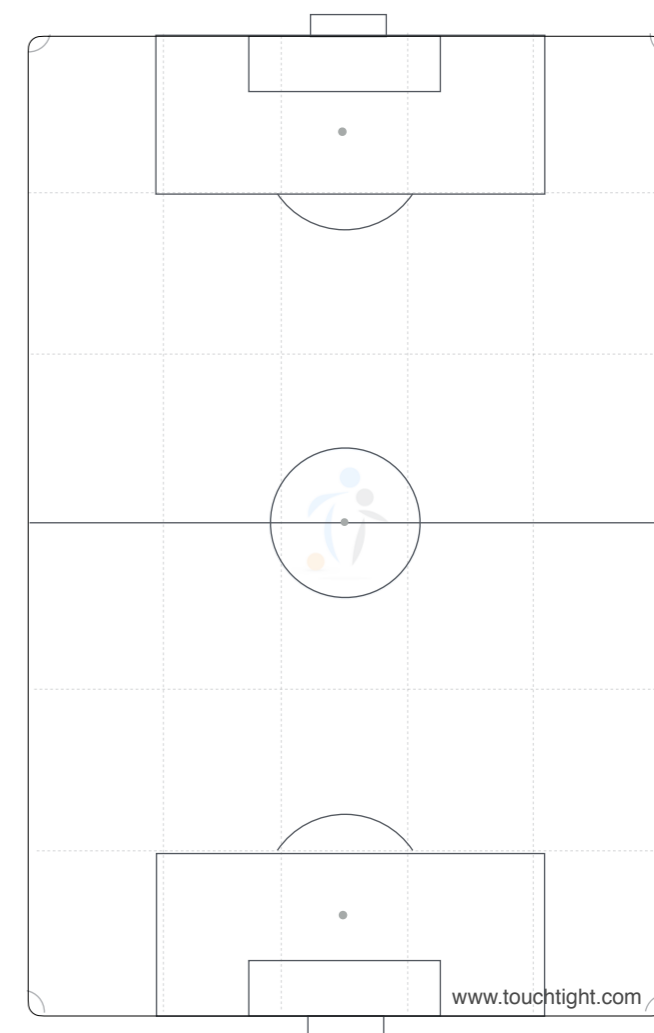
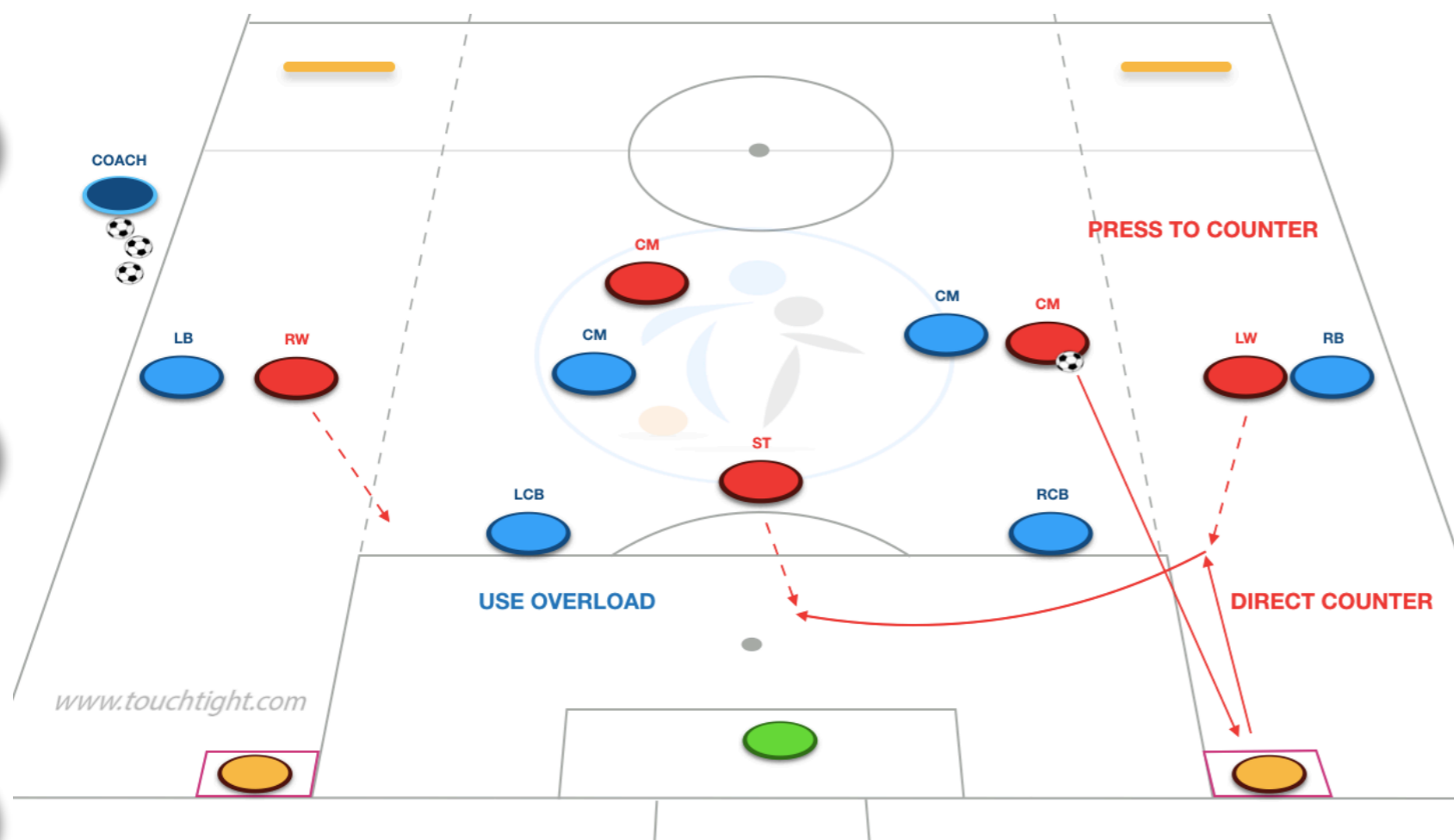




