

TRAINING SESSION PLAN

Theme: Coaching Numbers-Up

Warmup Phase

1. Fitness Drill: "Team Handball > Throw-Head-Catch"
2. Dynamic Stretches

Technical Phase

1. Review of "Attacking & Defending Principles"
2. Defending Drill: "Chase: 1v1 > 2v1"
3. Finishing Drill: "Four Corners" (see description under "Tactics" folder)
4. Possession Drill: "Numbers-Up Keepaway"
 - > Divide players into 3 teams
 - > Each team serves as "defender" for 2-5 minutes

"The Competitive Cauldron" Phase

Setup Notes:

- *Divide players into 2 teams;*
 - *Each team takes turn as Attacker and Defender*
 - *All games are to a regulation goal*
- > **Game One:** 2 Attackers vs. 1 Defender + Goalkeeper (*inside 18-yard box*)
 - > **Game Two:** 3 Attackers vs. 2 Defenders + Goalkeeper (*inside 18-yard box*)
 - > **Game Three:** 4 Attackers vs. 2 Defenders + Goalkeeper (*inside 18-yard box*)
 - > **Game Four:** 5 Attackers vs. 3 Defenders + Goalkeeper (*18-yard box extended out 10 yards*)
 - > **Game Five:** 6 Attackers vs. 3 Defenders + Goalkeeper (*60 wide x 36 long grid*)
 - > **Game Six:** 6 Attackers vs. 4 Defenders + Goalkeeper (*on half regulation field*)
 - > **Game Seven:** 8 Attackers vs. 5 Defenders + Goalkeeper (*on half regulation field*)

