

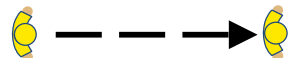
SAPCC Session Planner

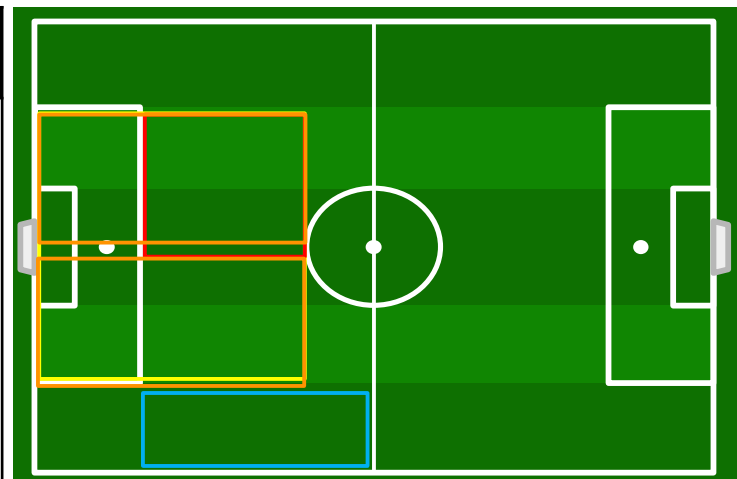
Cycle #	3	Week #	2	Session #	1	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to identify where the space is and their ability to attack the space at pace.
Core Skill	Running with the ball
Specific Aspect	RWTB in space at pace
Key Player/Team Inspiration	C. Ronaldo, Gareth Bale, Lionel Messi, Pierre-Emerick Aubameyang, Hector Bellerin
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 

