

Title: **Bayern Munich - High Tempo Possession**

Date:	Venue: <b>Playing Field</b>	Duration: <b>1 Hour 35 Mins</b>	No of Players: <b>All</b>	Ability / Level: <b>All</b>	Equipment: <b>Balls, Bibs and Cones</b>
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<p><b>Session Goals:</b>          To get your players moving the ball with a high tempo and enable them to play with fewer touches in order to manipulate the ball and keep ball rotation going.          To also improve how your players break down opponents, using quick passing and moving skills.</p>	<p><b>Personal Coaching Goals:</b>          To give <u>all</u> players lots of touches on the ball and to challenge their movement ability.          To mirror the work done by Bayern Munich and similar teams who rotate the ball effectively and efficiently.</p>
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Time	Task / Activity / Session Content	Coaching Points
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**Warm Up**

5 Mins	<p><b>Gentle start - jogging and stretching</b></p> <p>Begin with light jogging interspersed with dyanmic stretching.</p>		<p><b>Coaching Tips</b></p> <p>Finish off with sprinting movements interspersed with cutting and turning (see drill below for additional ideas).</p> 
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5 Mins	<p><b>Agility Circuit</b></p> <p>Players start on the baseline and run one at a time. The next player starts once the player in front of them has run around the first cone.</p> <p>Players sprint around the outside of the 18 yard box and then run around the cone near the D.</p> <p>Players then slow down to a 50% jog and use quick feet to place both feet in each rung of the ladder.</p> <p>After running through the ladder players run around the next cone and slalom in and out of the cones/poles, facing forward at all times and using quick shuffle feet.</p> <p>Finally players jog back around the cones back to the start point.</p>		<p><b>Coaching Tips</b></p> <p>Players should push themselves here and work hard throughout. Encourage them to focus on the use of their arms when sprinting and also using quick feet in the ladder section of the course.</p> <p>Recovery time is when players are jogging back to the start cone (no standing still - players will be given chance to get their breath back between activities).</p>
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## Passing Patterns

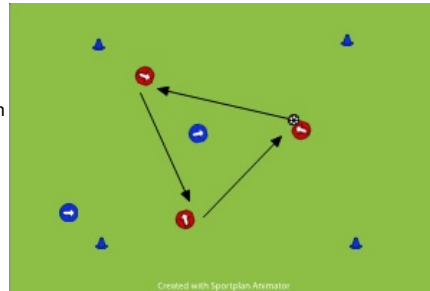
### Passing Triangles - 3v1 with outside player

Set up a square, with the area dependant on the ability of your players.

Within your square you have 4 players, playing a 3v1. The 3 attackers try to make as many triangles as possible with quick sharp passing.

15 Mins

1 player stays outside the square and changes with the working player in the middle every minute.  
If player in the middle wins the ball he passes out to the player on the outside.



### Coaching Tips

Players should look to play with minimal touches (1, 2 or 3).

The outside players can either change every minute or as they see fit as a pair (this brings an element of decision making and increases the difficulty of the game for the 3 passing players).

Players can make triangles in either direction changing direction of the play as they see fit, so encourage 2 touch play when ball is not in total control by the passing team.

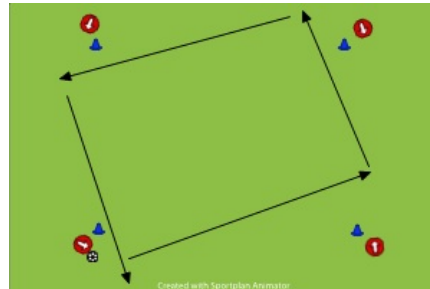
### Passing Square

Players work around a square in 4s.

They pass the ball around, ensuring that it bypasses the inside of one cone when making the pass to the next player.

20 Mins

They aim to maintain the tempo and quality of the passes for as long as possible, completing as many circuits as they possibly can.



### Coaching Tips

Get players playing with their body open to ensure smooth flow of the ball.

Allow players to control and pass with the same foot and encourage control with one foot and passing with the other.

Allow players to find the most efficient way for them as individuals and as a team to maintain the flow of the game.



### Progression

On the coach's call players must change direction of the play.

Change the shape of the area to a rectangle - so you get a mixture of short and long passes.

Change the size of the area to make it bigger or smaller to get the outcome you need from the exercise.

## Opposed Possession Practice

### Congesting The Play and Switching

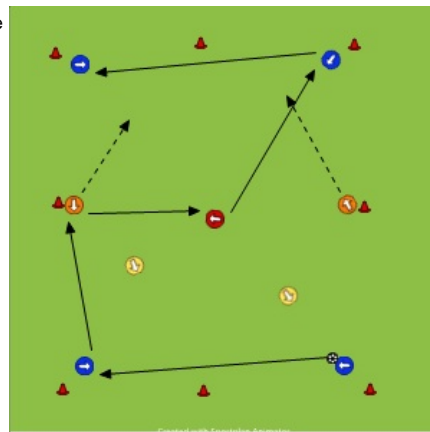
Set up a rectangle with the size of the area relevant to the ability of your players.

Have 3 teams, +1 player whose role is a joker.

1 team of 4 (blue) and 2 teams of 2 (yellow and orange).  
Play begins with the blues working with the oranges and the joker to keep the ball on one side of the field before switching it to the other side.

20 Mins

When the ball is switched the oranges now defend while the yellows work with the blues and the joker to keep the ball before switching it.



### Coaching Tips

Demand quick passes, therefore players should look to use minimal touches to move the ball.

You can leave it to the players to decide when to keep it and when to switch it initially and then you decide how many passes need to be made before allowing the ball to be switched.

The idea should be to keep the ball rotating well enough to congest the defending players before switching and opening up the play on the other side.

## Final Game

### Small Sided Game - 9v9

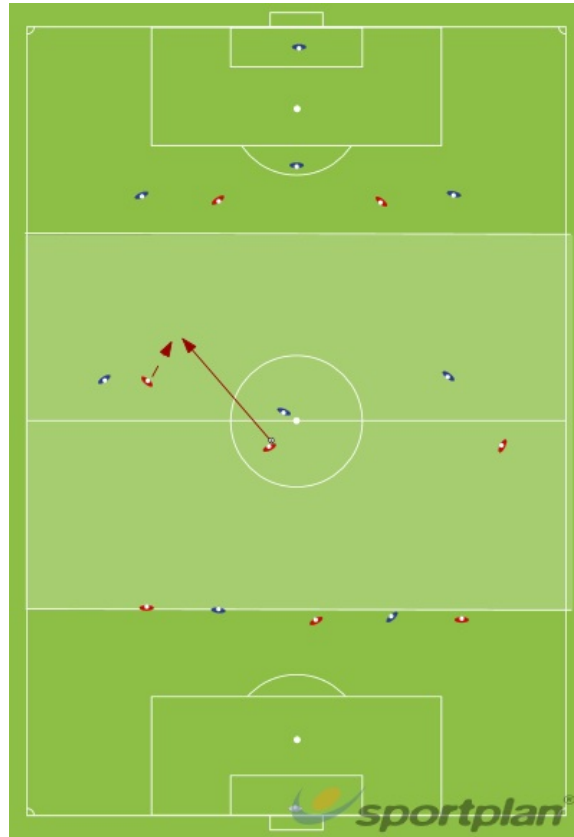
Play 9 vs 9.

Split the pitch up into 3 sections.  
6 players in each section.

When in possession of the ball the team can have 1 player from each section move up or down a zone.

The aim is to create overloads and move the ball effectively, and thus 90% of possession situations should end up with an effort on goal.

25 Mins



### Coaching Points

Relate back to the points raised during the session.

Get players to make the section as big as possible when overloading.

Encourage overloads of 4 vs 2 and 5 vs 2 to reflect the patterns and issues explored in the previous game.

## Cool Down

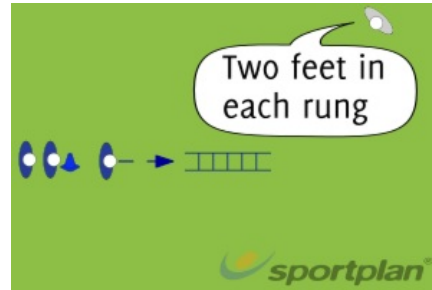
### All together now

Begin with some light jogging and ladder work, interspersed with static stretching.

Both feet must land inside each rung seperately before moving up to the next rung.

Head up and eyes forward. Concetrate on fast light feet. Pump your arms.

5 Mins



### Coaching Tips

Finish off your cool down with some gentle dynamic movements.



### Other Comments:

"I always turn to the sports section first. The sports page records people's accomplishments; the front page has nothing but man's failures" - Earl Warren

### Evaluation: