

Coach: Seidel	Age: U13 (2006s)	Date: 2/2/2019	Time & Duration: 10:30-11:20am (50 minutes)	Equipment, Space, Field, Number of Players, etc Full field, two big goals, two mini goals, cones, balls, pinnies
Session Focus: Attacking				
Phase: Destabilise (On The Last Line)				
Principle: Switch play after drawing and fixing defense				
Counter-Principle: Close the space of the DGC and organize the marking				
RPE: 4	Layout/Space: 9x11 yards	Work Load (Sets, Reps & Time): N/A		
PSAM				
Expected Results				
Technical (Ind): Use of inside of foot to pass and receive		Instructions/Rules: Play 2v2+3 in the grid, blue and red are fighting for possession, grey sare neutral. When you win ball, play to ends of grid to switch yourself out and get big shape	Achievement Criteria (Coaching Pts): Habits of possession (receive across body, movement every time ball moves; communication); decisions of when and where to pass; reactions whe ball is lost; can we move ball quickly to go side to side; as ball goes side to side can we look forward/through?	
Tactical (Col): Habits of possession are applied to the activity and reactions to loss of possession		Progressions: Limit touches if necessary		
RPE: 5	Layout/Space: 35x30 yards	Work Load (Sets, Reps & Time): Play 5 bouts of 3 minutes with 1 minute rest between (total of 19 minutes)		
PSAM				
Expected Results				
Technical (Ind): Players use passing and dribbling to penetrate and keep possession of the ball		Instructions/Rules: Blue scores on endzone, red scores on counter goals; restarts are at top with coach	Achievement Criteria (Coaching Pts): 11/7 provide with and 9/8 give depth; Can we move ball quickly side to side so they open up; 9 looking to keep their center backs occupied; 11/7 double movements to find ball; read pressure on ball, of our player, and see where you can ; run; is this side on? if not can we go the other way?	
Tactical (Col): Players develop ideas of their role within the topic and how to implement		Progressions: 1) Blue can pass or dribble into the endzone; 2) Blue must pass into the endzone		
RPE: 5	Layout/Space: Whole half	Work Load (Sets, Reps & Time): Play 3 bouts of 4 minutes with 2 minutes rest between (total of 16 minutes)		
PSAM				
Expected Results				
Technical (Ind): Ability to get behind back line using passing and receiving		Instructions/Rules: Blues score in goal and reds score by connecting two targets; regular restarts (also coach controlled)	Achievement Criteria (Coaching Pts): How do we go the other way?; Can we make sure to keep the 'hole' open so we can CPOA; 6/8 need to work together on this; What to; do if 11/7 tuck in?; when we get behind or break a line- can we go fast?	
Tactical (Col): Ability to move as a group and make decisions about when to build up and go forward collectively		Progressions: N/A		
RPE: 6	Layout/Space: Whole field	Work Load (Sets, Reps & Time): Play for 10-15 minutes depending on time		
PSAM				
Expected Results				
Technical (Ind): Ability to use passing and dribbling to penetrate and possess		Instructions/Rules: Play big with regular restarts	Achievement Criteria (Coaching Pts): Shape and spacing of whole team; can we make good choices of when to go forward and when to keep it?;	
Tactical (Col): Ability to find moments to unbalance and when to CPOA		Progressions: N/A		