



Session Date

Season

Age Group

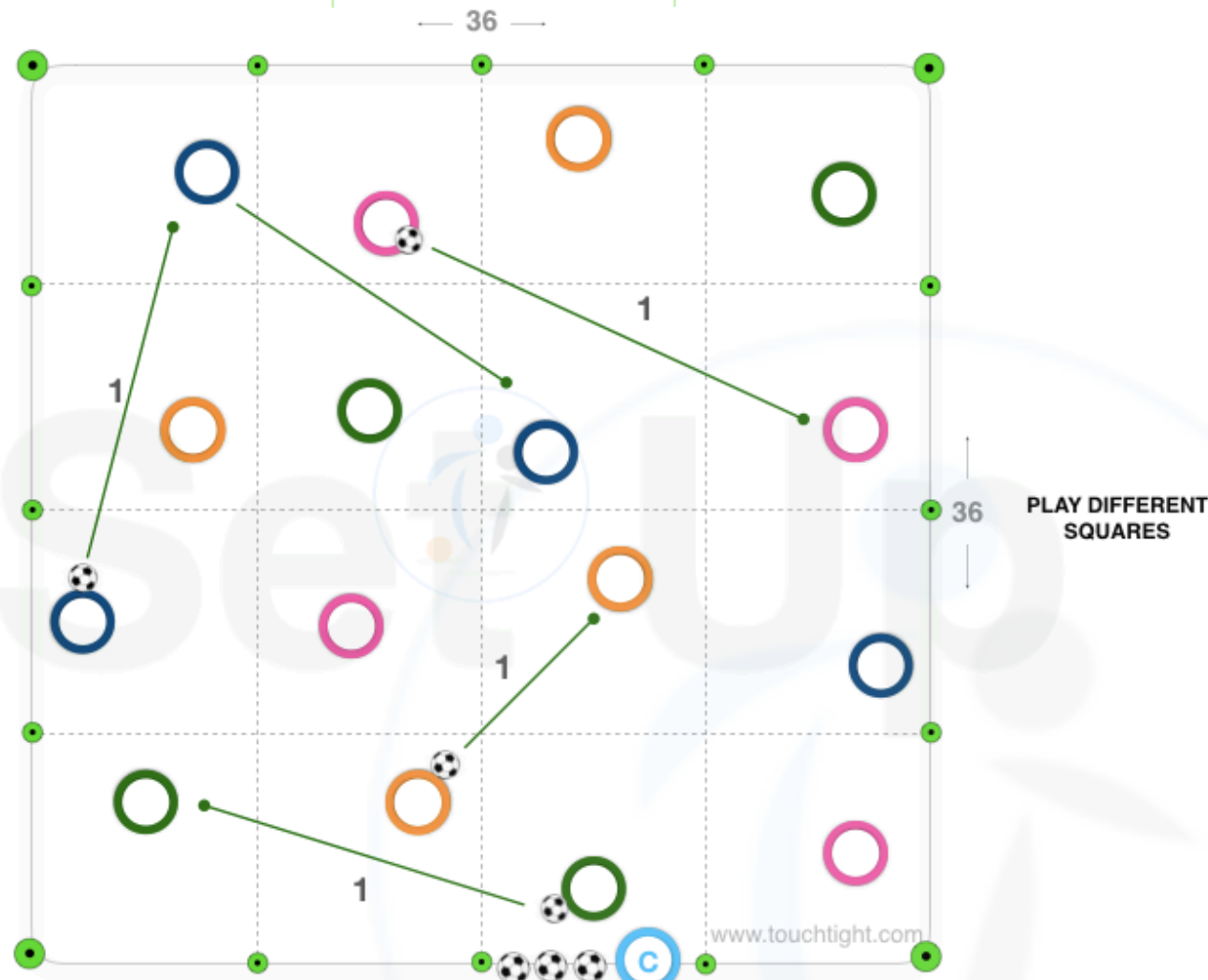
Players

Duration

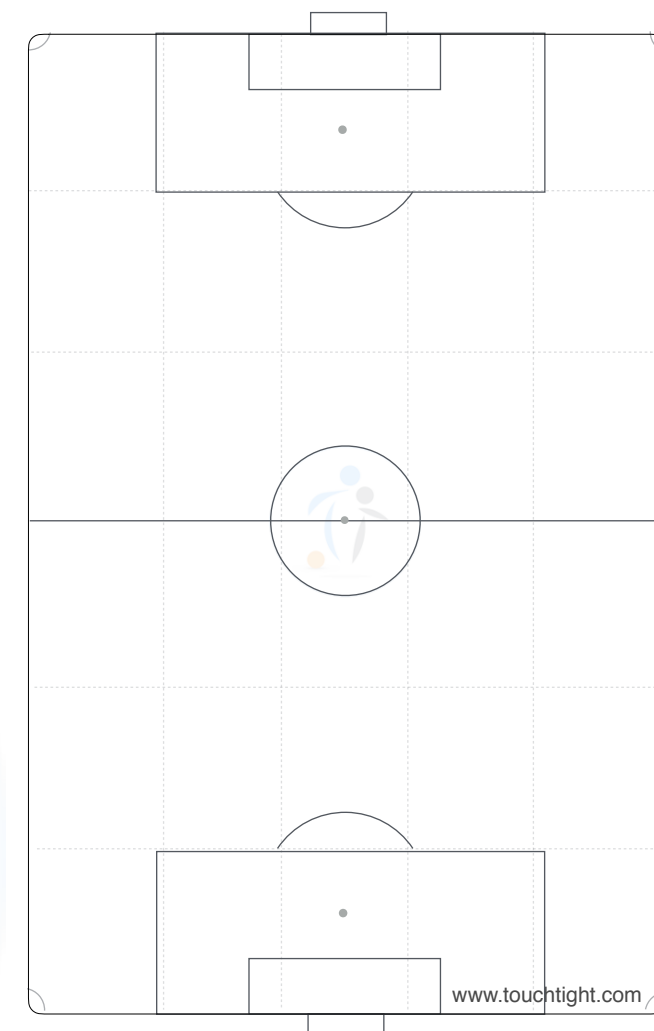
Type: Technical Practice

Area:

Team Objectives:



"Concentrate on ball speed and quick build up play."



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Set Up & Organisation:

- This Technical practice is played in a 36x36 yard area, broken down into 4 x 4 squares, with 3-4 teams of 4 creating effective supporting angles, and movement, whilst unopposed. Objective is for each team to simply move the ball around the area whilst avoiding other players in the area, and developing an understanding of how to rotate with teammates during this phase.

Progressions & Constraints:

- Players must receive a pass in another area to where they are as pass is played. This will slow play down, yet will encourage players to think about weight of pass and verbal and non verbal cues will be more important with this progression.
