

Possession & Playing thru the 3rds

Objective	Using short to medium passes to work the ball from Defence to Midfield to Attack	
Equipment & Enviroment	Full pitch scaled to numbers with 9v9 goals. Poles at sides & flat markers on pitch to mark pitch 3rds. Offside & throw ins. Cones and balls for Practices/Games.	
1)Warm up	As players arrive give them a bib to join in the game	
2)Match (whole)	9v9 match rules but.... To score at least 1 pass must be made within each 3 rd without losing possession.	15 mins
3)Practice/Games (part)	1 – Goal keepers (include distribution to play thru 3rds) 2 – Fitness (short bursts used in forward & defensive runs) 3 – 2 v 2 practice using neutral wing men	15 mins
4)Match (whole)	Full 9v9 but offer 3 goals for a goal scored by playing through the thirds. Make timely interventions with individuals & look for change. Challenge individuals with targets “can you....” during the match.	15 mins
5)Debrief	Talk through learning and feedback	5mins