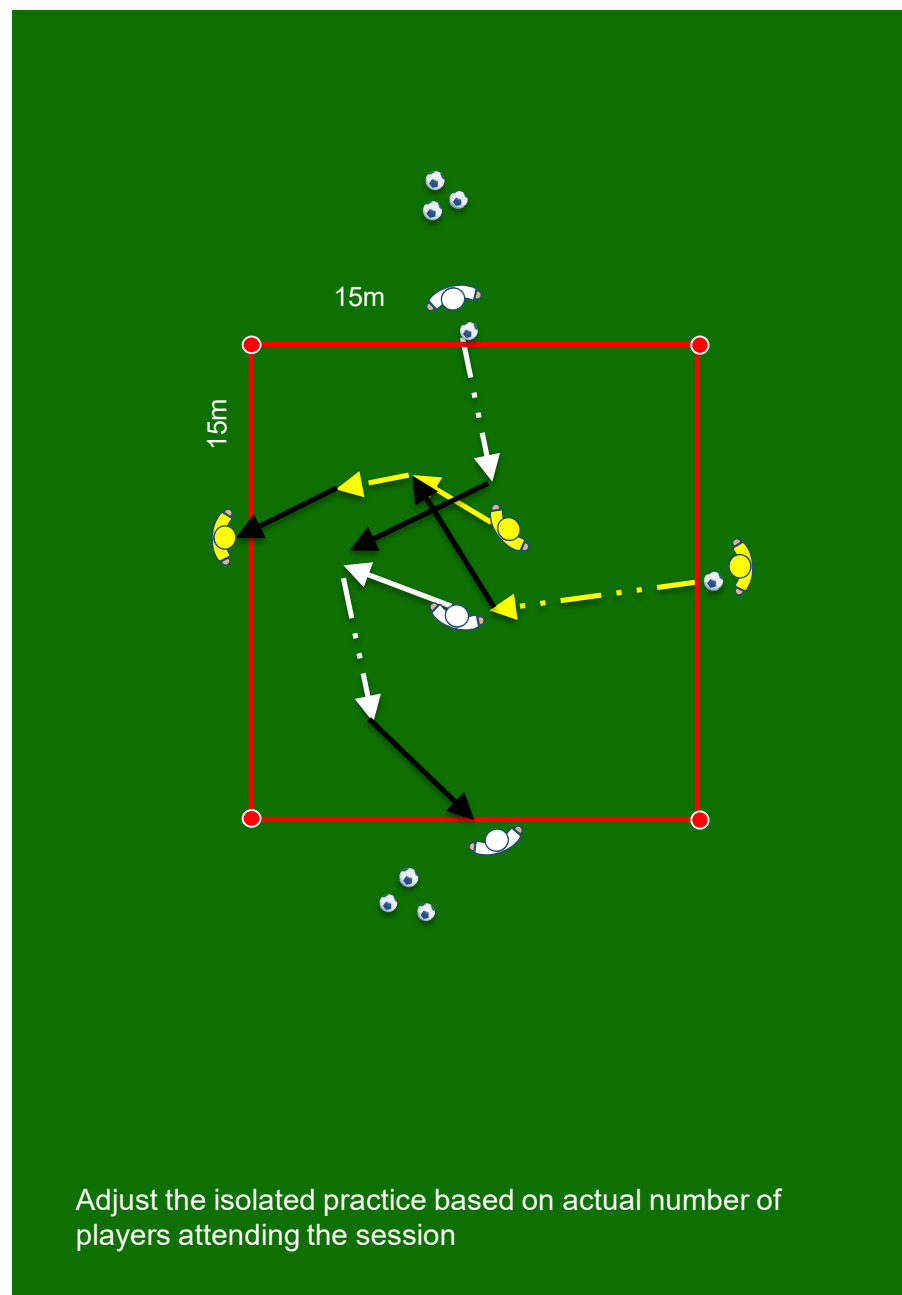
Game Related Practice (Whole)

Players Involved	ALL: 11 + GK
Areas & Size	2 areas of approx. 25m x 15m
Timing	20min
Shape/Formation	2x 3v3's (or 2v2 + 1 joker)
Rules/Explanation & Scoring Method	3v3's in each area Goal = +1pt Goal after running with the ball = +3pt
Step Up	Reduced size of field
Step Down	Increase size of field Players have a "free first touch"
Exercise Task / Challenge	"Today it is all about RWTB towards an opponent to free up a teammate and score – <u>engage to release a teammate!</u> "
Player Task / Player Actions	- Look to have a <u>positive first touch</u> when receiving beyond their closest defender - Try to scan to identify the space / opponents / teammate and <u>find the advantage</u>. - Can you <u>drive</u> at an opponent to <u>fix</u> him/her and allow a teammate to drift away and be played in time and space.
Coaching Cues	- When you can <u>receive</u> the ball <u>beyond</u> your closest defender, can you take your first touch forwards to <u>exploit the space</u> behind them. - Can you <u>fix</u> a defender by running towards him/her before passing the ball. - If your teammate has the ball <u>drift away</u> from your marker if possible, to <u>create a 2v1</u>



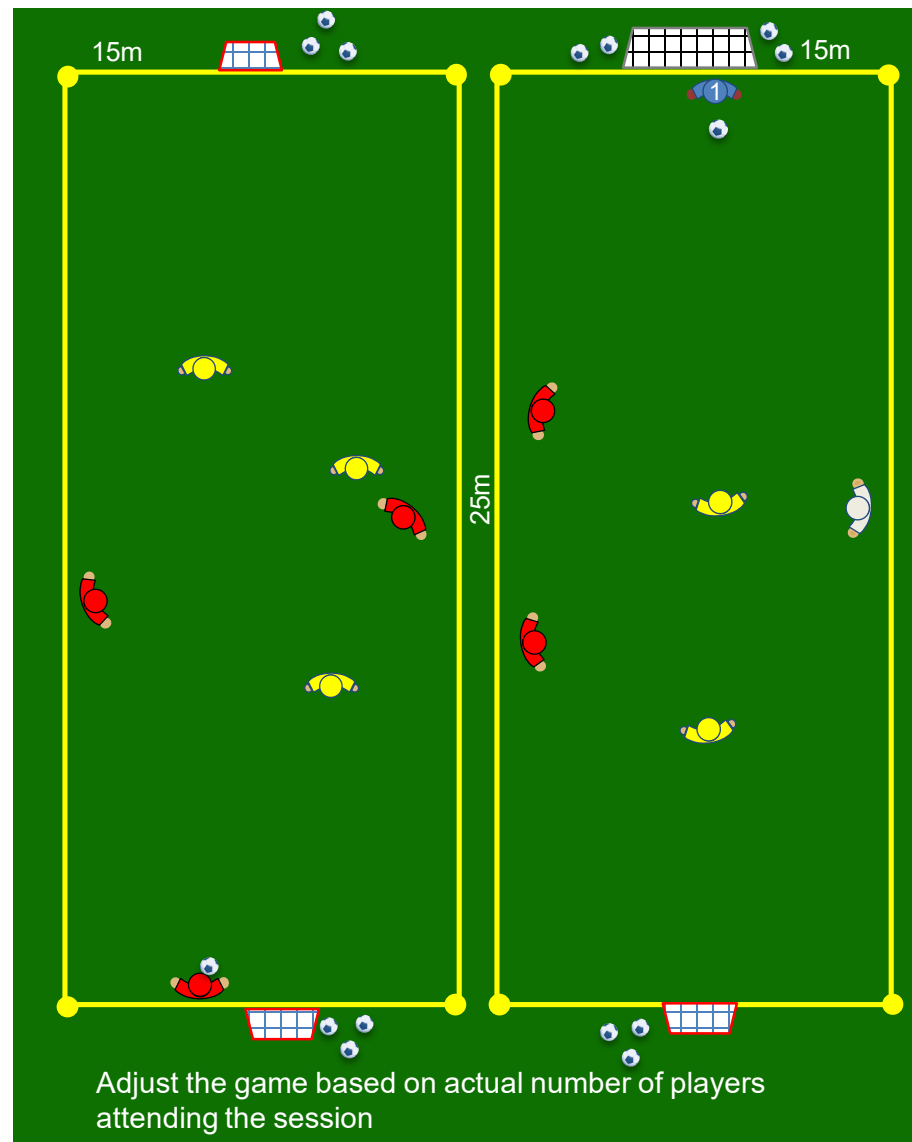
Isolated Practice (Part)

Players Involved	ALL: 11 + GK
Areas & Size	2 areas – 15m x 15m
Timing	15min
Rules/Explanation & Scoring Method	6 players per square - Player with the ball drives into the square towards the opposition player in the middle - As this happens the teammate in the middle drifts away from the opposition player in the middle to create a passing lane where they can receive the ball facing forwards. - Players stay in same positions for 60 seconds and then swap the inside player with an outside player.
Step Up &	Expand to a single 25m x 25m area and add passive defenders for each team (Isolated practice for C5 W3 S2)
Step Down	Have player driving in at a static item instead of a defender (maybe between a gate)
Competition	Each time you pass the ball to an end line player after driving at the defender = 1 point First team to 5 points wins that round.
Player Behaviors	- Player with the ball <u>drives</u> with purpose towards the defender before passing to their free player - Players <u>positioning</u> their body, so they can receive the ball with their <u>furthest</u> foot and move forwards. - Player off the ball finding space so they can <u>receive</u> the ball <u>without</u> pressure. - Players driving until they are an <u>appropriate</u> distance away from the defender before passing the ball.



Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	2 areas of approx. 25m x 15m (same as game related practice)
Timing	24min (4 x 6min)
Rules/Explanation & Scoring Method	Free game 3v3 If needed, make one side a 2v2 +joker and the other a 3v3 +joker to gain more opportunities for success. Scoring team retains the ball Goal = 1pt + creating a 2v1 = 3pts Rotate teams at the end of each game



Home Challenge

Coach: "Love to see if you all can practice the RWTB with the outside of the foot – work with both feet!"
 OR Coach to refer to Home Challenge Examples