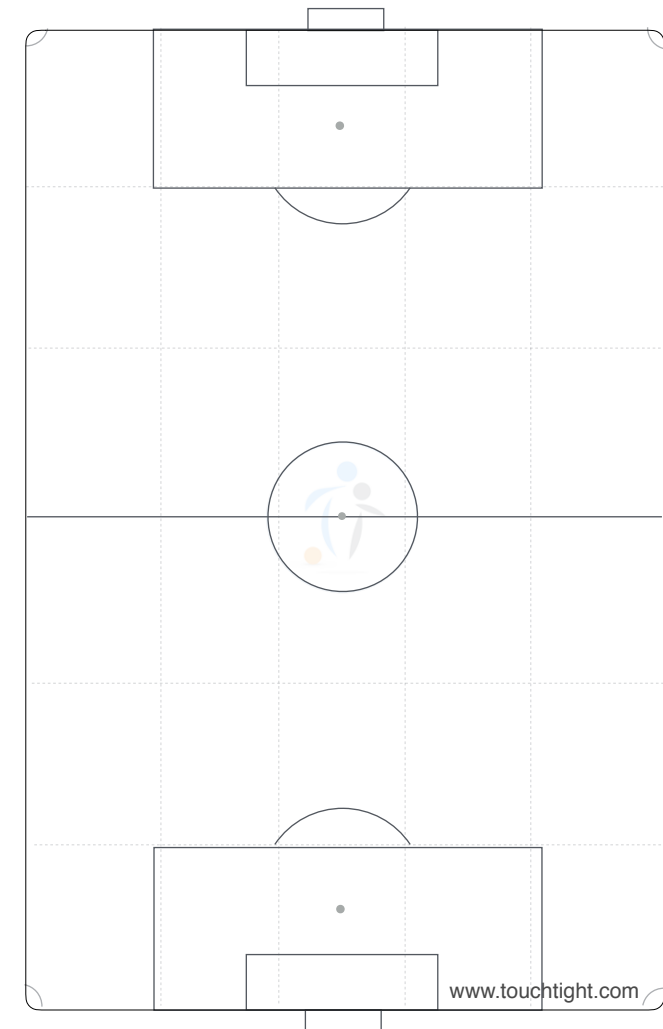
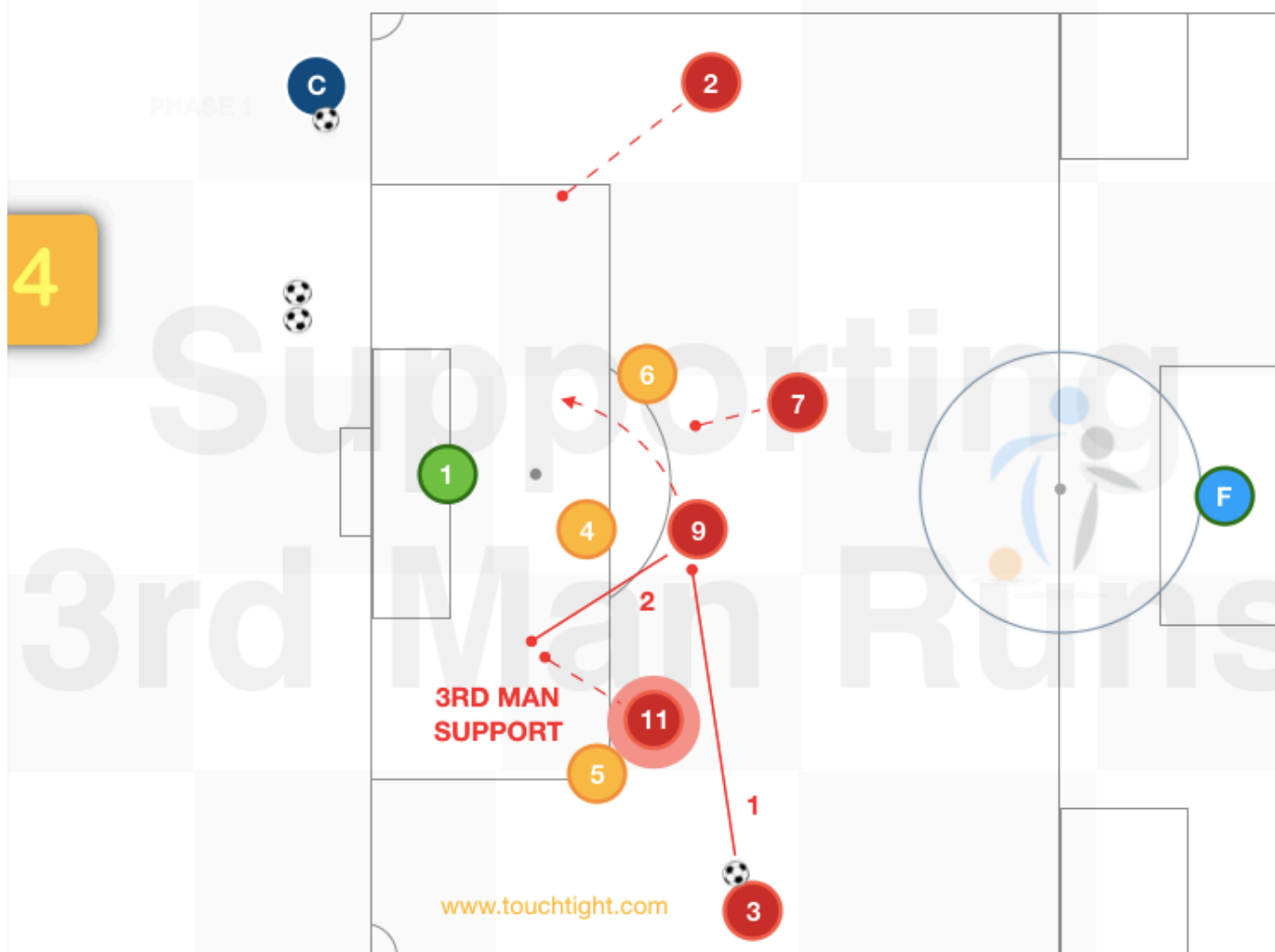




