

Title: Triangle Pressing Rotations

Phase: 1, Begin The Attack

Age: Foundation Phase

Intensity: Medium

Technical

- Passing Skills
- Receiving Skills
- Angles and Body Shape

Tactical

- Back Foot Receiving
- Movement To Receive
- Rotations & Combinations

Physical

- Cardiovascular Systems
- Speed
- Agility, Balance, Coordination

Psychological

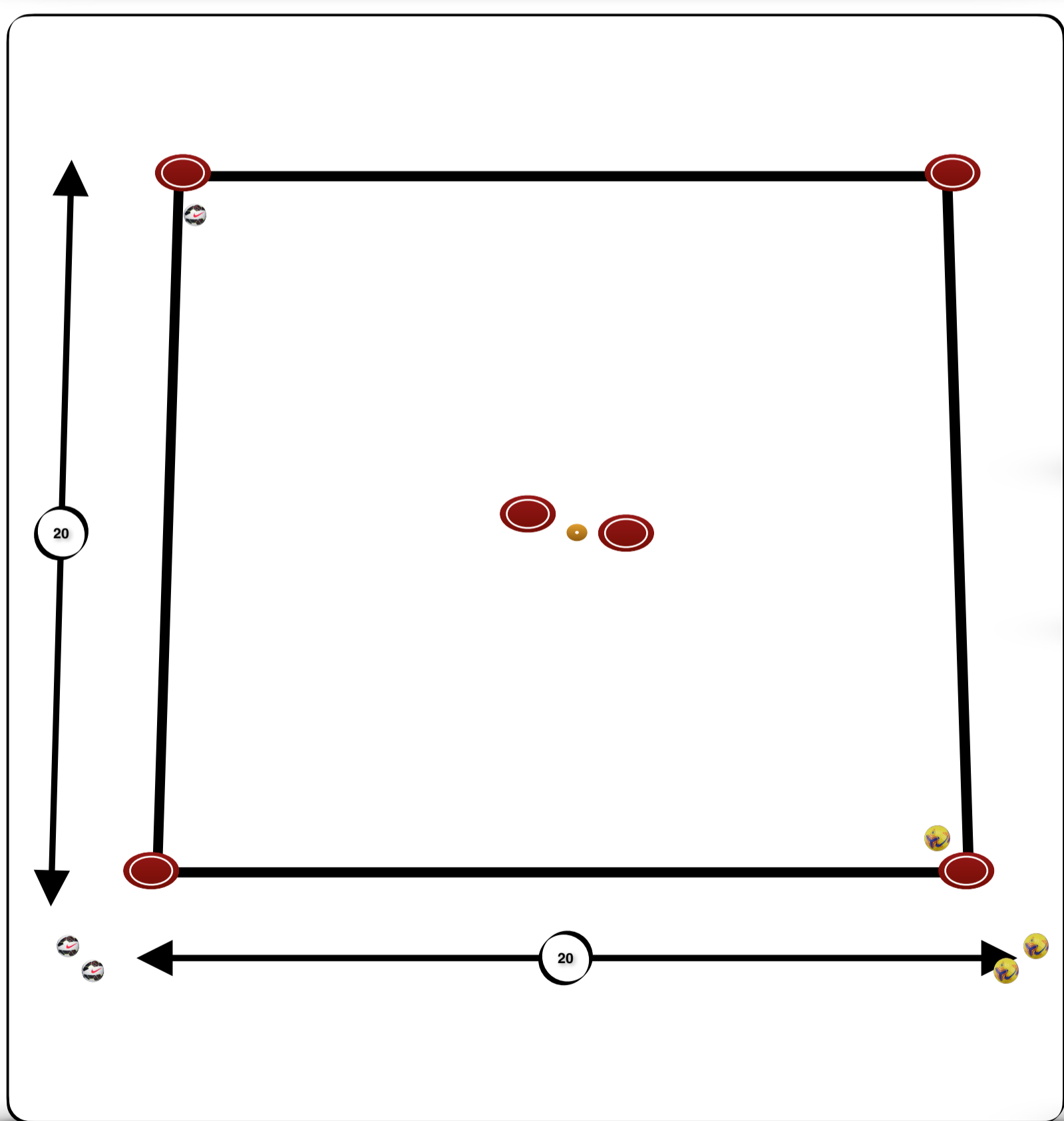
- Leadership
- Communication
- Focus-Refocusing

Area Size: 20x20 Area

Players: 6 +

Duration: 16 Minutes

Session



Set Up / Organisation

- 1) 20x20 Area
- 2) Players
- 3) Footballs

Key Coaching Points

- 1) Combination Play
- 2) Passing & Receiving Skills
- 3) Movement and Team work

Progressions

- 1) Add in a central defending player to play around
- 2) Add in a competition between the two sets of players

Player Challenges

- 1) Are you keeping the ball speed going at a match tempo?
- 2) Can you rotate effectively to maintain the ball speed?
- 3) Are you able to change direction effectively?

Reflective Practice

What Went Well...

- _____

- _____

- _____

What Needs Changing...

- _____

- _____

- _____

Future Considerations...

- _____

- _____

- _____