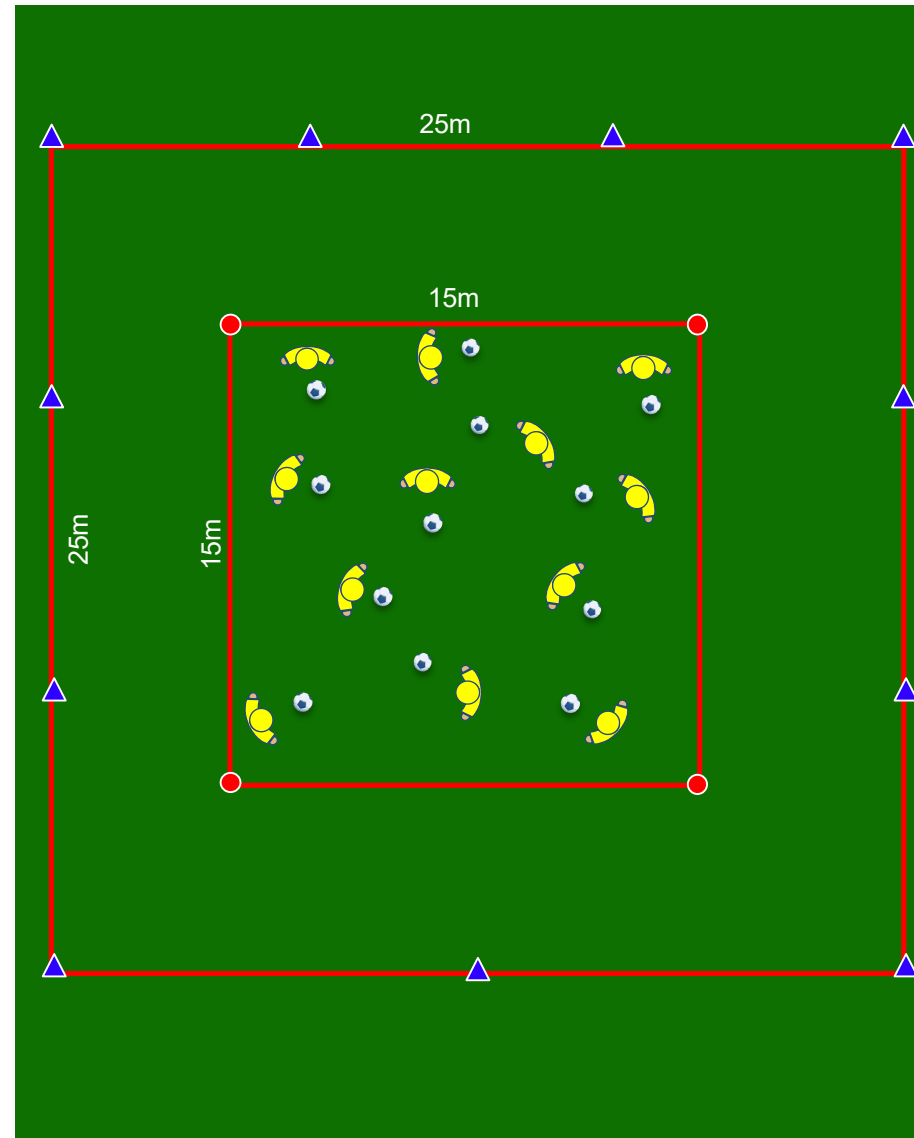


Players Arrival Activity

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

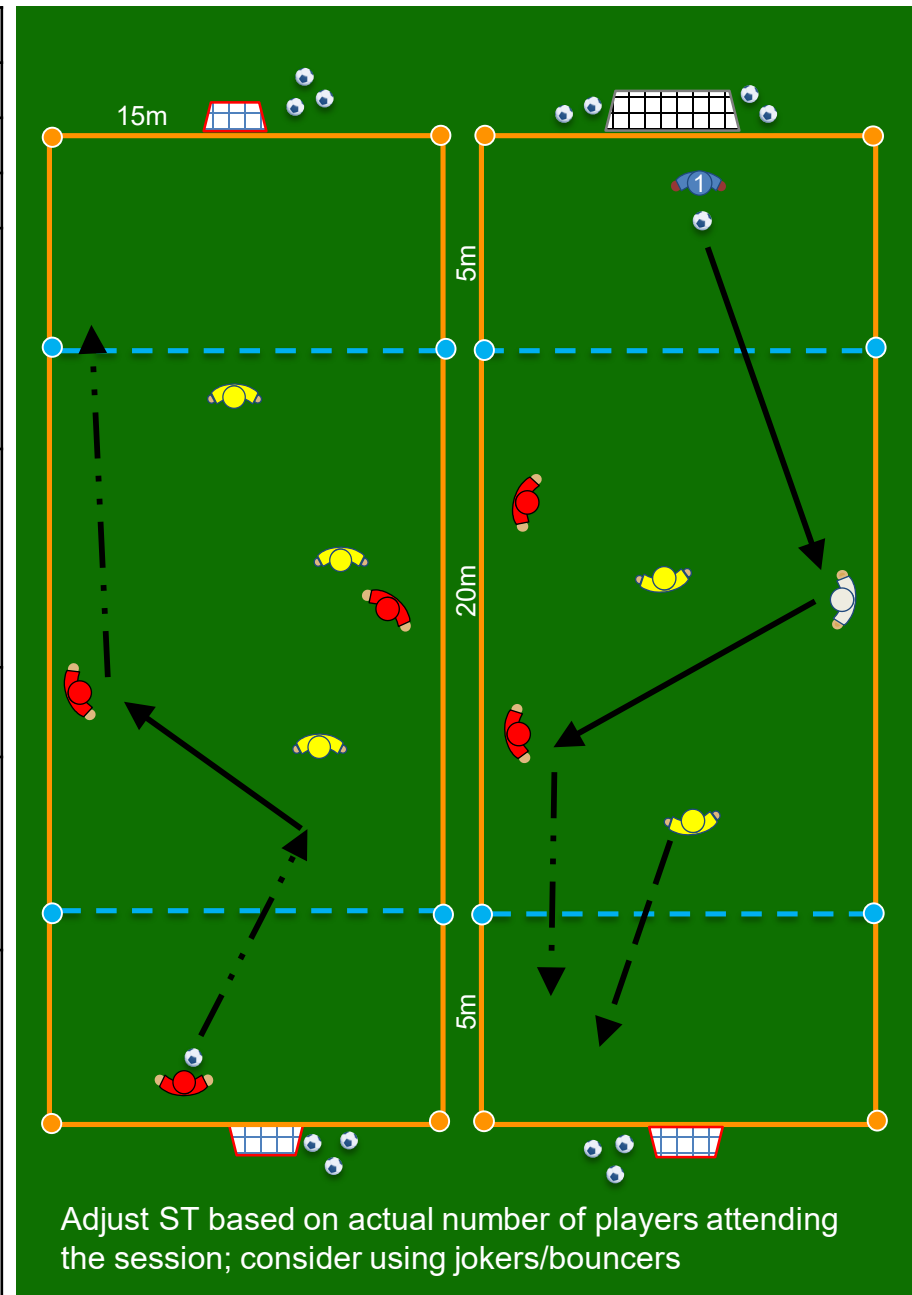
Skill Introduction

Players Involved	ALL: 11 + GK (+/-2)
Areas & Size	1 area of approx. 25m x 25m (15m x 15m zone in the middle) Have 1 less cone around the square than the number of players that you have.
Timing	15 minutes
Rules/Explanation & Scoring Method	All players inside square and with ball running with the ball and dodging other players. All players start with 10 points. When the coach yells out "GO!" players must run to a free cone on the outside. The person without a cone at the end loses a point.
Step Up &	Non-dominant foot only 6 players in the outside area and 6 players in the small area
Step Down	Make the area bigger
Competition	-
Added Extras	-
Player Behaviors	- Keeping <u>head up</u> as often as possible when RWTB. 'Larger' <u>touches</u> when running at pace 'Small' <u>touches</u> if space is tight - Judge the <u>distance</u> between you and others around you



