



THEME 5:

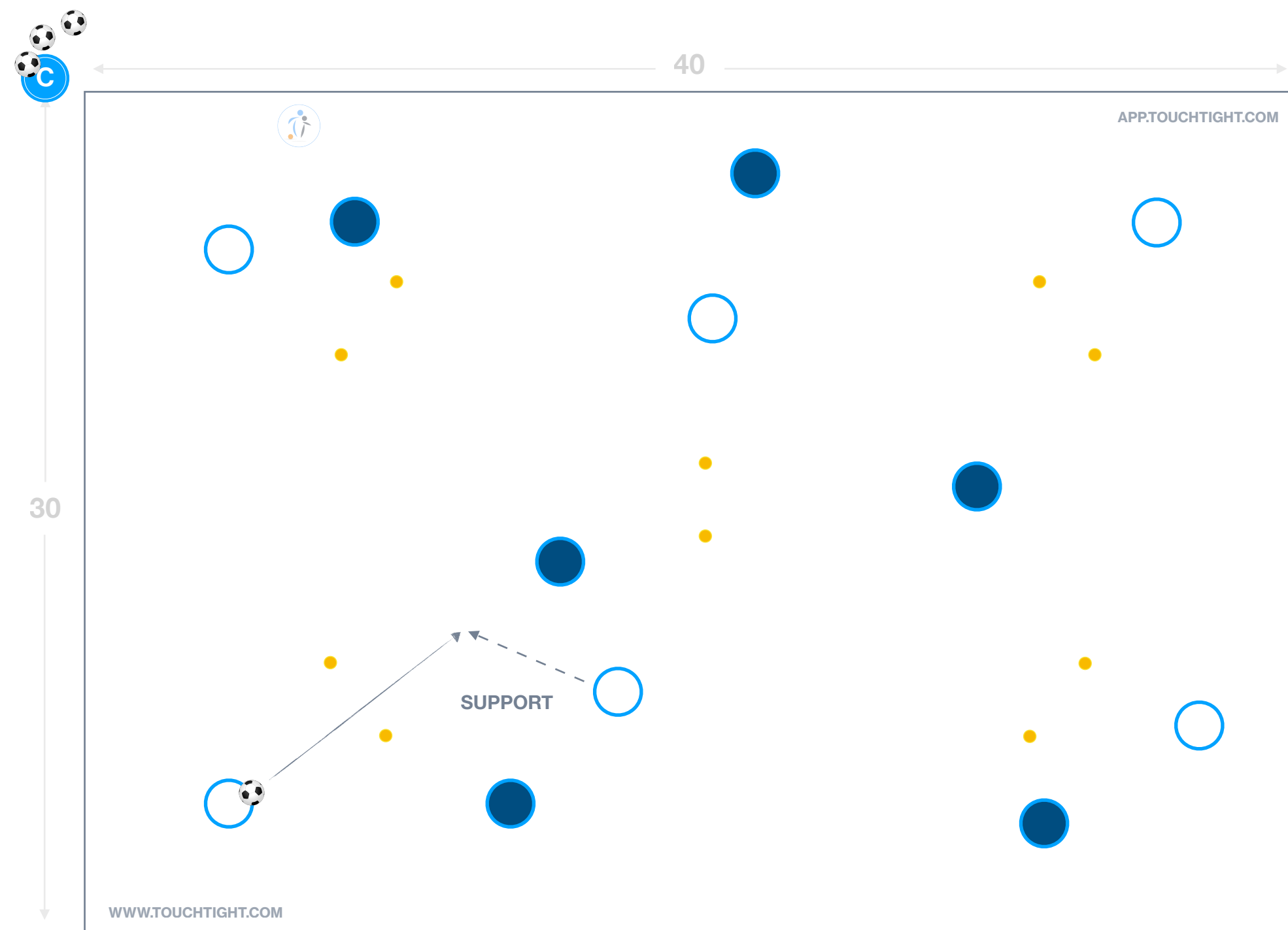
DEVELOPING SUPPORT PLAY

PRACTICE 02: SKILL OPPOSED PRACTICE

AGE GROUP: 11+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO SUPPORT ATTACKS EFFECTIVELY



ORGANISATION:

Practice 2 for Theme 5 Developing Support Play is focused on improving support play. We position 5 sets of 2 poles with a 3 yard gap between each on a pitch 40 by 40 yards. Objective is for the team in possession to combine with a teammate with a pass through a gate. Teams can win the game if 2 goals are scored in 3 touches.

KEY COACHING POINTS:

Focus on the speed and angles of support, reactions to opposition screening and use of the switch to break defensive pressure.

Progress further by conditioning practice forcing a player from the opposition to drop out after every successful combination, winning team is the last pair standing.



