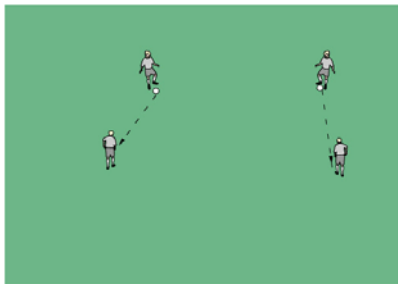


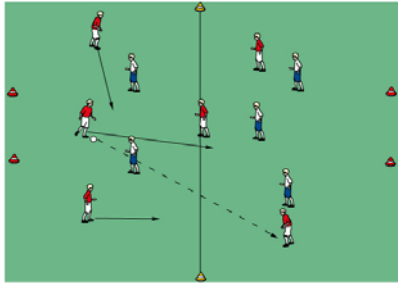
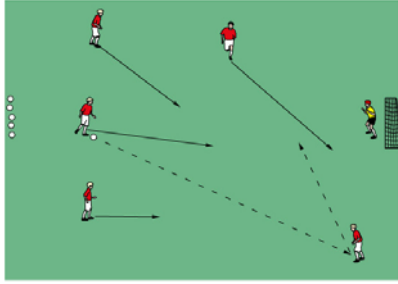
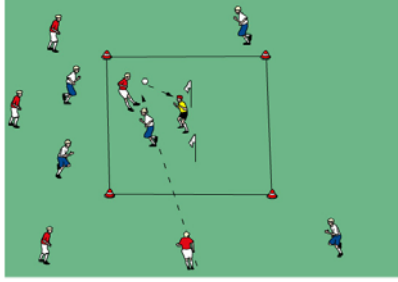


Author: Gerard Houllier

Age Group: U13 and up

Topic: French Player Development Session from NSCAA convention

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-Up Passing	Two players have a ball and play 1-2 touch. Houllier would say how many touches they had. Players were moving around the area playing either one or two touch.		<ul style="list-style-type: none">• Be up on your toes• Quick touches• Quality
2			
1st Activity 6v3	Six players keep the ball away from three defenders. If the three defenders win the ball, they try to score on either of the 4 goals placed on the outside.		<ul style="list-style-type: none">• Passing/Receiving technique• Transition both attacking and defending• Vision
3			
2nd Activity Connect Two	6v6 to two Targets. Score when you play to one target and then the other in the same possession		<ul style="list-style-type: none">• Passing/Receiving technique• Play forward when you can right away.• Support and movement off the ball.

<p>4</p> <p>3rd Activity 6v6 halfway line</p>	<p>Two teams of 6. If a player ends up in defending half, they must pass ball into attacking half before they can run into the attacking half. Players can move anywhere and really have to think about the pass and movement off the ball after the ball is played.</p>		<ul style="list-style-type: none"> • Passing/Receiving technique • Play forward when you can right away. • Support and movement off the ball.
<p>4th Activity 6v0 session</p>	<p>6v0. Teams of 6 try and score as many goals as they can in 30 seconds. After a shot/goal, all 6 players must run back before they can try again.</p> <p>Progression: Add one or two defenders.</p>		<ul style="list-style-type: none"> • Creativity • Efficiency • Quality of service/cross • Quality of finishing
<p>5th Activity Back-Back Goal</p>	<p>Two teams. Goal in middle of field with a zone around the middle goal. The zone is a “one-touch” zone. Teams can score on either side of the goal.</p> <p>If the defensive teams wins the ball in the “one-touch” zone, they have to play ball out of zone before they score.</p>		<ul style="list-style-type: none"> • Quality of service/cross • Quality of finishing • Defending • Quick play in “touch” zone.