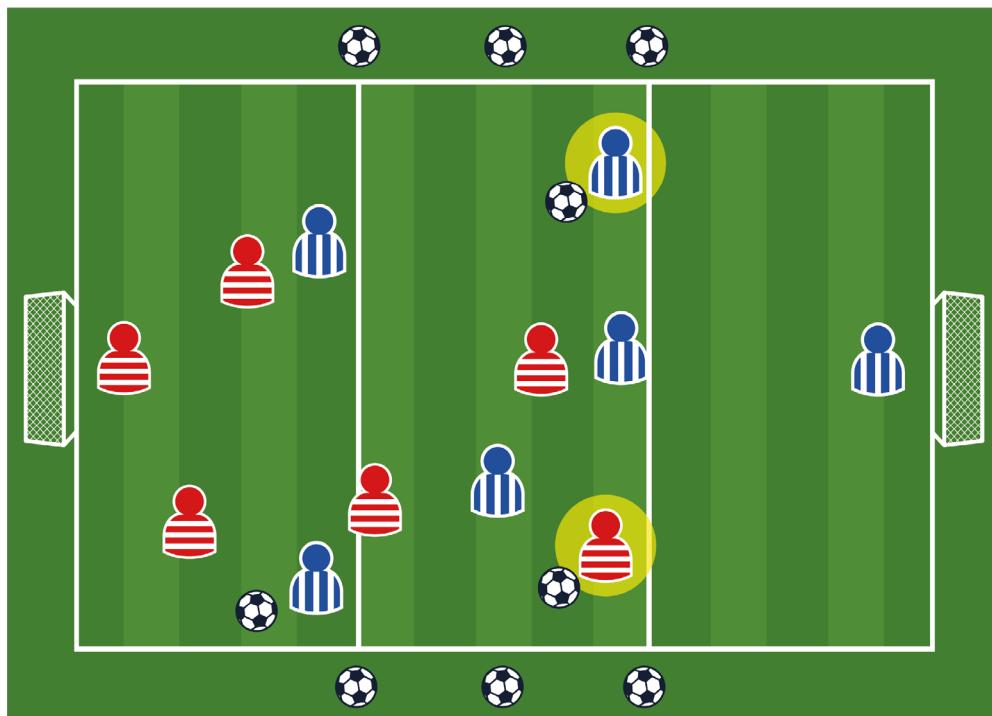


# SESSION PLAN

## SNEAK, STEAL, SCORE



### OBJECTIVES

Players will develop their understanding of:

- how to scan
- the importance of intercepting
- how to use their positioning, deception and timing skills to help them pass and intercept successfully.

### HOW TO PLAY

- This is a normal match with one difference – each team has one player stood in the middle third with a ball
- These are the 'restart players' and can move anywhere in the middle third
- The rest of the players are playing a normal match with one ball (the 'main' ball) between them – so there are three balls on the pitch at any one time
- When the main ball goes out of play, the restart players become active
- Instead of their team taking a throw-in or goal-kick, they look to immediately set up a teammate from the middle third
- So, if the blue team kick the ball out, the red team's restart player quickly tries to find a teammate (as it would've been their restart)
- Once attempting to set up a goal, the restart player must collect a ball from the side and prepare for the next time the main ball goes out of play
- If a player scores after being set up by their restart player, that goal counts as three points

### ORGANISATION

- Set up a narrow area and split it into thirds
- Put a goal at each end
- Place three balls inside the area and spares around the edge
- We recommend playing 6v6, so set up as many areas as you need
- Ask one player from each team to be the goalkeeper