

SESSION PLAN

KEEP IT OR SHARE IT?



OBJECTIVES

Players will develop their understanding of:

- staying on the ball under pressure
- hiding and manoeuvring the ball
- combining with teammates to play forward.

ORGANISATION

Set up an area suitable for a match where there'll be an overload (here it's 6v4).

HOW TO PLAY

- Both teams attack and defend a goal, but one has an overload over the other
- Encourage the team with more players to pass forward when they can
- Challenge the team with fewer players to stay on the ball for as long as possible
- If a team score, award a point
- If the ball goes out of play over the touchline, players pass or dribble it back onto the pitch
- If the ball goes out of play over the goal-line, the goalkeeper gets possession
- Notice when players hide and manoeuvre the ball to keep possession
- Praise players when they pass at the right time