- Players must rotate with another player in a different square after they have played the pass. This will encourage players off the ball not to just focus on receiving the next pass, but on the movement to create space with passing player.

Key Coaching Points:

- Tactical |
- Technical |
- Social |

Questions & Notes:

- **Player Focus:** Passing Weight/Direction | Communication | Player to Player Connection | Rotational Movement
-

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

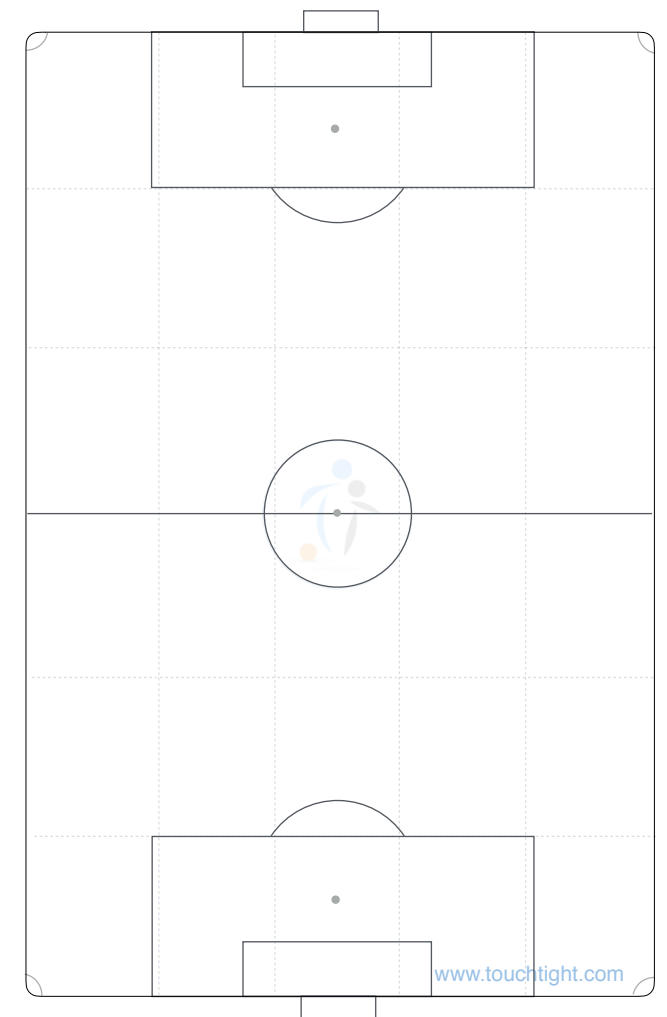
Player Trios initials	Objectives

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?

Large rounded rectangular box containing a large green question mark, intended for the 'Big Game Question' answer.

Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation