

RBFC 2009 BOYS/GIRLS - SPRING 2024

SESSION 1 - SWITCHING THE FIELD

<https://www.youtube.com/watch?v=wqxRMvArEos&t=20s>

TECHNICAL SESSION - X 4 PLAYERS - BOUNCE, POP OUT/SWITCH - 2 BALLS
BOUNCE OPEN UP, PLAY THROUGH/SET
SAME AS ABOVE - ADD EXTRA PASS (POP OUT)

X X

X X

X

SWITCHING THE FIELD - 4 PUGGS WITH CHANNELS - 1 POINT FOR SWITCH FROM TARGET TO TARGET, 2 POINTS IF SWITCH GOES FROM A DEFENDER TO MIDFIELD/FORWARD THEN SWITCH. 3 POINTS IF GOAL SCORED AFTER A SWITCH - 4-3 OR 3-3 FORMATION.

SESSION 2 - OVERLAPPING OUT OF THE BACK

TECHNICAL SESSION - 3 PROGRESSION OVERLAPPING DRILL -

<https://www.youtube.com/watch?v=kgCq2qkdsBw>

3v3 + 1 RONDO IN A CENTRAL BOX. THREE PASSES IN A ROW THEN PLAY WIDE INTO THE 7/11 - 2 OR 3 WOULD THEN OVERLAP AND CROSS BALL TO 9 WHO FINISHES.

PROGRESSION 1 - PLAY INTO THE 9 FIRST WHO PLAYS BALL BACK TO 2 OR 3 WHO PLAYS BALL INTO 7/11 TO OVERLAP.

POTENTIAL PROGRESSION 1 - INSIDE MOVEMENT OF 7 OR 11 TO WALL PASS WITH 2 OR 3/

POTENTIAL PROGRESSION 1 - 2 OR 3 PLAYS INTO 7 OR 11 - WHO THEN PLAYS 9 - WHO PLAYS OVERLAPPING FULL BACK

FINAL GAME - 6 V6 + KEEPERS GAME WITH HALF WAY LINE - 4V2 IN EACH BOX - 2 POINTS FOR GOAL FROM DEFENSIVE HALF, 1 POINT IF FORWARDS SCORE - ONE DEFENDER CAN CROSS HALFWAY LINE TO SUPPORT FORWARDS

- ADAPTED SESSION 3V3 +1 RONDO SESSION - ADDED ONE WIDE NEUTRAL ON EACH SIDE. 3 PASSES IN A ROW THEN FIND EITHER ONE OF THE WIDE PLAYERS. PLAYER OVERLAPS AND SHOOTS INTO ONE OF TWO PUGG GOALS DIAGONALLY. PLAYER STEPS IN AND 3V3+1 BEGINS IMMEDIATELY - HELPS TO SPEED UP THE SESSION - MORE REPETITION ON OVERLAPS.

SESSION 3 - PRESSURE/COVER

TECHNICAL SESSION - PRESSURE/COVER WARM-UP -

<https://www.youtube.com/watch?v=y2Zx6nMmkbs&t=3281s>

2V2 FLYING CHANGES WITH PUGGS - FOCUS ON BODY POSITION, COMMUNICATION, DISTANCES BETWEEN DEFENDERS, PROTECT SPACE BEHIND (GOAL/PASSING LANE). PLAY GAMES TO 10.

3V2 FLYING CHANGES WITH BIG GOALS AND GK'S - HAVE AN OFFENSIVE LINE ON EACH END LINE THAT A PLAYER CHECKS FROM WHEN POSSESSION CHANGES. PLAYER RECEIVES BALL FROM THEIR OWN TEAM AND EITHER BOUNCES BALL BACK OR TURNS - FOCUS ON DEFENSIVE SHAPE OF THE TWO.

SESSION 4 - RONDO POSSESSION/SIMPLE POSSESSION SHAPE

WARM-UP - 3V1 RONDO - 45 SECOND GAMES, PLAYER WITH THE BALL AT THE END OF 45 SECONDS MOVES UP, PLAYER WITH THE PINNIE IN THEIR HAND MOVES DOWN. PLAYER 8/9 GAMES.

5V5 + 5 ON OUTSIDE OF GRID - 10 CONSECUTIVE PASSES FOR A POINT. 5 MINUTE GAMES - 2 TOUCH/BALL CAN'T STOP MOVING FOR THE OUTSIDE NEUTRALS.

PROGRESSION 1 - ONCE PLAYER PLAYS A PASS THEY HAVE TO MOVE TO A DIFFERENT SPACE AND BRING ANOTHER PLAYER INTO THEIR SPACE.

PROGRESSION 2 - SPEED OF PLAY GAME - 3 PASSES THEN PLAY TO OUTSIDE PLAYER, OUTSIDE PLAYER HAS TO PLAY TO OUTSIDE PLAYER ON A DIFFERENT SIDE OF GRID WHO PLAYS BACK TO POSSESSION TEAM FOR A POINT.

COACHING POINTS - COMMUNICATION ON AND OFF THE BALL, ANTICIPATE WHERE THE NEXT PASS WILL GO, CONSTANTLY SCANNING TO SEE WHERE NEXT PASS WILL GO.

SESSION 5 - PRESSING AS A TEAM

PRESSING RONDO. 40X30 YARD GRID WITH HALFWAY LINE IN BETWEEN. TWO TEAMS OF 7 IN EACH HALF OF THE GRID. PRESSING TEAM SENDS IN TWO DEFENDERS TO OTHER TEAMS HALF. EVERY 6 PASSES = 1 POINT. AFTER EVERY 6 PASSES THE DEFENSIVE TEAM CAN SEND ANOTHER DEFENDER IN TO HELP. IF DEFENSIVE TEAM IS ABLE TO WIN BALL AND PLAY ACROSS TO TEAMMATES THEY GET 1 POINT. WHEN BALL GOES OUT OF PLAY, THE BALL STARTS ON OTHER HALF OF GRID. PLAY 4 MINUTE GAMES. FOCUS ON PRESSING AS A TEAM, FORCING BALL SMALL SPACES.

7V7 PLUS GK'S PRESSING GAME -

<https://www.youtube.com/watch?v=8BJyoA5ZaEM&list=PLUb36cRjXxjLCZy1200PfoB0GmzgrSdEZ&index=3>

7V7 PLUS - GK'S IN A NEUTRAL ZONE AT EACH END OF FIELD: BALL STARTS IN GK'S HANDS. POINT IS SCORE BY PLAYING BALL INTO OPPOSITE GK'S HANDS.

SESSION 6 - PLAYING FROM CB'S INTO MIDFIELD/FORWARDS (PLUS OFFENSIVE AND DEFENSIVE CORNERS)

- A) 6V6 IN A 30X40 BOX WITH 4 NEUTRALS (TWO NEUTRALS AT TOP OF EACH BOX. OBJECT OF THE GAME IS TO SWITCH THE BALL FROM NEUTRALS ON ONE SIDE TO THE OTHER NEUTRALS THROUGH THE CENTRAL PLAYERS. FOCUS ON CENTRAL PLAYER BEING IN DIFFERENT LINES OF THE FIELD. NEUTRALS SHOULD LOOK LONG IF BALL IS ON. MOVEMENT OF CENTRAL PLAYERS TO CREATE SPACE FOR THEMSELVES AND TEAMMATES - CREATE PASSING LANES. NEUTRALS CAN PASS SIDE TO SIDE AS MANY TIMES AS THEY WOULD LIKE BEFORE PLAYING IN.
- B) 6+2 CB'S VS 4-3 PLUS GK. ONE DIRECTIONAL GAME TO GOAL. TEAM OF 6 SETS UP WITH 3 CENTRAL MIDFIELDERS AND 3 FORWARDS PLUS TWO CENTER BACKS OFF THE FIELD. BALL ALWAYS STARTS WITH THE CB'S ON EVERY POSSESSION. DEFENSIVE TEAM SETS UP WITH 4 DEFENDERS PLUS 3 CENTRAL MIDFIELDERS. IF DEFENSIVE TEAM WINS THE BALL THEY PLAY TO OPPOSING CB'S. FOCUS ON SHAPE OF ATTACKING TEAM, ROTATION OF MIDFIELD, CREATING PASSING LANES INTO THE FORWARDS.
- C) GO THROUGH CORNERS 1 & 2 PLUS DEFENSIVE CORNERS SHAPE.
- D) 7V7 GAME - COACH AWARDS MULTIPLE CORNERS THROUGHOUT THE GAME TO PRACTICE CORNERS.

SESSION 7 - PLAYING THROUGH THE LINES

TECHNICAL WARM-UP SESSION - https://www.youtube.com/watch?v=b0t_bKqylT4

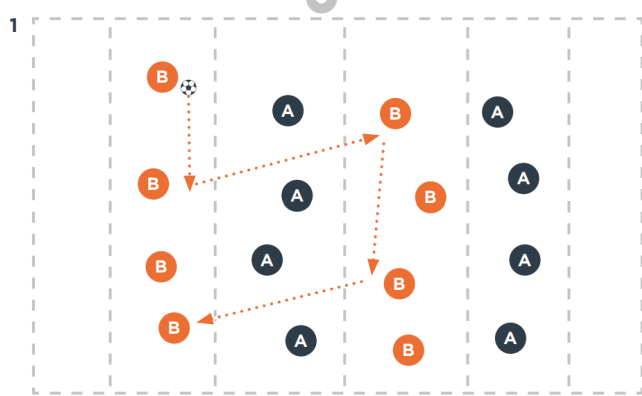
TACTICAL SESSION - 3V3V3V3 (CAN BE PLAYED 4-4-4-4) - 3 TOUCH MAX, FIRST TEAM TO TEN WINS

- A) 1 POINT FOR PLAYING THROUGH DEFENSIVE ZONE INTO TEAMMATES ZONE.
- B) PROGRESSION 1 - ALLOW A DEFENSIVE PLAYER TO CROSS LINE AND PRESSURE, ALLOW AN OFFENSIVE PLAYER TO DRIBBLE ACROSS LINE TO UNBALANCE THE DEFENSIVE SHAPE.
- C) PROGRESSION 2 - START BALL IN MIDDLE ZONE, IF BALL CAN BE PLAYED THROUGH TO END TEAMMATES AND THEN BACK THROUGH THEY CAN ATTACK THE DEFENSIVE TEAM AT THE OTHER END WITH THE SUPPORT OF A FOURTH TEAMMATE - IF THEY CAN DRIBBLE ACROSS THE LINE IT IS AN AUTOMATIC WINNER (5 BURPIES)

COACHING POINTS - BE PATIENT, WHEN TO PLAY THROUGH THE LINES, MOVEMENT ON AND OFF THE BALL, DISGUISE PASSES, PACE OF THE PASS, CONSTANT SCANNING.

FUNCTION

- In this practice, two teams of eight players are broken into four sets of four players.
- Each set of four players is restricted to staying in their respective zone.
- The aim for the team in possession is to work the ball through or around a line of defenders and into their line of teammates. **Diagram 1** shows **Team B** working the ball through **Team A**'s first defensive line twice.
- If the opposition regain possession, the respective teams' roles immediately reverse.
- Each player is permitted a maximum of **3 touches**.



PROGRESSION 1

- As a progression, one attacking player is permitted to

SESSION 8: TWO TOUCH POSSESSION/SPEED OF PLAY

A) TECHNICAL WARM-UP - <https://www.youtube.com/watch?v=x0QY4NJfisE>

B) 7v7 + 1 POSSESSION GAME - FIRST TEAM TO 100 WINS. POINT IS AWARDED EACH TIME THEY CONNECT A PASS. HAVE COACHES KEEP TRACK OF A TEAM EACH. PLAY THREE GAMES. DIFFERENTIAL BETWEEN BOTH SCORES ONCE A TEAM HITS 100 EQUALS NUMBER OF BURPIES.

