

SESSION PLAN

STAY ON THE PITCH



OBJECTIVES

Players will develop their understanding of:

- staying on the ball in tight areas
- working together to keep possession
- assessing options to make the most of an overload.

ORGANISATION

- Set up an area appropriate for the age and ability of your players
- Place a goal at each end
- Split the players into two teams, each with a goalkeeper (here we have 5v5)

HOW TO PLAY

- Like a normal game, both teams look to score as many goals as they can
- If a player kicks the ball out of play, or it bounces off them and goes out, they must come off the pitch for one minute or until the ball goes out off another player (whichever is sooner)
- If the team with fewer players score, the player off the pitch swaps with a member of the other team
- At first, only one player can be off the pitch at any one time