

ESA+

SESSION

PLANS



Name: Circuit Team Rotation

Products: Wireless Circuit

Players: 18

Duration: 60 Minutes

Description: 3 Groups of 6 players all having 20 minutes per activity before rotating between stations

Organisation: Groups will rotate round after every 20 minutes

Group 1 will go from station 1 to station 2

Group 2 will go from station 2 to station 3

Group 3 will go from station 3 to station 1

Warm-Up: 5-10 Minutes

Instructions: *Next Page*

STATION 1

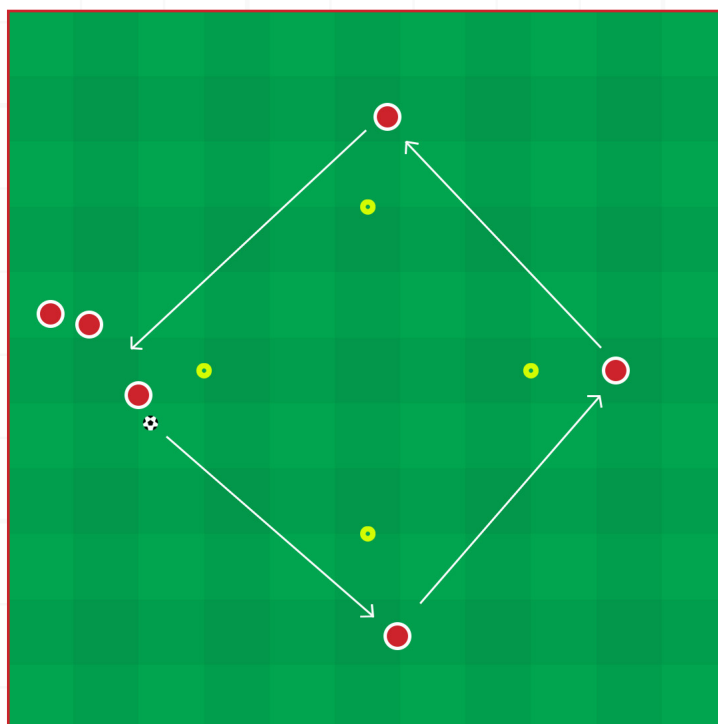
Product(s): N/A

Players: 6

Info: 4 cones set-out in a diamond. 3 players and the ball start on 1 cone, whilst 1 player stands on the other 3 cones.

Each individual makes a pass to a player next to a cone and follows their pass to that cone. **Change direction to work both left and right foot, back foot turns.**

- Variation(s):**
1. Use different movements from the cones (side cones only). Peel away (avoiding offside), ball to be passed in front of the player to run on to.
 2. Different movement again. Move behind and come inside the cone to receive on the half turn (side cones only again).
 3. Play a 1-2 at every cone. Player receiving the ball moves away from the cone to come short, as the ball is played into player, set the ball back and run to the other side of the cone for the return pass.
 4. Play into the player on the cone who will set the ball back for the player to pass into the next cone sideways (ball round the corner).



STATION 2

Product(s): Wireless Circuit

Players: 6

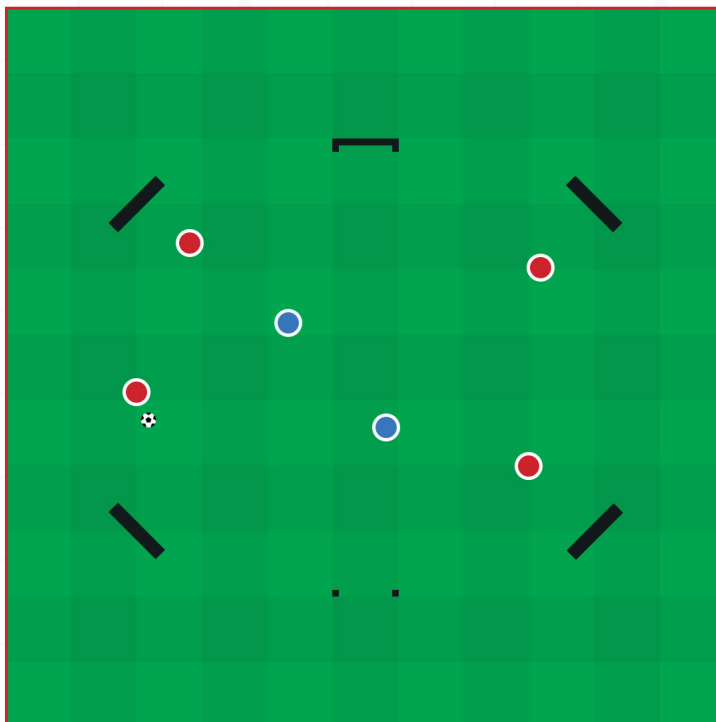
Mode(s): Pass Finder Plus (20 or 30 Seconds)

Info: 4 v 2 keep ball. Rotate the 2 chasing after every 2/3 minutes depending on fitness.

