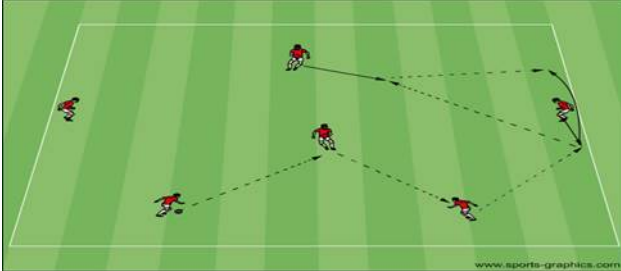





FUNCTIONAL PLAY OF THE MF & FWDS IN A 1.4.2.3.1 SYSTEM OF PLAY

STAGE	ORGANIZATION	OBJECTIVES	KEY COACHING POINTS
<p>TECHNICAL WARM UP</p> <p>PASSING & RECEIVING "PATTERN PLAY"</p>		<ul style="list-style-type: none"> -Functional shape = 2.3.1 -Passing patterns of play -Two touch play / 1 touch when possible 	<ul style="list-style-type: none"> -Pace and accuracy of passes -Movement = timing and "cues" -Angles of support -Quality of 1st touch
<p>SMALL-SIDED ACTIVITY (SSG)</p> <p>7v7 GAME</p>		<ul style="list-style-type: none"> -4v1 in each defensive half -Both teams with a winger in each wide channel -Both teams look to possess in back ½ until they can play into a winger -1v1 in wide channels going fwd 	<ul style="list-style-type: none"> -Wide channel play -Width -Visual "cues" = movement in the final third -Decision making = penetration vs. switching the point of attack
<p>EXPANDED SMALL-SIDED ACTIVITY (ESSG)</p> <p>9v8 GAME</p>		<ul style="list-style-type: none"> -1.2.2.3.1 vs. 1.3.2.1.1. -Match rules 	<ul style="list-style-type: none"> -Wide channel play -Width -Visual "cues" = movement in the final third -Decision making = penetration vs. switching the point of attack
<p>MATCH</p> <p>9v9 GAME</p>		<ul style="list-style-type: none"> -1.2.2.3.1. vs. 1.3.2.1.2. 	<ul style="list-style-type: none"> -Same as above