Type: Advanced Lead Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This Advanced Lead football practice is managed by coaching seven attacking players in a 231 against a possession / defending counter team in a 420 who looks to build over line into end zone.
- Two target players play for counter to support off and a main goal into which they must score with a goalkeeper in place.

**Key Coaching Points:**

- Wide player (11) regain, playing direct forward passes into striker (9) who should have space if possession team build expansively. Weight of pass?
- Coach distribution at the right time, to get the best counter attacking opportunities from different areas of the pitch. Can you observe effectively?
- On quick pass into striker (9), how quickly and effectively do we support? Require support in front (e.g. 4) and beyond hold up player (7 & 11).

**Progressions / Constraints:**

- One of our target players can join in at the right time on the counter, yet they must be aware of the offside line - interesting progression.

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**Questions & Notes:**

- 
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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

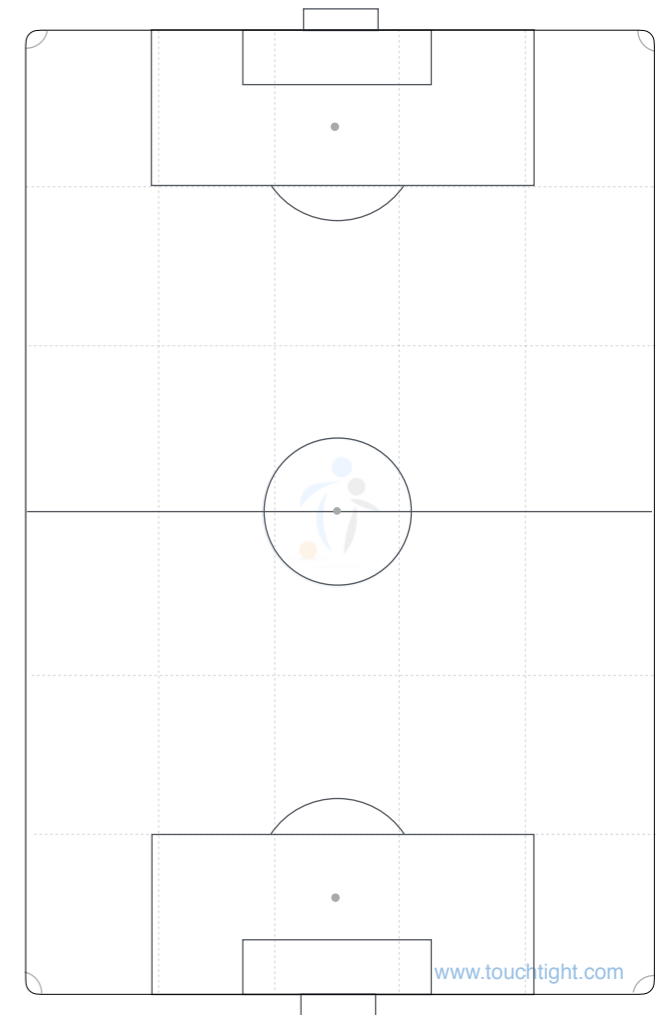
Player Trios initials	Objectives

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?

