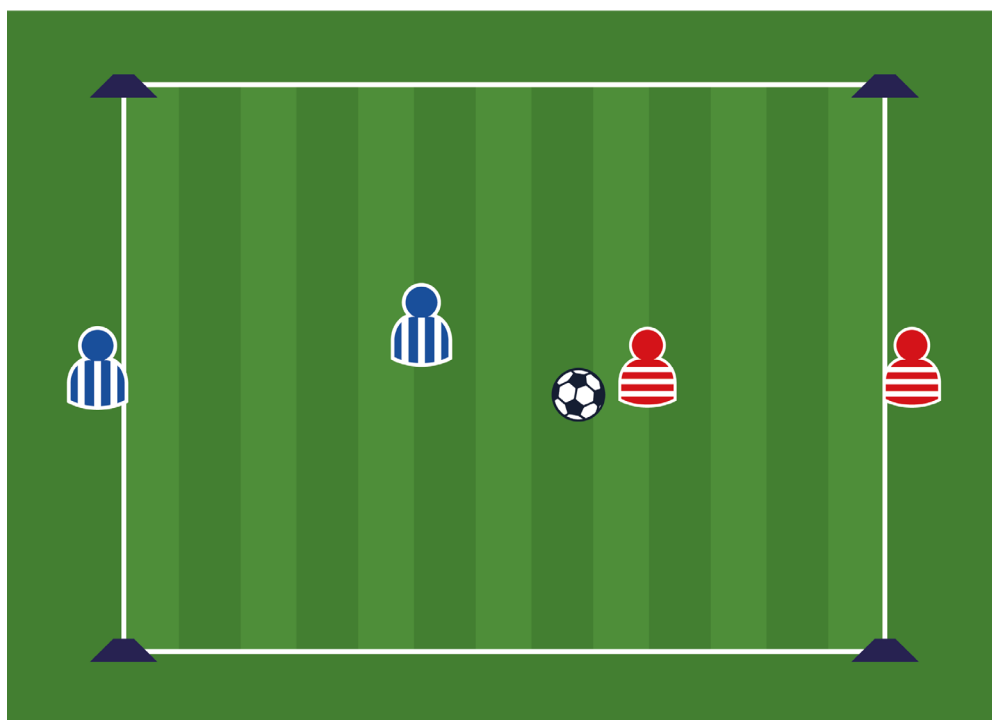


SESSION PLAN

STAY ON THE BALL



BALL:



TEAM 1:



TEAM 2:



CONE:



OBJECTIVES

Players will develop their understanding of:

- how to turn with the ball
- staying on the ball under pressure
- how to hide and manoeuvre the ball.

ORGANISATION

- Split your players into groups of four and ask them to pair up within those groups – they'll be playing 2v2
- Set up an appropriate area for each group and give them a ball
- Start with a 1v1 in the middle of the area, with the other two players stood on the outside on opposite sides

HOW TO PLAY

- This game is simple: players just have to stay on the ball
- In our example, the red player has possession and is aiming to keep it for as long as possible
- The blue player is trying to win the ball and, if they do, keep it for as long as possible while the red tries to win it back
- If a player feels like they're in danger of losing the ball, they can pass it out to their teammate
- When this happens, the two players could switch, or the outside player could come in and create a 2v1 (for a set number of passes or amount of time)