



Session Date

Season

Age Group

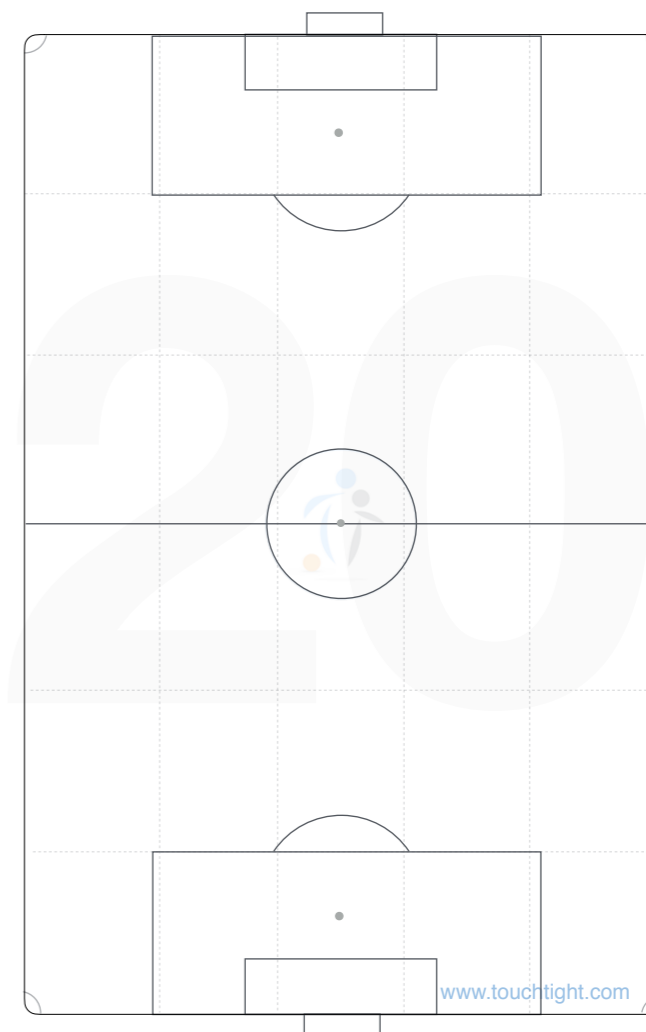
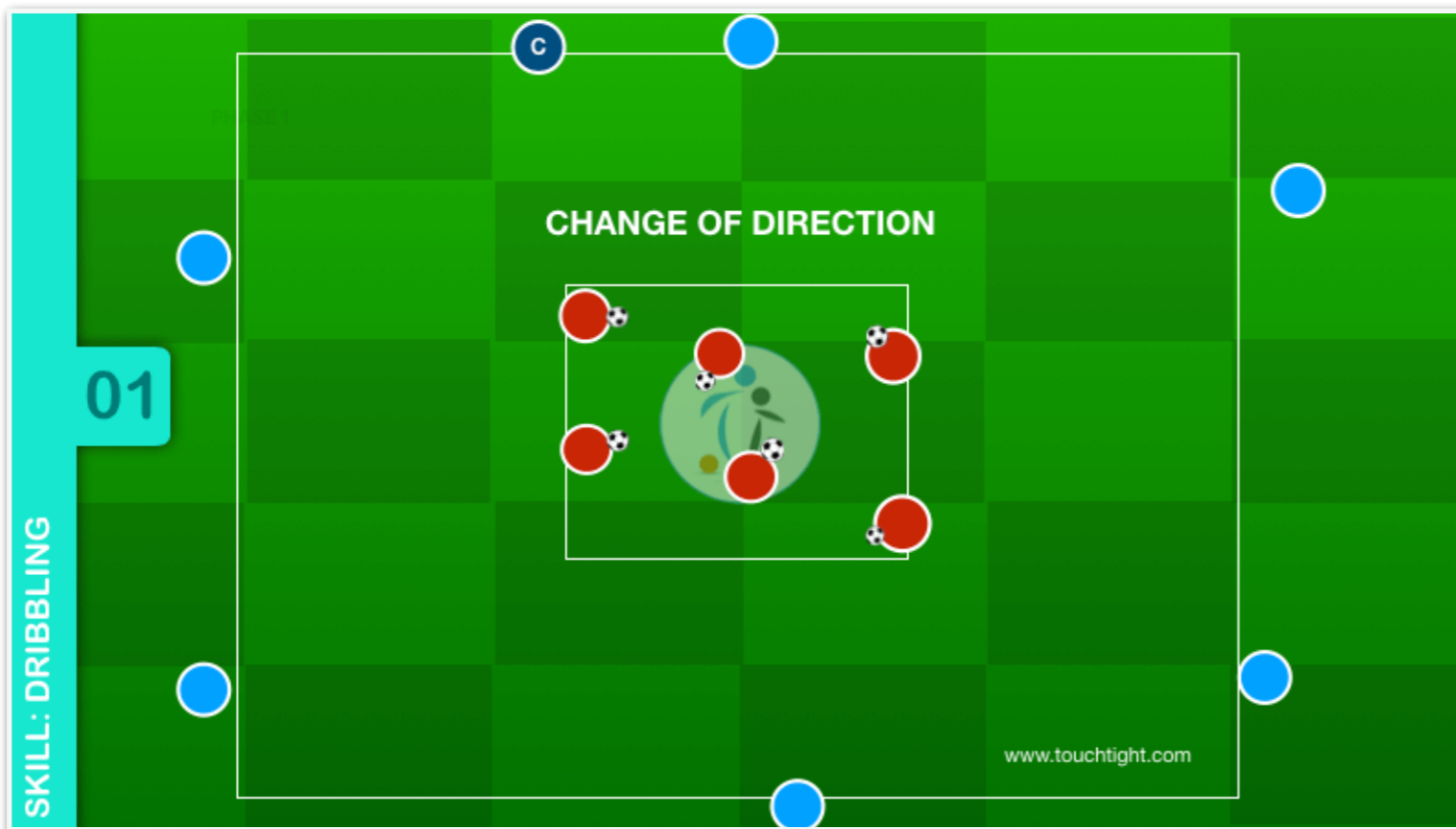
Players

Duration

Type: Opposed Skill

Area: 40 x 40

Team Objectives: Support teammates quickly to combine and break pressure



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**Set up / Organisation:**

- Practice one of our ball mastery section focuses on improving dribbling skills, with half of the group on a ball in the central area, and the remaining players on the outside. Players must dribble the ball to the outside and lay off to an outside player, encourage a change of direction when entering the square.

**Progressions / Constraints:**

- Progress to a one two pass on the outside.
- Players use their left and right feet in the central area.

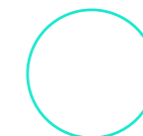
**Key Coaching Points:**

- Technical | Ability to use both feet
- Technical | Close control
- Physical | Agile to change direction

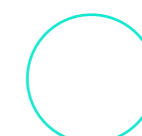
**Questions & Notes:**

- How can we escape quick pressure?
- How do we immediately support after goal scored?

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



**Session Objective/s:**

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

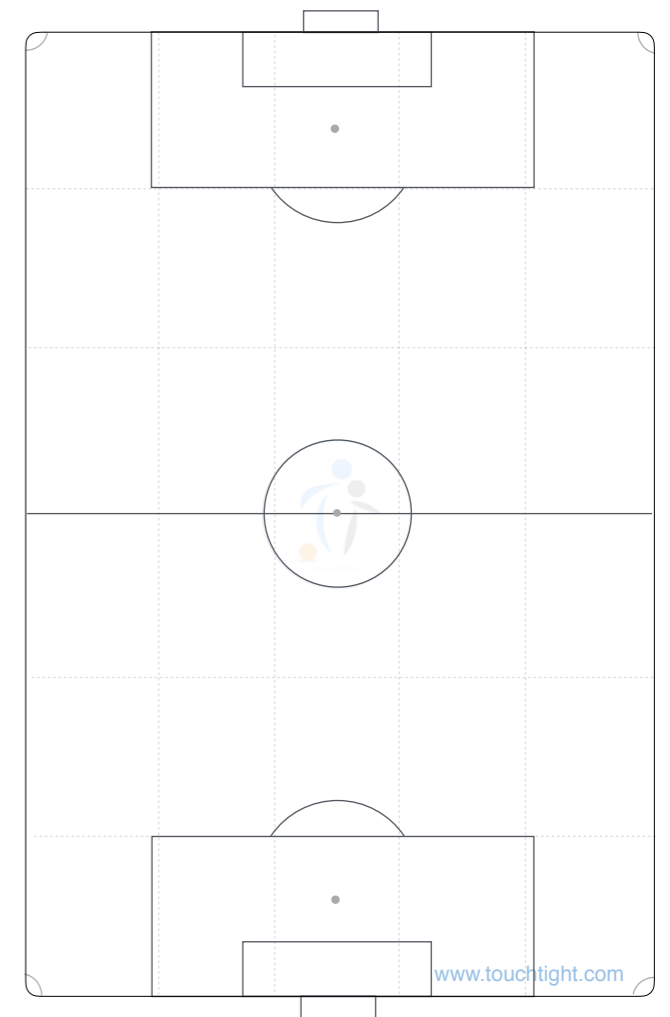
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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**Big Game Question**  
How will we apply this session to a game situation?

