

# Hold Up Play Soccer Session Plan



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TacticalPad is perfect for animated soccer drills in 2-D or 3-D that can be created on your phone, tablet or desktop.



Tactics Manager enables you to create your sessions with a wide variety of tools that can be saved in PDF format to share with other coaches.

5% discount code: **AFL-RMTD**

**Link:** <https://amzn.to/3nIQf7V>

**Link:** <https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a>

## Hold up play warm up

**Time:** 15 minutes

**Set up:**

- 10 x 15 yard area
- 1 soccer ball per pair
- 1 defender and attacker

**Instructions:**

Create your area and get your players into pairs with one soccer ball. One player will be the attacker with the ball and the other will be the defender. The attacker will start with their back to the defender and their goal is try and turn so that they are facing the defender while still in control of the soccer ball.

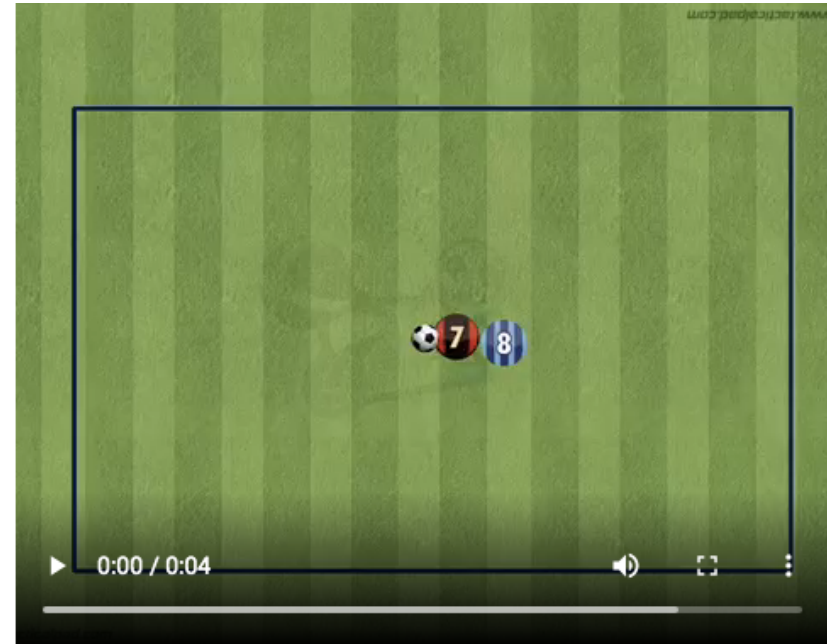
The attacker will have 10 seconds to do so with the defender counting to 10. If the attacker is able to do this they will get 3 points if the defender manages to drop the attacker from turning they will get 1 point.

**Coaching points:**

- Body position should be side on to protect the ball
- Control the soccer ball with your front foot
- Use skills and body feints to help give you some time and space to turn

**Questions that can lead to coaching points:**

- What position should our body be in to protect the ball?
- What foot should we be using to control the soccer ball with?
- How can we create time and space for ourselves to turn?



## Hold up Play technical activity

**Time:** 15 minutes

**Set up:**

- 10 x 15 yard area
- 1 soccer ball per pair
- 1 defender and attacker

**Instructions:**

Keep the set up the same, however players will start in the middle of the area. The way that the attackers will score this time is if the dribble past the line that they are facing away from where they will get 3 points if they successfully do this.

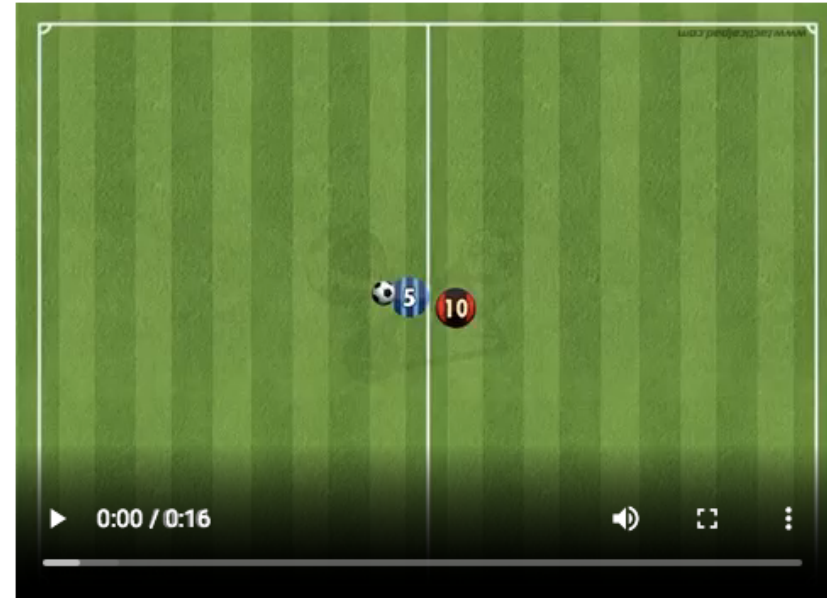
If the defender wins the ball back they will dribble past the line that they are facing for a total of 1 point.

