

MONTROSE SOCCER CLUB - SESSION SAMPLE



TRAINING SESSION OBJECTIVE: Players will build up from the back to control possession and advance the ball up the field.

- WHO: keeper, back line, midfield
- WHEN: we have the ball (attacking)
- WHERE: defensive half
- WHAT: Build up from the back
- WHY: To control possession and advance the ball up the field

COACHING POINTS:

- Create the attacking shape with maximum width and depth
- Movement off of the ball into gaps
- Decision-making: what if...? Safety over risks
- Technique: backfoot, hips open to the field, 2 to 3 touch max, quality passes to feet
- Communication: receiver commands “feet”, passer commands “turn” or “one-on”

ACTIVITIES:

- Warm-Up (20 minutes max) : passing pattern with back line plus mid(s)
- Core Activity (30 minutes): 6v3 build out game
 - Back line plus keeper and 1 mid must build up and score in mini goals
 - Defending 3 counter-attack to big goal if they win it
 - Progress to 6v4 if too easy & restrict touches if necessary
- Game (30 minutes): Small-sided game (6v6+GKs or similar)
 - Every dead ball restarts with a build out from the keeper
 - Offsides applies