Recovery Run Session

This session is a popular session that has been used to develop players who can dominate 1v1 situations.

Setup:
Session requires 1v1 in the attacking half, a goalkeeper at each end, and opposition players on each side, the ball is played in from the bottom end, on the greens first touch the reds will make recovery runs to create a 2v3
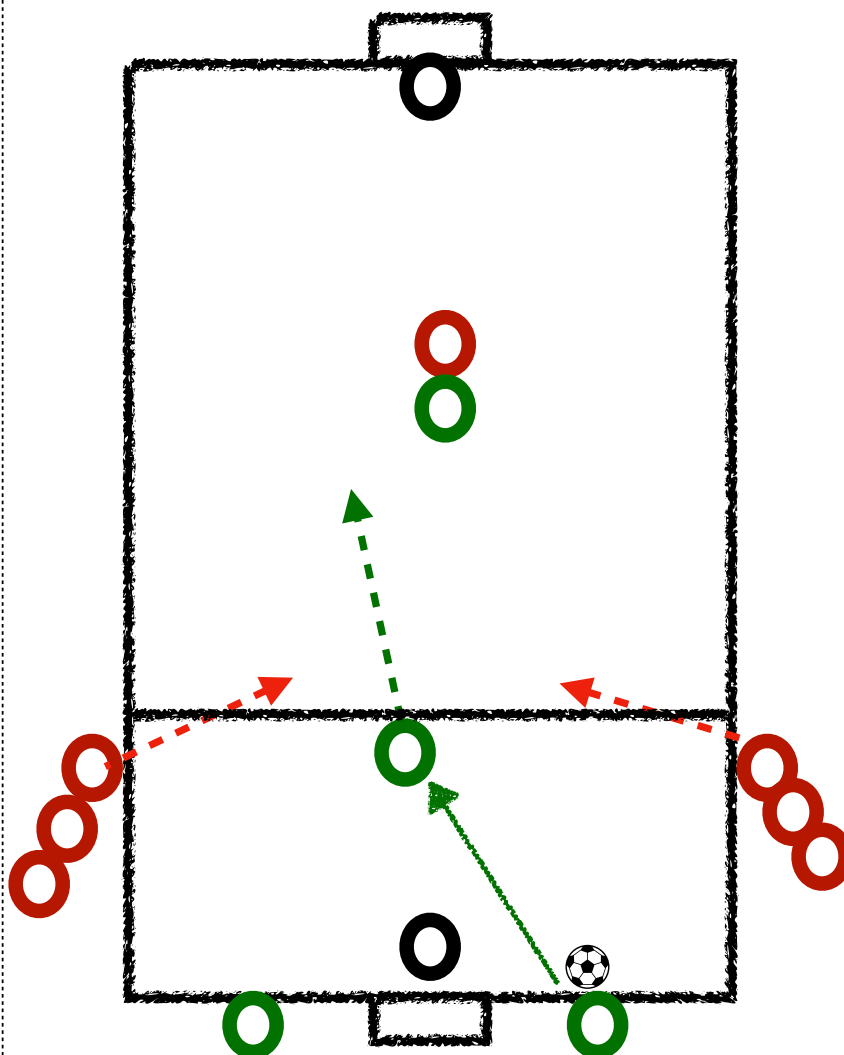
Team Detail:
– Ensure the team recognize the need to train at a high intensity
– Can the 2 players in the top Half keep their distances from the ball to give the player space to run in to.
– Can the players not in the session ensure intensity from start to finish

Individual Detail:
– Receiving skills, best touch to play forward
– Can you make recovery runs inside
– Weight of pass has to be strong to allow a quick counter-attack

Progression:
– Allow recovery runs from higher positions
– Greens must make one pass in the attacking half

Players	Space	Goals	Blocks	Work	Rest	Total
10	25x30	2	5	300 Sec	60sec	30 Mins