C) 7V7 SCRIMMAGE - ONLY ALLOWED TWO TOUCH IN YOUR DEFENSIVE HALF, UNLIMITED TOUCHES IN YOUR ATTACKING HALF.

COACHING POINTS - MOVE BALL QUICKLY, BOUNCE BALLS UNTIL PRESSURE ARRIVES, PLAY OUT OF SMALL SPACES, CONSTANTLY SCANNING THE FIELD, KNOW WHERE BALL WILL GO NEXT, DEFENSIVE TEAM PRESSURES AS A TEAM.

SESSION 9: THIRD MAN RUNNING

A) TECHNICAL WARM-UP - FIRST PART OF SESSION -

<https://www.youtube.com/watch?v=Jt0F0qfFQD8&t=1014s>

B) TWO 40X30 BOXES WITH NEUTRAL CHANNEL IN BETWEEN. TWO NEUTRAL PLAYER IN MIDDLE CHANNEL WITH A NEUTRAL ON END OF EACH ZONE. 5V5 IN ONE OF THE BOXES, MINIMUM OF THREE PASSES BEFORE YOU CAN PLAY INTO MIDDLE NEUTRAL WHO BOUNCES BACK TO THIRD MAN RUNNING. BALL IS PLAYER ACROSS TOO FAR TARGET FOR A POINT. 5V5 RONDO NOW MOVES OVER TO OPPOSITE GRID. NEUTRALS CAN HELP TO MAINTAIN POSSESSION HOWEVER POINT IS ONLY GAINED WHEN NEUTRAL BOUNCE BALL ONE TOUCH TO THIRD MAN RUNNING.

C) PLAY

SESSION 10: SWITCHING THE FIELD THROUGH THE MIDFIELD

A) TECHNICAL WARM-UP - 4 LINES WITH 4 CONES IN THE MIDDLE OF AREA. EACH PLAYER RETURNS TO THEIR OWN LINE

1. OUTSIDE OF FOOT TURN
2. INSIDE FOOT TURN
3. ROLL BACK AND FLICK TURN

4. ADD WALL PASS WITH PLAYER IN YOUR OWN LINE
 5. PASS AROUND SQUARE - FOLLOW YOUR PASS, FOLLOW YOUR PASS TO OPPOSITE CORNER, FOLLOW YOUR PASS AND RUN AROUND CONE AND BACK TO OWN LINE.
- B) 6V6 GAME WITH NEUTRALS IN OUTSIDE CHANNELS. 1 POINT FOR TEN PASSES, 1 POINT FOR SWITCH FROM NEUTRAL TO NEUTRAL THROUGH THE MIDFIELD. FIRST TEAM TO 10.
- C) 7V7 GAME WITH A NEUTRAL IN WIDE CHANNELS. 1 POINT FOR REGULAR GOALS, 2 POINTS IF YOU CAN SCORE AFTER A SWITCH. PROGRESSION - ALLOW THE NEUTRALS TO COME IN AFTER A SWITCH TO CREATE OVERLOADS. PLAYERS CAN ONLY DEFEND IN THE NEUTRAL ZONE AFTER A SWITCH.

SESSION 11: RUNNING THE CHANNELS/FINAL THIRD

SESSION 12: BACK FOUR SHAPE

SESSION 13: ENDURANCE TRAINING

8 LAPS AROUND FIELD - MEN 12 MINUTES, WOMEN 13 MINUTES

MURDER BALL - THREE TEAMS - 5 MINUTE GAMES, 1 MINUTE IN BETWEEN, SIX GAMES TOTAL, 3 POINTS FOR SHUTOUT WIN, 2 POINTS FOR REGULAR WIN, 1 POINT FOR TIE. TEAM THAT IS OFF RUNS AROUND FIELD.

