

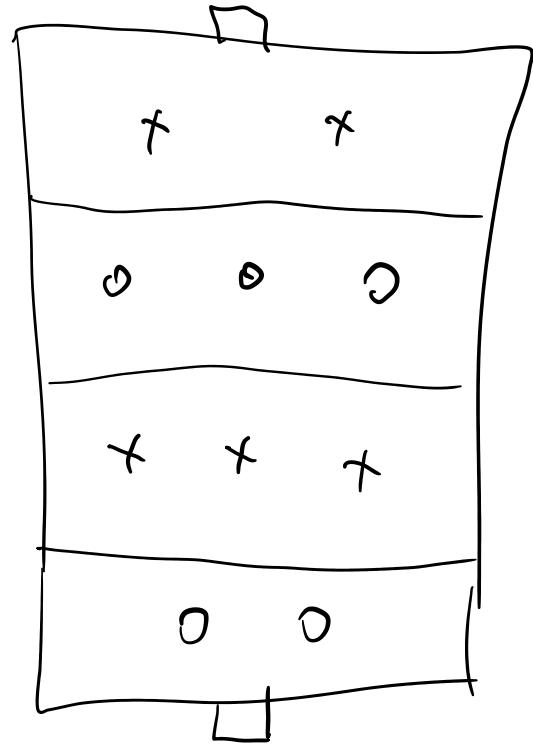
# U9 Session 24: 13/06/2023

13 June 2023 13:28

## 1) Warm-up

### 2) Play through lines:

- a. Setup:
  - i. Split players into two groups
  - ii. Prepare pitch for number of available players
  - iii. Split the pitch in 4 areas (two edge ones to be larger than middle ones)
- b. Flow:
  - i. Players can't move outside of their areas
  - ii. Players in the middle start with the ball
  - iii. Main objective is to move the ball into the edge areas for players there to score
  - iv. Players from opposite middle area, trying first to block the pass behind. If the ball goes through, they rush to defence
  - v. If opposition recover the ball, they follow same flow
- c. Progress:
  - i. Reduce number of allowed passes
  - ii. Reduce time available for the ball to be played in the middle areas
- d. Points:
  - i. Encourage urgency
  - ii. Be direct and fast in execution
  - iii. Defensive positioning to maximise chance for a pass block
  - iv. Look b



### 3) Free kicks & Penalties

- a. Setup:
  - i. Single goal
  - ii. GK
  - iii. Each player with the ball
- b. Flow:
  - i. Single player takes a shot one-after-another
- c. Points:
  - i. For free-kicks, ensure foot positioning and correct runup
  - ii. For penalties, encourage precision low shot close to the post