Points can be given for either; 1 point for every 10 consecutive completed passes, or 1 point for every target which has been hit, passed through or dribbled through the wireless modules.

Variation(s): Play Knockout (Training Mode) instead of Pass Finder Plus. If the two chasers win possession, they have to try pass, pass-through or dribble through as many modules as they can. Each module knocked out would score the defenders 1 point.

The team originally keeping possession score 1 point for every 10 consecutive completed passes.



STATION 3

Product(s): N/A

Players: 6

Info: **Attacking v Defending** (Red team v Blue team).

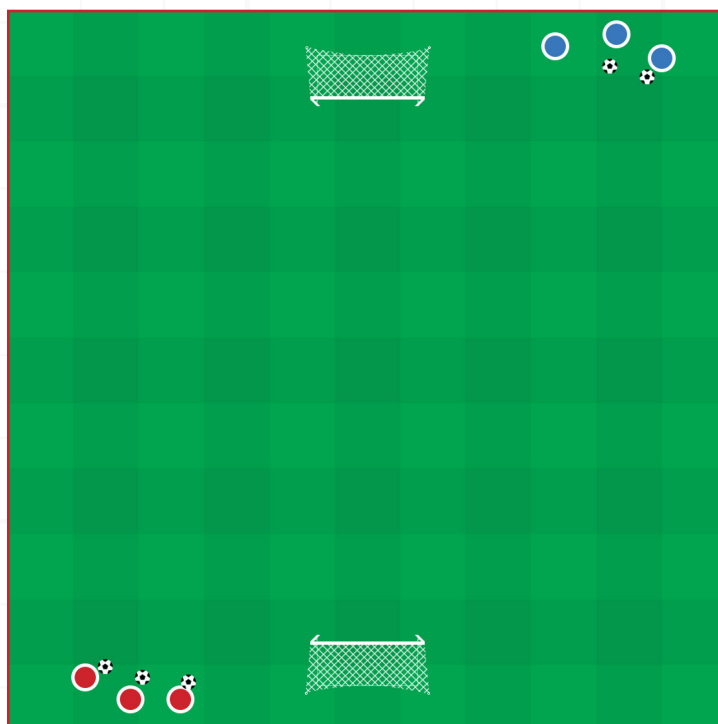
Player 1 for Red team plays the ball to the feet of Player 1 for the Blue team. Red Player 1 then closes the ball down and defends their goal against the attacker. Red Player 2 then plays to Blue Player 2 and so on.

After (X) amount of attacks. Swap attacking/defending roles.

Variation(s): Red Player 1 plays into Blue Player 1 and then defends the attack. Blue Player 1 who has just attacked, will then turn into the defender against Red Player 2.

Once Red Player 2 has attacked, they will turn into the defender v Blue Player 2.

Continue the sequence for (X) number of attacks for each team.



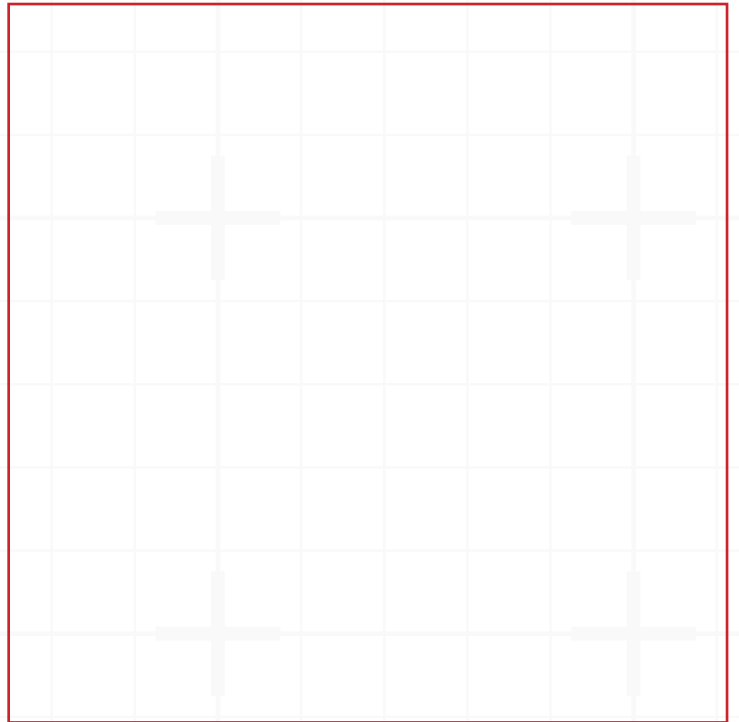
COACH NOTES

*Make your own personal notes on this
ESA+ Session Plan.*

COACH STATIONS

*Make your own station variations on this
ESA+ Session Plan.*

Info:



Info:

