

Coach Name:

Club:

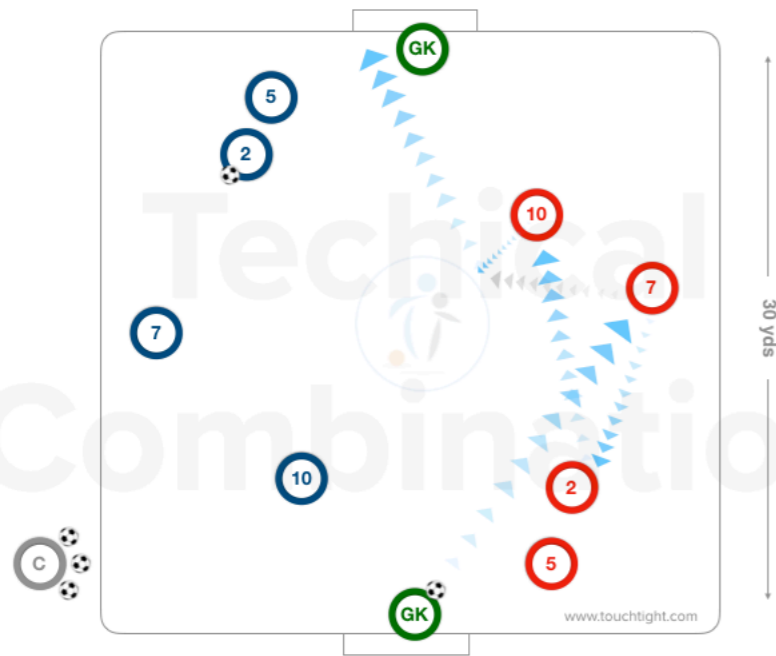
Age Group:

Theme:

Duration:

Objectives

- 1. Create and use overloads in areas to build play
- 2. Create and exploit space to play forward
- 3. Be clinical with final pass and finish



Additional Notes

Practice Title: Attacking Centrally

Practice Detail / Notes:

This attacking practice area is in a 30 x 30 Yard square, with a GK at each end keeping goal and 2 groups of players at the side of each goal to combine to score. 3 Cones positioned for each group (CB,WM,ST), with 1 player on each to begin. See combination shown between players to get a shot off on goal or for cross to be delivered. Players must move to the next station once shot has been taken

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

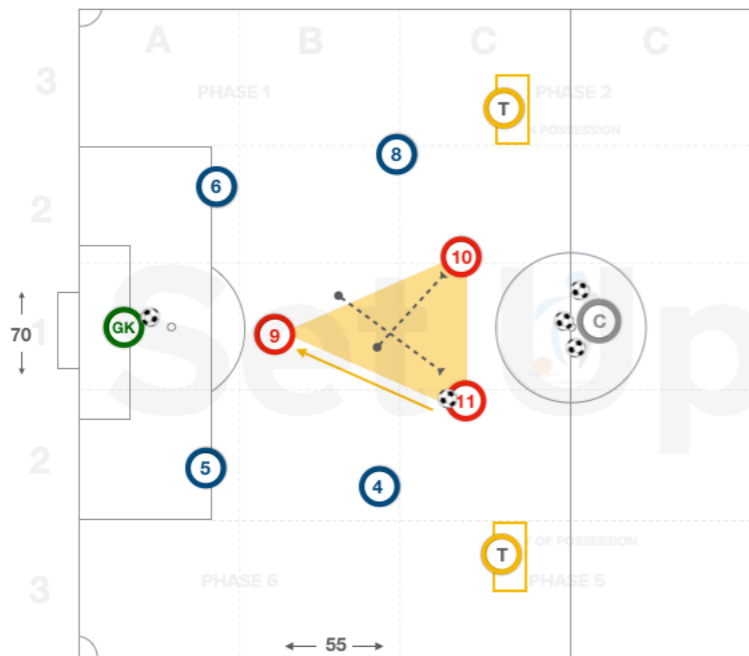
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Attacking Centrally

Practice Detail / Notes:

This Lead Session is played in an area 50(W) x 50 (L). 4 Blues managed to defend against 3 coached Reds plus 2 floating players for Blues to play into to score into mini goal. If Reds regain possession they have 10 seconds to get shot off on goal. This Lead session focuses on the initial stages of attack during central build and challenged Reds to create opportunities with initial overloaded

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.

Coach Name:

Club:

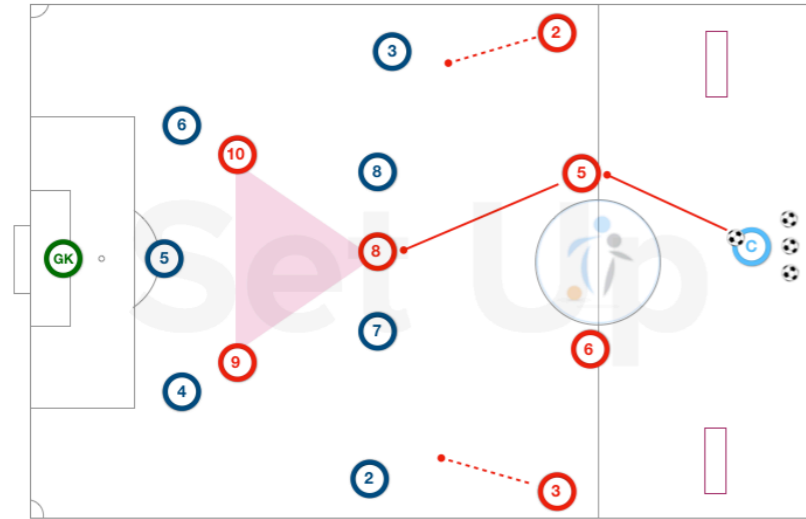
Age Group:

