



VTC Boys 2025 | Session 3 | Playing through the thirds

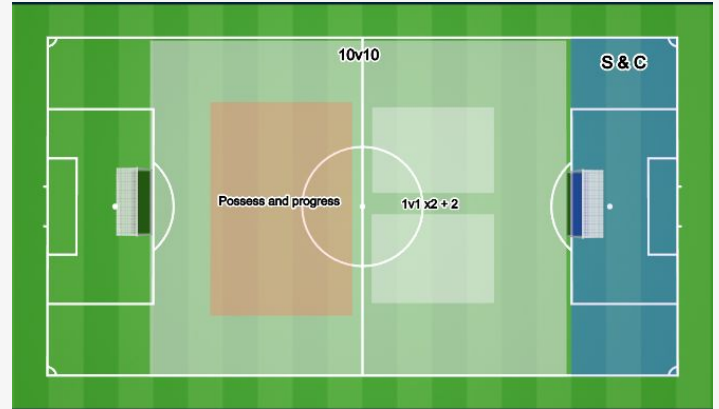
Category: Academy: Playing through the thirds
Difficulty: Moderate

Harley Hamdani

PITCH SET UP

Playing through the thirds

Pitch setup



Technical | Receiving | 1v1x2+2

Part 1a: 2x1v1 + 2 Neutral

- 8 mins
- Timing: 3' on, 1' off, 2 sets.
- Dimensions: 3 grids: 16x8.

Organisation & set up: 2x1v1+2 N (x3 grids)

Set up as above - attackers & defenders work in opposite grids they began in (both 1v1 run simultaneously)

N plays into A who has D pressure from behind, Attacker spins & attacks opposite end zone, opposite Defender spins & chase Attacker.

Teaching Points:



Technical | Receiving | 1v1x2+2 Add Def

Part 1b: 2x1v1 + 2 Defenders

- 8 mins
- Timing: 3' on, 1' off, 2 sets.
- Dimensions: 3 grids: 16x8.

Organisation & set up: 2x1v1+2 D (x3 grids)

Set up as above - attackers & defenders work in opposite grids they began in (both 1v1 run simultaneously)

N plays into A who has D pressure from behind, Attacker spins & attacks opposite end zone, opposite Defender spins & chase Attacker.

Teaching Points:



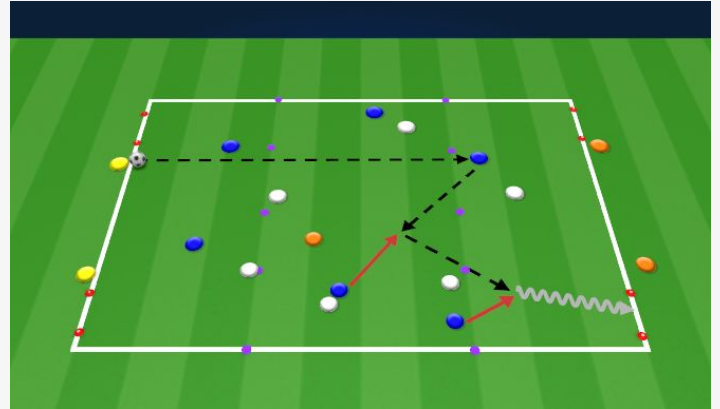
Tactical | Possession | Progression through the thirds

Part 2: Possess to Progress

- 15 mins
- Timing: 3' on, 1' off, 4 sets.
- Dimensions: 30x20.
- 6 v 6 + 4

OPERATION

- Possession progression game as shown with Blue v White players centrally
- Four external end bouncers (Yellow and orange)
- Free play to start
- Progress through the thirds and exit through the dribble gates



Progression

- Bouncers only available at your defensive end
- 1 touch on non forward facing receipt from a bouncer
- Defensive bouncers can enter first third

COACHING POINTS

- Can you receive to play forward or find the progression through the lines
- Movement to create **line of pass**
- **Up back through** to play the way you're facing **through the lines**
- **Scan and communication** to ensure free **line of pass through opposition**

Tactical Games | Box to box full width

Explanation

- 9v9 free play game
- Looking for session topic activity

Progression

- Adjust numbers or width to encourage specific moments
- Eg Narrow pitch to encourage playing through the middle third

Coaching points

- Praise session theme activity
- Look for shape adjustments in and out of the ball
- Look for speed of reactions
- In the moment coaching 1 on 1