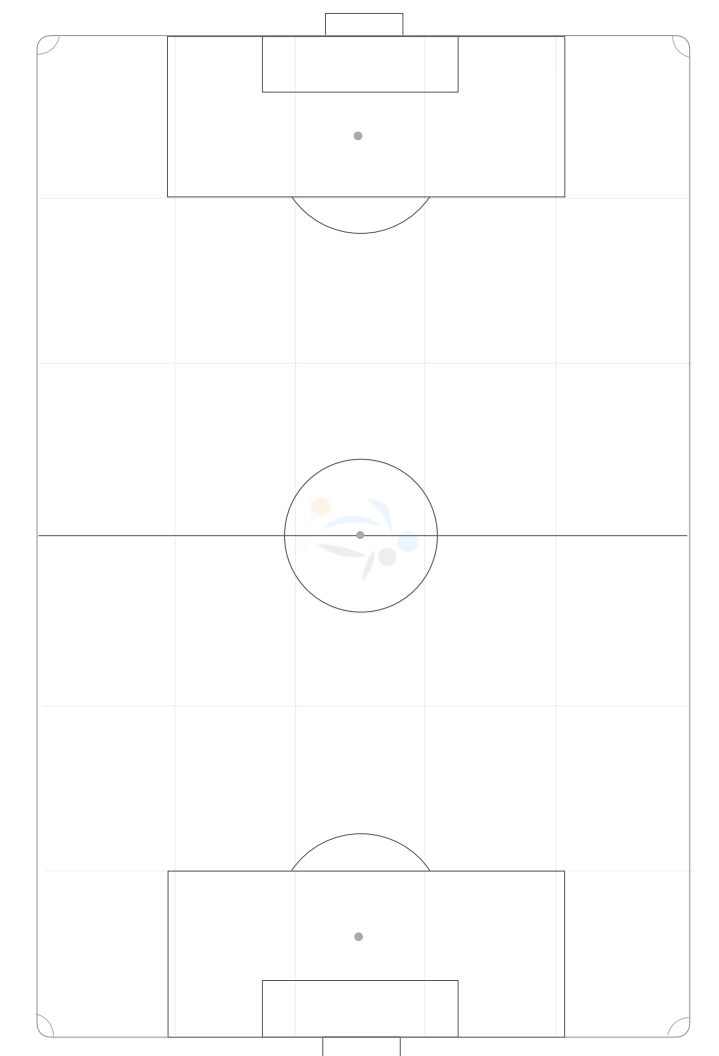
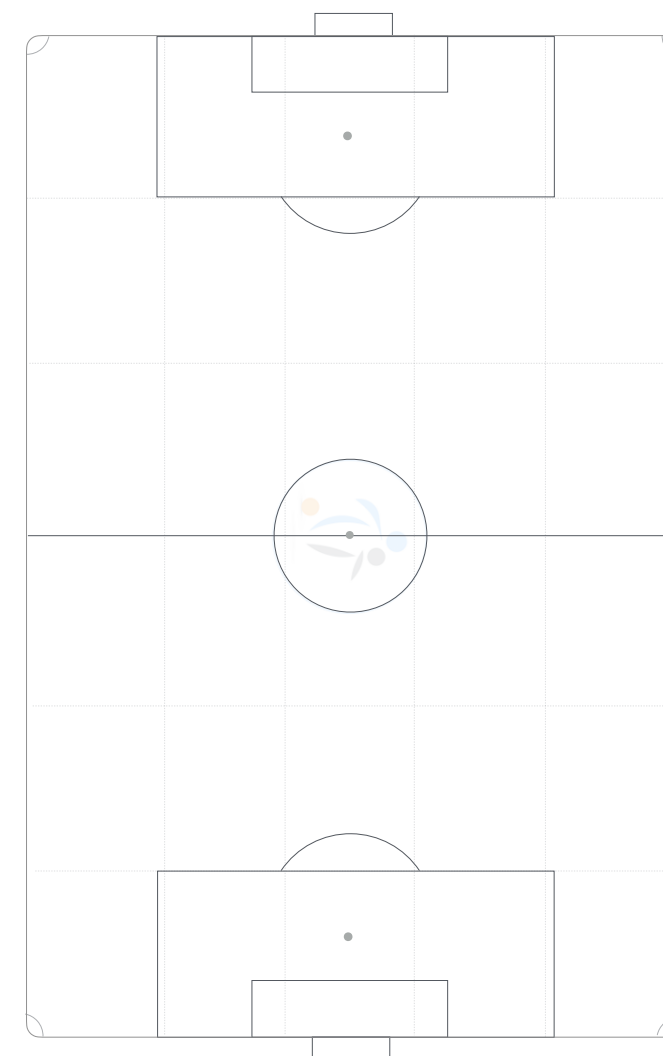
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



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

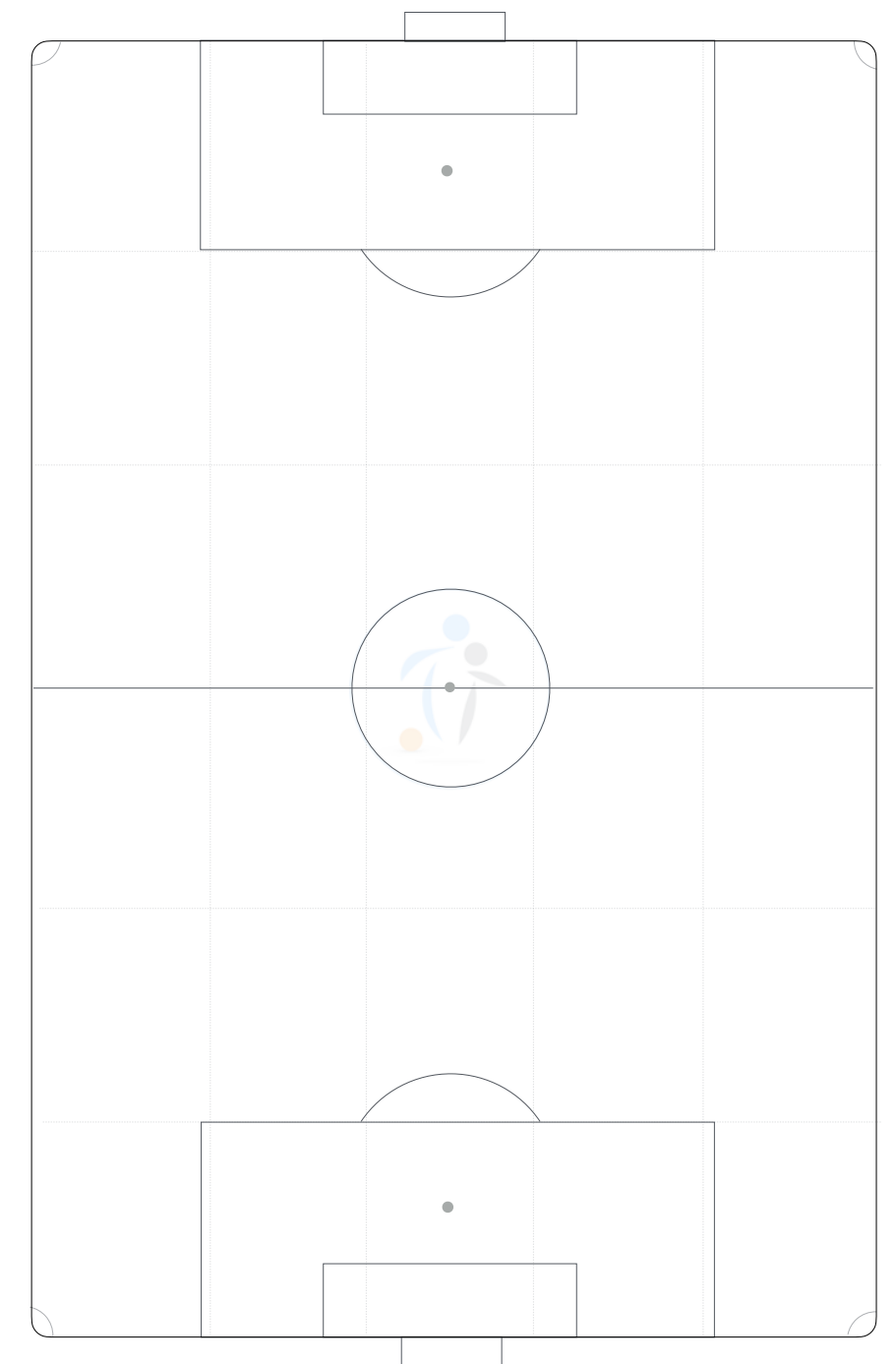
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

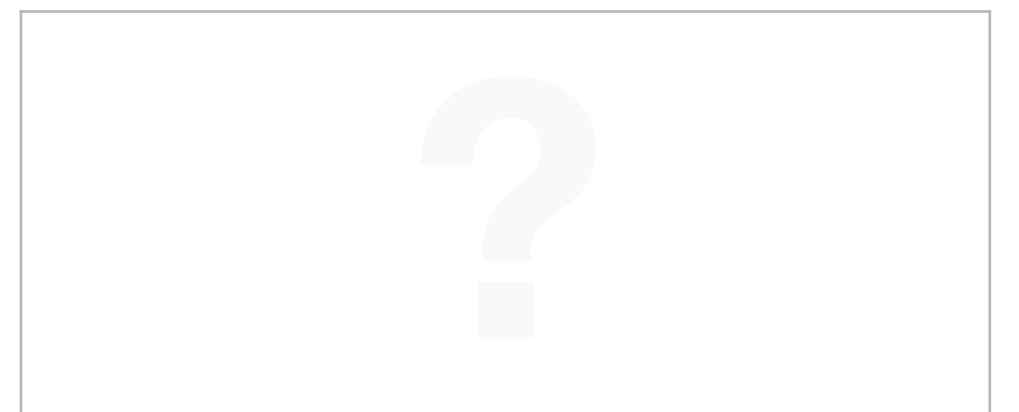
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

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