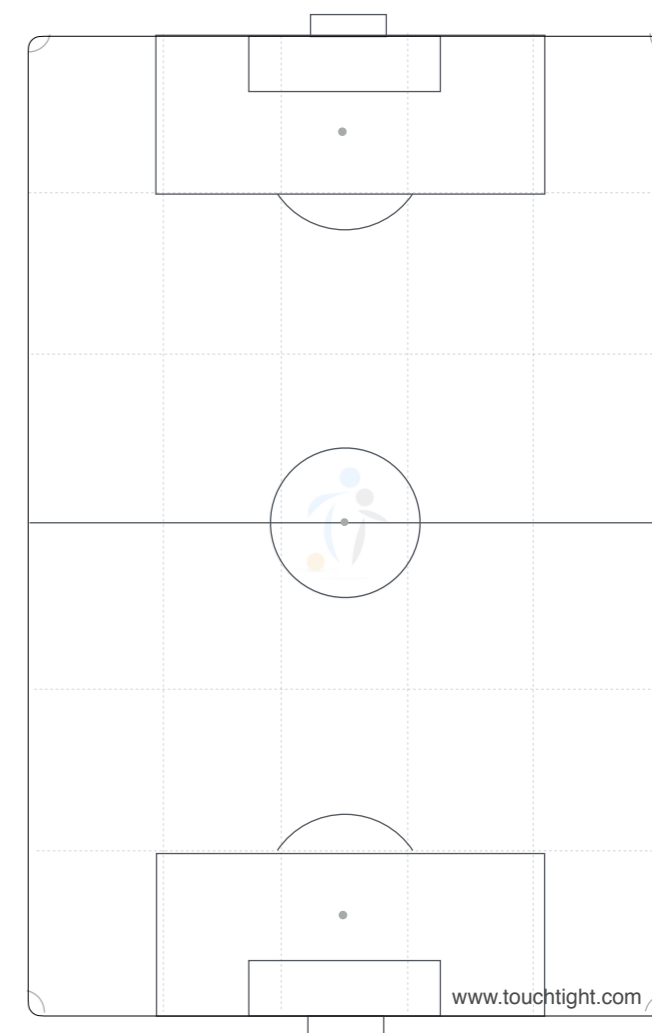
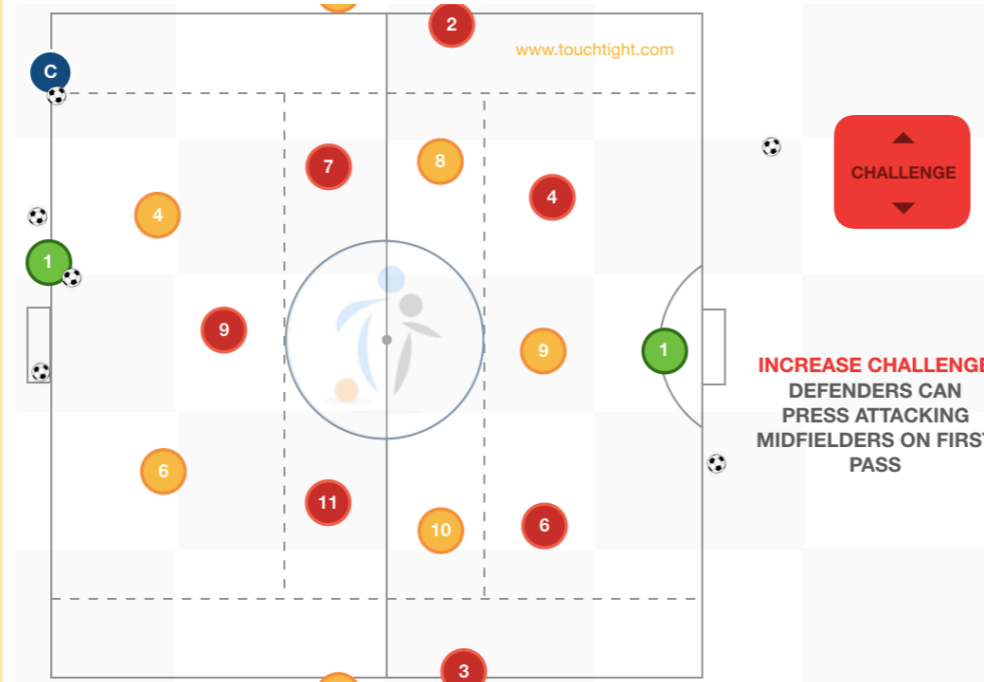
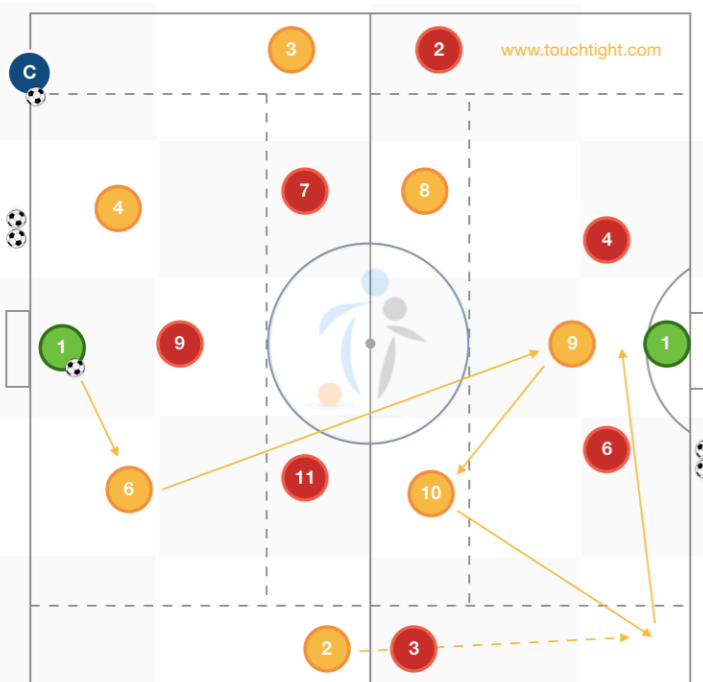