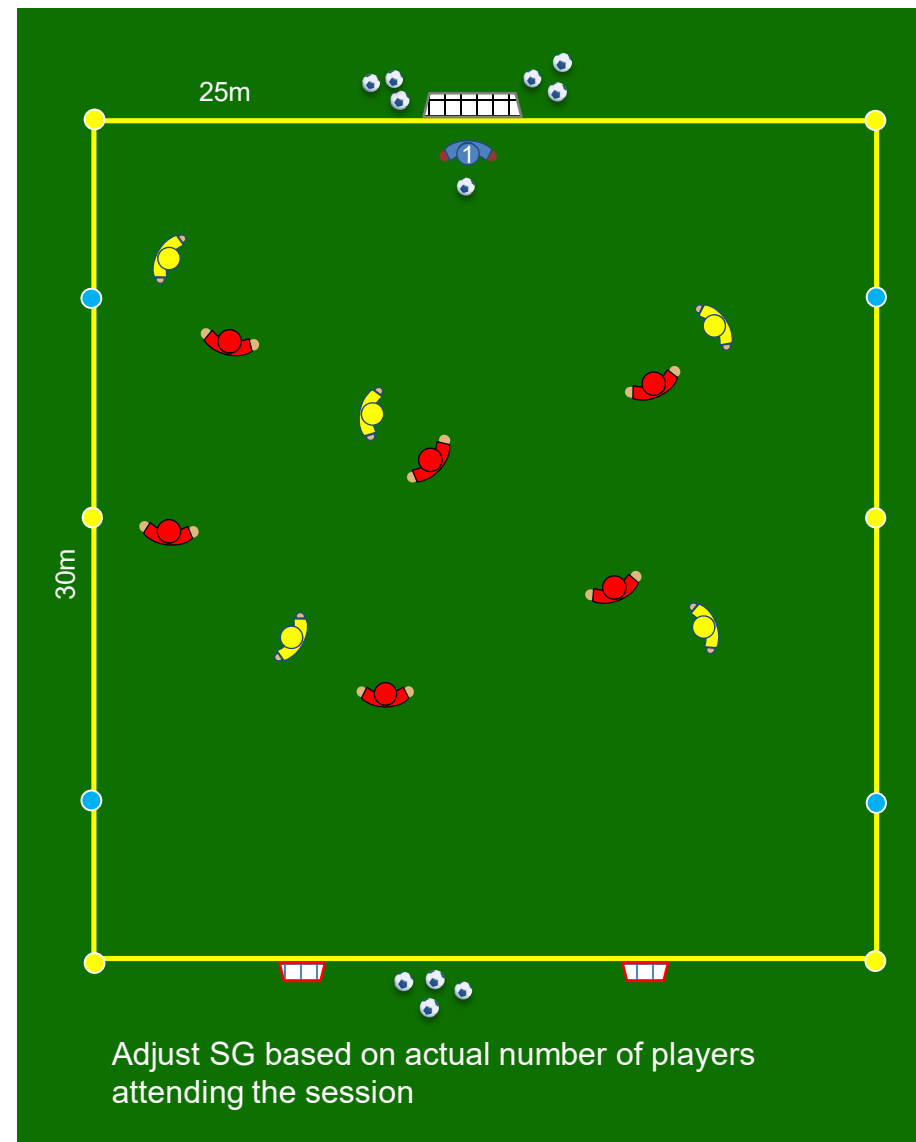
Skill Training

Players Involved	ALL: 11 + GK
Areas & Size	2 areas of approx. 30m x 15m
Timing	20min
Shape/Formation	3v3 per grid (Left) OR 2v2 +GK +Joker (Right)
Rules/Explanation & Scoring Method	Balls starts with player from the back driving into the middle zone. To progress to the final third, a player needs to dribble the ball into the end zone. To score you must be inside the end zone. Only one defender allowed in the end zone.
Step Up	Narrower field Additional defender allowed to track back in to end zone
Step Down	Wider field Add no-man zone so there is a space between middle and final third
Exercise Task / Challenge	"...today's challenge is to run with the ball into space <u>at pace</u> to score".
Player Task / Player Actions	- Try to identify the <u>space</u> you can attack? - Can you receive the ball so you can take your first touch <u>forward</u> and drive into the space - Try to keep the ball <u>away</u> from the defender (opposite foot)
Coaching Cues	- While the ball travels to you, look to scan to identify the space where to run into - As you receive the ball try to adjust your body position so to have the first touch forward and drive into space. - If you can't drive forward can you find someone that can. - While the defender is approaching from one side, try to put your body between him and the ball



Skill Game (Free game)

Players Involved	ALL: 11 + GK
Areas & Size	1 area of approx. 30m x 25m
Timing	24min (4 x 6min)
Shape/Formation	1-2-1-2 (red) vs 1-2-1-2 (Yellow)
Rules/Explanation & Scoring Method	Free game 6v6 (as shown) or Free game 5v5 +GK +Joker Restarts from each end Scoring team retains the ball Goal = 1pt Goal + RWTB into space = 3pts Swap team's direction at half time
Step Up	Add end zones that players must dribble in to before scoring. All defenders are allowed to track back.
Step Down	Add Joker



Home Challenge

Coach: "Love to see if you can master the RWTB with at least one deception" OR Coach to Refer to Home Challenge Examples