

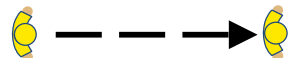
SAPCC Session Planner

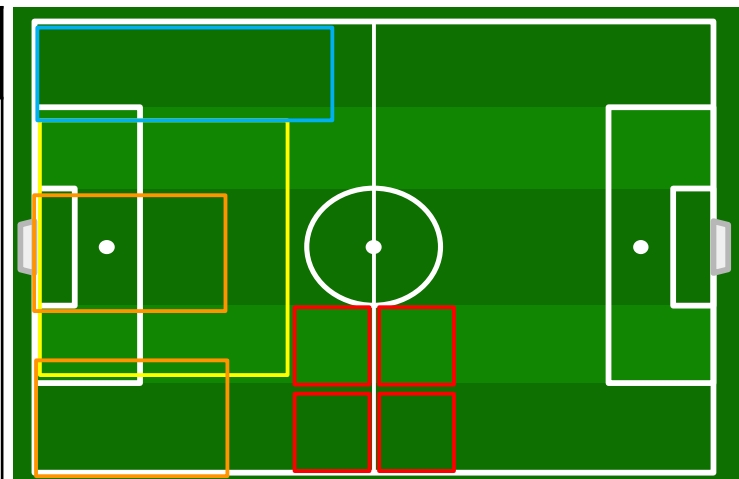
Cycle #	3	Week #	3	Session #	1	Duration	70min
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Session Details

Session Objective	In this session I aim to improve my players' ability to use smart movement and deception before their first touch so they can keep possession of the ball
Core Skill	First Touch
Specific Aspect	First touch under pressure using deception
Key Player/Team Inspiration	Ibrahimović, Lukaku, Berisha, Tom Rogic & Kyah Simon
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 