**Type:** Advanced Lead Practice

**Area:**

**Team Objectives:** Exploit spaces against fewer defenders, allowing combinations between a front 5 initially, with wide players joining in the attack against 2 defenders.



### Set up / Organisation:

- In this Advanced Lead practice we focus on developing support for attacking players, from both strikers and inside forward players to create and exploit overload.

### Key Coaching Points:

- Can we create space centrally so we can play directly into Striker to then combine with a 3 v 2? Observe how opposition midfielders react to this
- Get combinations in tight areas between 3 forward players, this will contract opposition defenders, allowing you to break lines in wide areas with forward runs

### Progressions / Constraints:

- Defenders can press attacking midfielders in space. This will leave gaps in behind for strikers runs, but will also encourage attacking players to be patient in their pass selection with added pressure.
- Again a false 9 may be useful to occupy midfield players, leaving space wide. Condition must be now that 1 of 2 midfielders must rotate with attacking player before breaking lines.

### Questions & Notes:

- What forward passes are more likely, when players are pressed higher? How does this influence supporting runs and how can you maximise this advantage.
- Try to maintain shape and identify how this influences attacking play, also encourage rotation between forwards (short/long - inside/outside).

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

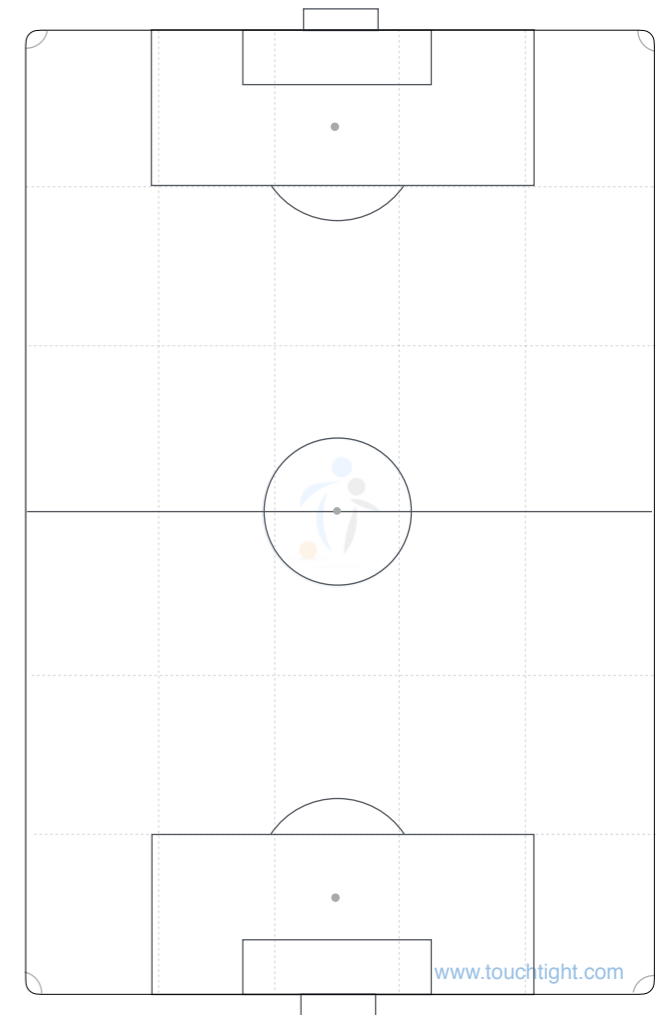
Player Trios initials	Objectives

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?