WOMEN'S TEAM - LESS PLAYERS - CAN PLAY 6 GAMES STRAIGHT. COULD PLAY STARTERS AGAINST TEAM THAT HAS MORE PLAYERS IF NEEDED.

SESSION 14: BUILDING OUT OF THE BACK

- A) PASSING PATTERN - WORK BOTH SIDES - BALL STARTS WITH CENTRAL LINE WHO PASSES TO CB WHO IS IN BUILD OUT SHAPE - PASS TO OUTSIDE BACK TO CENTER MID TO FORWARD - ADD $\frac{3}{4}$ MORE PATTERNS INCLUDING THESE PLAYERS.

B) GOAL WITH THREE COUNTER GOALS AND ALSO A BUILD OUT LINE. DEFENSIVE TEAM SETS UP IN A 3-3 AND HAS TO STAY BEHIND THE BUILD OUTLINE UNTIL BALL IS PLAYED. OFFENSIVE TEAM SETS UP IN A 4-3-1 AND TRIES TO SCORE IN PUG GOALS.

SESSION 15: PLAYING THROUGH THE MIDFIELD

- A) THREE ZONE GAME WITH PUG GOALS AT THE END OF EACH GRID. PLAY 4V4 PLUS A NEUTRAL IN MIDDLE ZONE. EACH TEAM WILL HAVE A PLAYER IN THE END ZONE. TEAM HAS TO PLAY THROUGH MIDDLE TO PLAY TO TARGET ON THE FAR SIDE THEN PLAY SWITCHES POSSESSION - PROGRESSION - END PLAYER SETS BALL FOR A FIRST TIME FINISH FROM CENTRAL PLAYER.
- B) 8V8 GAME WITH A ZONE ON EACH END. 1 POINT FOR STOPPING BALL IN WIDE ZONE, 2 POINTS FOR STOPPING BALL IN CENTRAL ZONE. OFFENSIVE TEAM SETS UP IN A 2-3-3 TO START GAME. DEFENSIVE TEAM SETS UP IN A 3-2-3 -

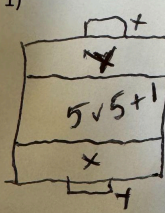
CREATES A 3-2 OVER LOAD IN THE MIDDLE ZONE. DEFENSIVE FWDS AND DEFENDERS ARE RESTRICTED TO THEIR LINES UNTIL BALL IS PLAYED INTO THE MIDFIELD. TEAM ADJUSTS FORMATION AFTER EACH PLAY.

7
3

TOPIC: Midfield

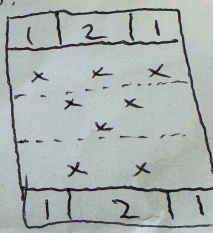
WARM-UP

1)



Prog - list time set.
Prog - add a defender.
- create a 2v1

2)



3)

Play.

- 2 points if link play through center circle.

4-3-3
18 to 18.

4)

8 v 8

2-3-3 off
3-2-3 def
* remove restrict

SESSION 16 - BUILD UP UNDER PRESSURE

TOPIC: Build up under pressure.

WARM-UP

1) * Win ball back immediately
* Find extra players?
3 passes?

3)

4) 6 extra pressing players outside.

Def team can score by hitting outside defences

* Switch pressing team regularly
30 second switches - whistle

5) Switch the field. Balanced middle - play balls into front

* Start with GK. Balls in middle. Here to switch

* VARIATION - PLAY FIRST GAME WITH GROUPS OF 3

COACHING POINTS - LAST GAME - DISGUISE ON SWITCH, FIND OVERLOADS, MOVE BALL QUICK, IMMEDIATE RECOVERY IN LOSS OF POSSESSION.