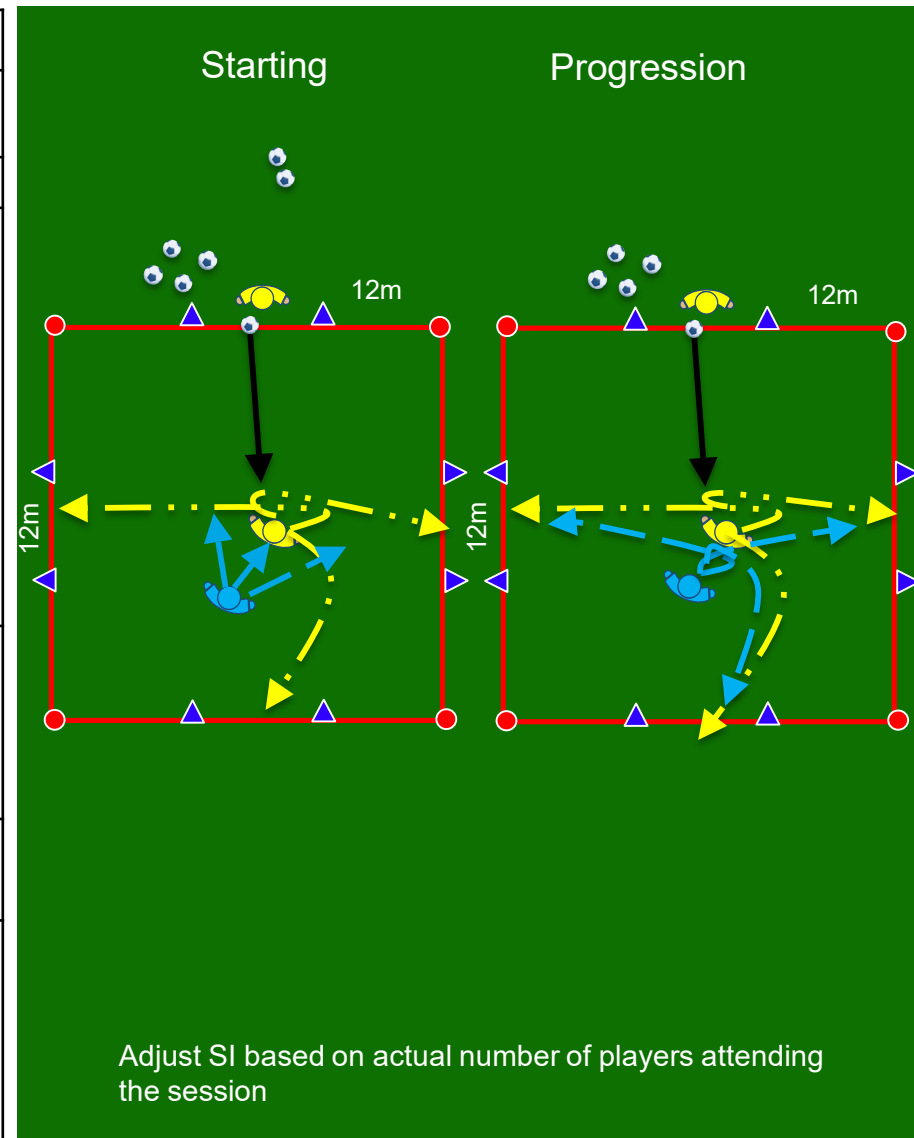


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to the FT with a defender behind" OR Coach to refer to Arrival Activities Examples