Theme:

Duration:

Objectives

- 1. Create and use overloads in areas to build play
- 2. Create and exploit space to play forward
- 3. Be clinical with final pass and finish



Additional Notes

Practice Title: Attacking Centrally

Practice Detail / Notes:

This Attacking Phase of Play practice is played in an area with full pitch width and 2/3s length, replicating game play in this area of the field. A single full size goal at one end for Reds to attack and 2 mini goals for Blues to score into. Blues defend in a 340 (343 without strikers) against Reds in a 412.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

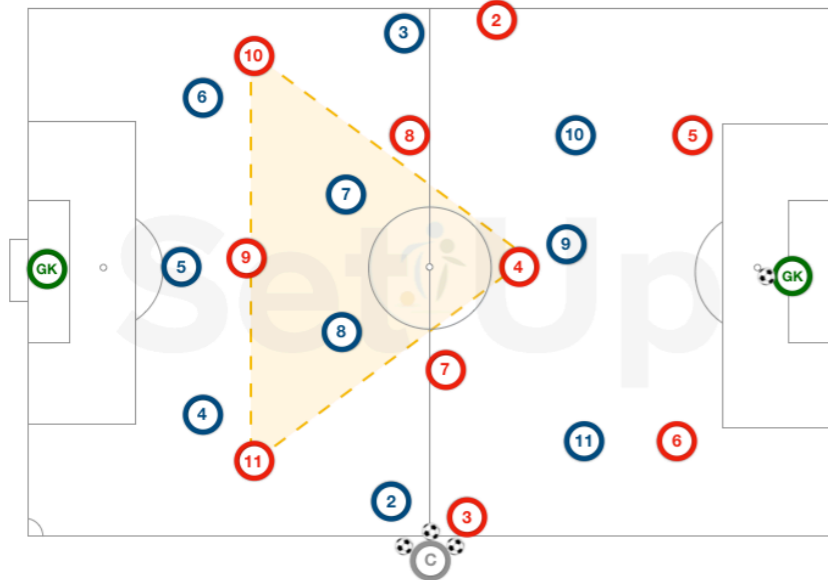
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Attacking Centrally

Practice Detail / Notes:

This full 11 v 11 practice focuses on players attacking centrally, managing one team in a 343 and coaching the other in a 442 diamond. This practice can be used as a follow up to many other sessions such as Lead, Phase, Functions and Small Sided Games and allows coaches to express their knowledge of the game on their A Licence or Level 4/5 Coach Education courses

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.

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Theme:

Duration:

Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing within each session element.

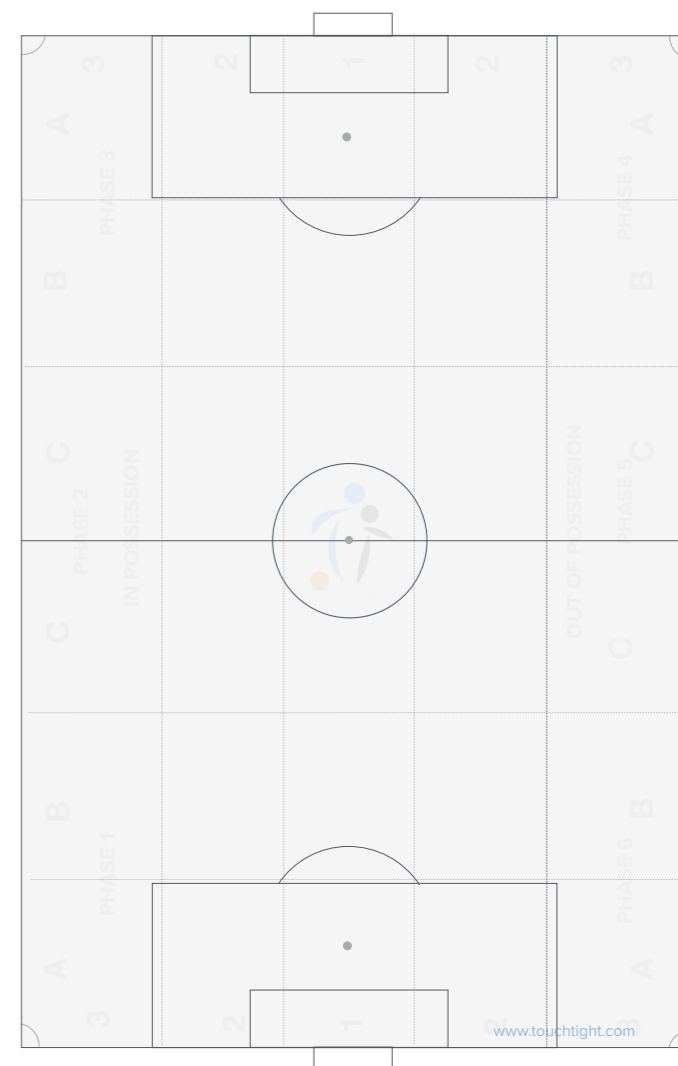
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

Player Pairs	Objectives
1.	
2.	
3.	

Player Trios	Objectives
1.	
2.	
3.	

Player Units	Objectives
1.	
2.	
3.	

What went well:	Even better if / Future Changes:



Big Game Question

How will we apply this session to a game situation?