

Powerplay

This session is inspired by the ice hockey final at the Olympic Winter Games. Canada were leading 2-1 with seconds left. The USA coach removed his goalkeeper to give his team a player overload and this led to the equalising goal, and overtime. The USA lost, but the coach's bravery deserved more.



What you tell your players the session is about

1. Adopting an attacking style of play.
2. Using your overload situation.
3. Making sure you take your chances.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls and cones	Players race to steal balls. From <i>The Ultimate Warm-ups Manual</i> , exercise 60
The session: Powerplay	Balls, cones and goals	Period 1 – players are using the neutral player to their advantage
Development	Balls, cones and goals	Period 2 – one team plays without a goalkeeper and has an extra outfield player. Period 3 – the roles are reversed
Game	Balls, cones and goals	Normal game
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Passing, control, turning, dribbling, shooting,

Team skills: Attacking: Defending, team work

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Core skills:

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What to think about

During the powerplay, one team attacks with an extra player and no goalkeeper, which gives them an advantage if they pass the ball quickly to create chances to score.

However, this team must take care of the ball as the opposition can steal possession and then quickly launch a counter attack to score. Therefore, this session gives you lots to work on.