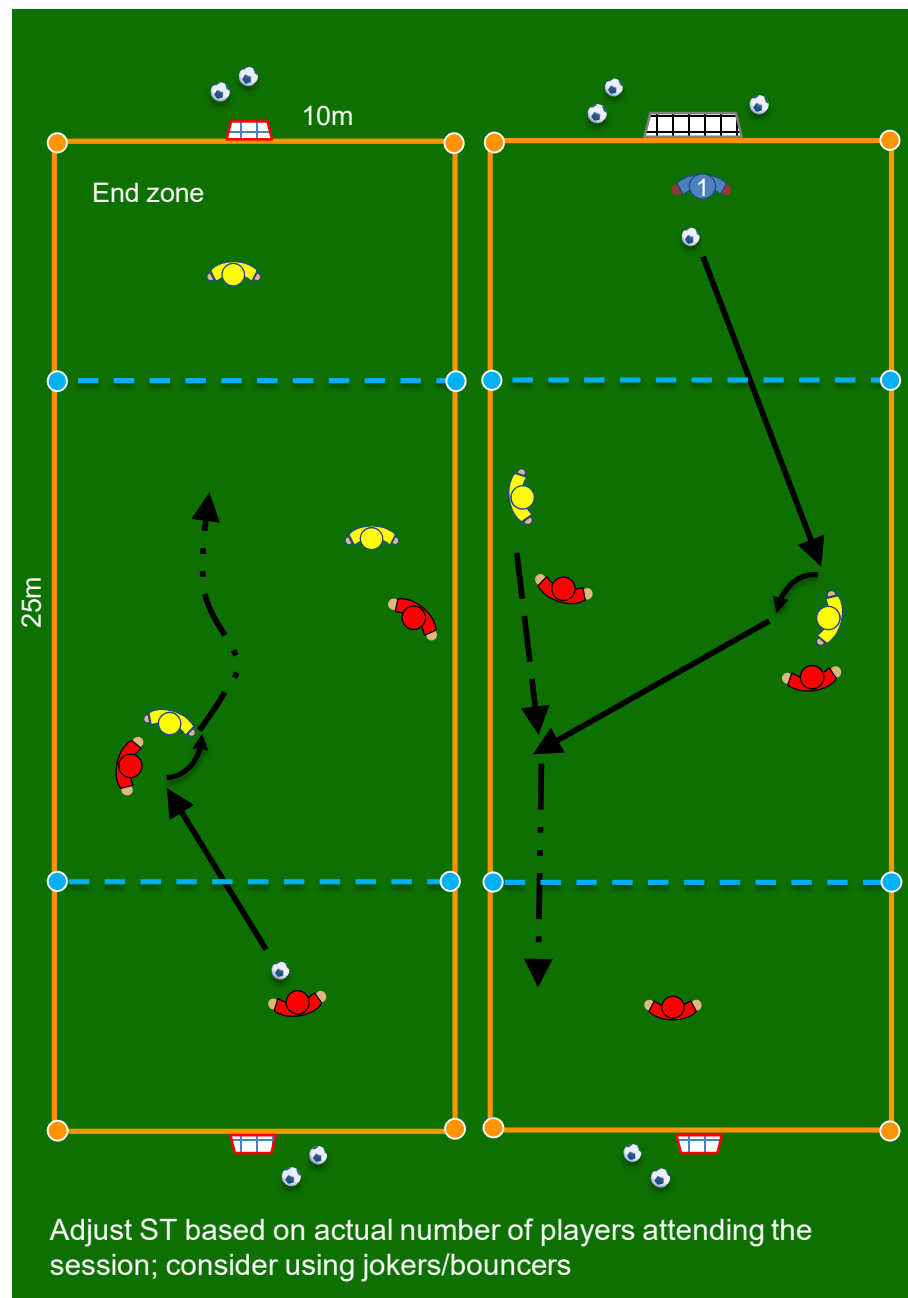
Skill Introduction

Players Involved	ALL : 11 + GK (+/-2)
Areas & Size	4 playing areas of approx. 12m x 12m 3 players per area (minimum)
Timing	15min
Rules/Explanation & Scoring Method	- Player on the outside plays the ball in to the player trying to get through an empty gate with the emphasis being on tricking the defender as to which way they are going to go. - Defender (Blue) is active. - Once the player receiving has had 5 goes all 3 players rotate roles.
Step Up	Player on the outside can act as a bouncer Smaller area
Step Down	Larger area Passive defender
Competition	See how many times out of 5 you can get through a gate before being tackled
Player Behaviors	- Use of <u>deception</u> to create space <u>Body positioning</u> to deceive the opponent (fake dropping the shoulder, change of direction, checking in and out, skill moves etc.) <u>Scan</u> over the shoulders - Speed and <u>direction</u> of touch



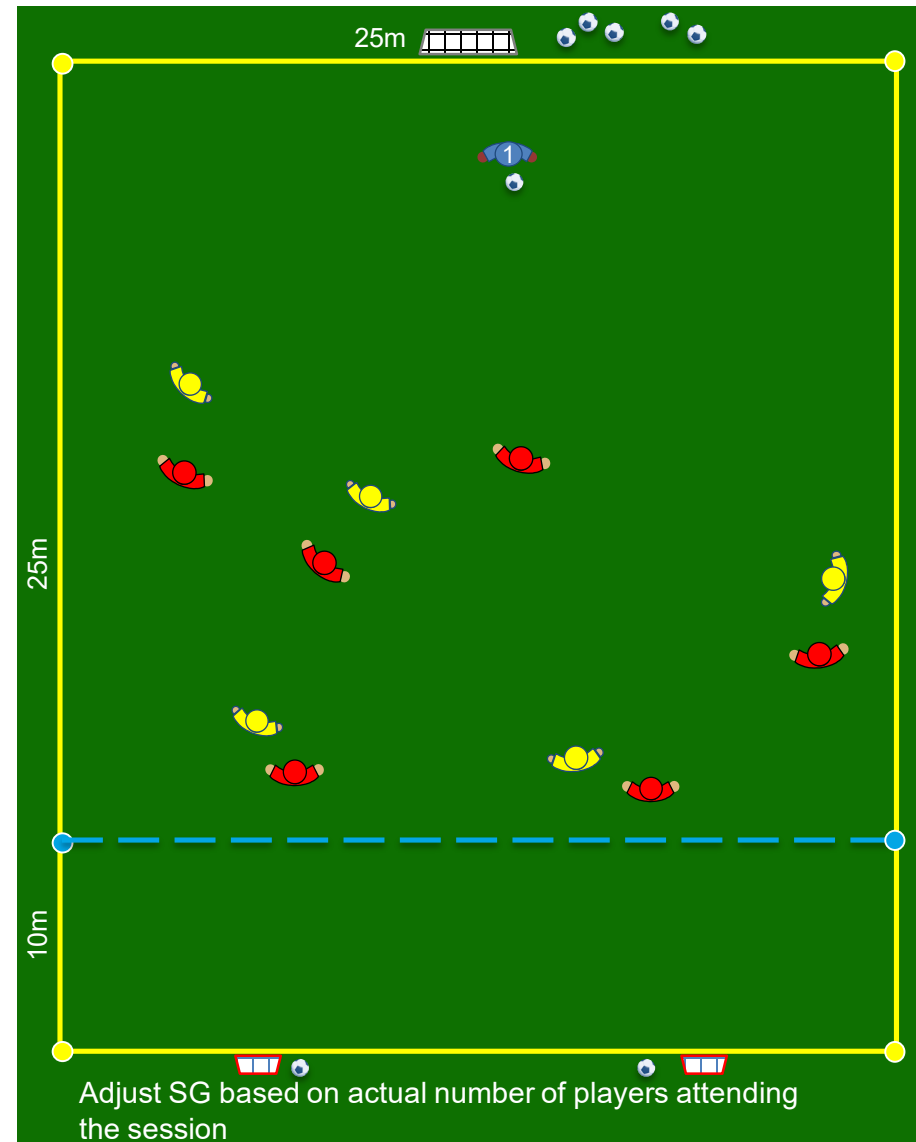
Skill Training

Players Involved	ALL : 11 + GK
Areas & Size	2 areas of approx. 10m x 25m
Timing	20min
Shape/Formation	3v3 in each area – one player of each team must stay in the end zone <u>Man marking</u> in the middle area on start/restart
Rules/Explanation & Scoring Method	Action starts from defending end zone/GK and the ball is played in the middle area. Rotate players in end zone regularly. Players can score from anywhere. Min 2 touches at the start
Step Up	Mandatory 2 touches (min 2, max 2)
Step Down	No touch restriction
Exercise Task / Challenge	"Try to use <u>smart movement</u> and <u>deception</u> before yo ur first touch so you can keep the ball and score"
Player Task / Player Actions	- Can you use <u>deception</u> when under pressure so you can play forward - Can you use good <u>pass information</u> to play to your teammate's advantage - Can you make your <u>touch decision early</u> to help you get away from the defender
Coaching Cues	- As the ball travels to you try to use deception (no touch, feint, bite in, etc.) so you can put the defender off balance or take your touch away. - When the ball is moving look to scan so you can see where you could receive it in space or where a defender might be. - As you receive the ball look to take your touch away from the defender where you can play your next pass early. - If you can turn your marker look to play forward quickly or combine with a teammate



Skill Game (Free game)

Players Involved	ALL : 11 + GK
Areas & Size	1 area of approx. 25m x 35m
Timing	25min (4 x 6min)
Shape/Formation	Man marking / high pressure for the defending team One player must stay in the end zone (unless number is even)
Rules/Explanation & Scoring Method	Free game 6v6 Normal game rules Man marking at every start/restart Scoring team retains the ball Swap player in the end zone regularly Goal = 1pt Goal + 1v1 tightly marked = 3pts At end of each quarter rotate teams (GK stays) and/or swap playing direction.
Step Up	-
Step Down	Player in the end zone can join in



Home Challenge

Coach: "Try to master your deception repertoire and come up with your own tricks"
OR Coach to refer to Home Challenge Examples