Type: Lead Practice

Area:

Team Objectives: Work on supporting inside and outside runs of wide players off each of the 3 attacking players, before looking at more detailed combinations between them.



Set up / Organisation:

- In this Lead practice we focus on developing support for attacking players, specifically from wide players. Our Lead Session takes place in the attacking half, with 3 attacking players up against 3 defenders and a Goalkeeper, supported by 2 wide players, 1 either side. In addition we have a target player for defenders to play into to recycle and 2 mini goals for defending team to score into.

Key Coaching Points:

- Develop player understanding and timing of movement between WM inside and WB on outside.
- Focus on weight of pass to allow players to play quickly 1 touch to break defensive lines; verbal/non verbal communication

Progressions / Constraints:

- 2 Attacking players must combine before bringing in wing backs with 3rd pass
- Initiate Striker as a False 9 and see how this impacts on movement of remaining attacking players. How do they adjust to break defensive lines (manage offsides)

Questions & Notes:

- Think about movement of 3 attacking players to get on the ball to create. Play on the same line? 2 attackers short/1 long? Be creative in your approach
- Be clinical with your final pass and hit the target. Eye Contact between passer and runner, playing ball into dangerous area 6 yard area and be instinctive in and around the box.

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

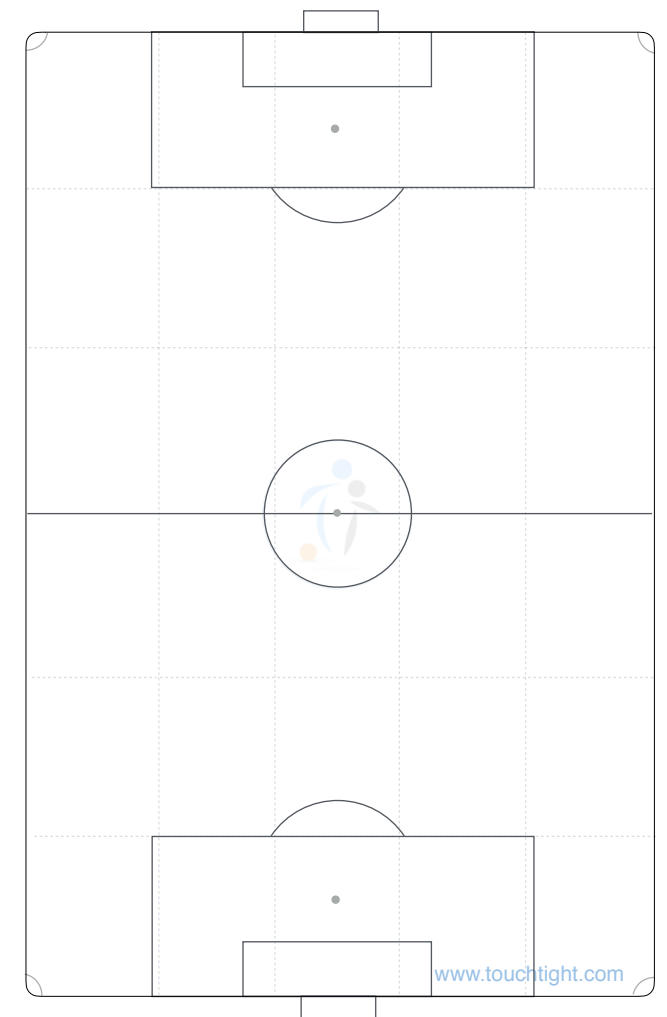
Player Trios initials	Objectives

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?