**Coaching points:**

- Use skills and body feints to give yourself some space to turn and face the defender
- When facing the defender use a skill or a body feint combined with a change of direction and speed to get past the defender

**Questions that can lead to coaching points:**

- How can you get in a position where you are facing the defender?
- Once you are facing the defender what can you do next?



## Hold up play Soccer progression

**Time:** 20 minutes

### Set up:

- 10 x 15 yard area
- 2 goals
- 1 soccer ball
- 2 defenders 2 attackers

### Instructions:

Set up your area and goals on either side of the area with 2 defenders and 2 attackers. 1 of the attackers will start in the middle with the 2 defenders. the other attacker will pass the ball into their team mates feet who will be under pressure from the defender.

As soon as the ball is played the ball will become live, if the attacking team score a goal where in the phase of play the attacker is able to turn on the ball and face the defender the goal will be worth 3 goals.

If they score a goal without this happening it will be worth 1 goal.

If the defending team win the ball and score in the opposite goal they will get 1 point.

At the end of the phase whether a goal is scored or the ball goes out of bound it will always restart with the attackers.

Every 5 phases of play the defenders and attackers will swap round.

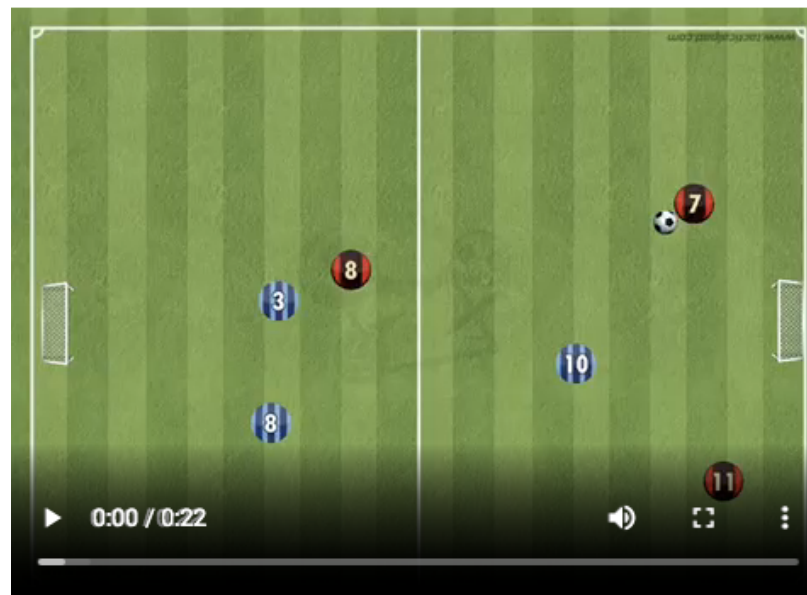
### Coaching points:

- Protect the ball with a side on body stance and controlling it with the front foot
- If you do not have the ball how can you support your team mate on the ball
- If you cannot play forwards rebuild to start the attack again

### Questions that can lead to coaching points:

- How should you be holding up the ball?
- Where can you go to help the player on the ball?

- Do you always have to go forward?



## Hold up play conditioned game

**Time:** 20 mins

**Set up:**

- 15 x 20 yard area divided into halves
- 2 goals
- 2 teams

**Instructions:**

Set up your area and divide it half with the lines down the middle and goals either side. In each half there will be 2 defenders and 1 attacker and they must stay in their areas. A player can only cross the line once they play the ball to their attacker in the opposite half.

This will create 2v2

The scoring system will be the same in a normal game.

**Coaching points:**

- Reinforce previous coaching points
- Focus on individual coaching points

**Regular scrimmage:** 20 minutes