SESSION 17 - PREGAME - FINAL THIRD - SWITCH THROUGH MIDFIELD

TOPIC: Pregame Final third

WARM-UP

1)

2)

3 points if 4 can get 3 passes in a row
1 point if group of 6 can get 12 passes in a row

4) * Can't use outside

3) Patterns - Switching

How to get three passes before going into

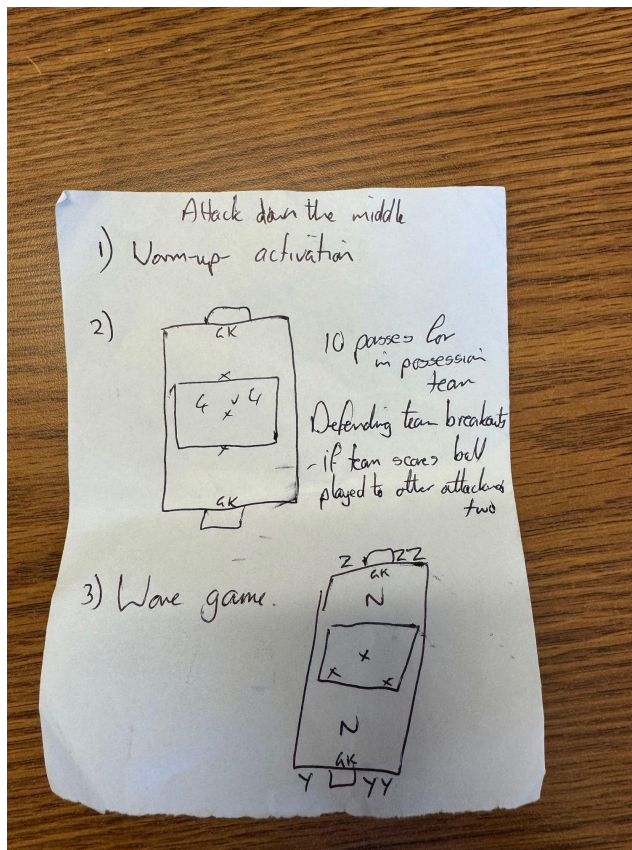
* adobe's

PASSING PATTERNS

3-11-3-9-7 FARSIDE, 3-11-9-11-8-5-7-10-7, 3-11-9-8-10-7, 3-8-3-11-3-9-7

SESSION 18 - ATTACKING CENTRALLY

- A) WARMUP - BOX WITH A PLAYER ON EACH CONE - PASS THE BALL CLOCKWISE AND FOLLOW PASS. PROGRESSION - PASS THE BALL, RECEIVE BACK AND PLAY WALL PASS. PROGRESSION - PASS THE BALL, RECEIVE BACK AND PLAY DIAGONAL.
- B) LONG NARROW CHANNEL FROM 18 TO 18 WITH TWO GOALS - WIDTH JUST OUTSIDE THE PENALTY CIRCLE - 4V4+3 NEUTRALS IN CENTRAL BOX. ONLY POSSESSION TEAM CAN USE NEUTRALS - 10 PASSES FOR A POINT. IF DEFENSIVE TEAM WINS THE BALL TWO PLAYERS CAN BREAKOUT CENTRALLY AND ATTACK NEUTRAL ON THE END. IF GOAL IS SCORED BALL IS PLAYED TO OTHER TWO ATTACKING PLAYERS WHO CAN ATTACK OTHER GOAL. TWO MINUTE BLACKS AND THEN SUB PLAYERS.
- C) 3V3V3 WAVE GAME - SAME SETUP AS BEFORE - HAVE A NEUTRAL FORWARD AT EDGE OF THE CENTRAL BOX - GAME STARTS WITH BALL PLAYED TO NEUTRAL WHO SETS TO ATTACKING GROUP OF 3 - PLAY 4-3 TO GOAL. PLAY BEGINS AGAIN WITH DEFENDING TEAM ATTACKING OTHER GOAL - FOCUS ON CENTRAL COMBO'S.
- D) END WITH FULL SIZE GAME LEAVING A CENTRAL BOX AROUND EACH GOAL - 1 GOAL FOR REGULAR GOAL, 2 GOALS FOR GOAL SCORED INSIDE BOX..



SESSION 19 - PLAYING THROUGH THE LINES (FORWARD THINKING)

A)

