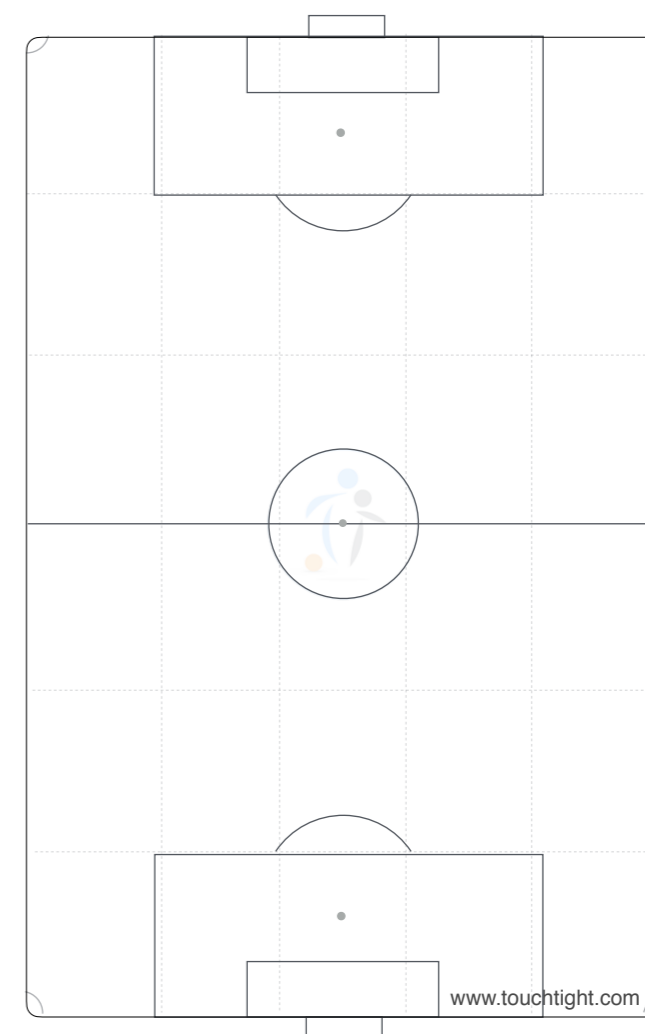
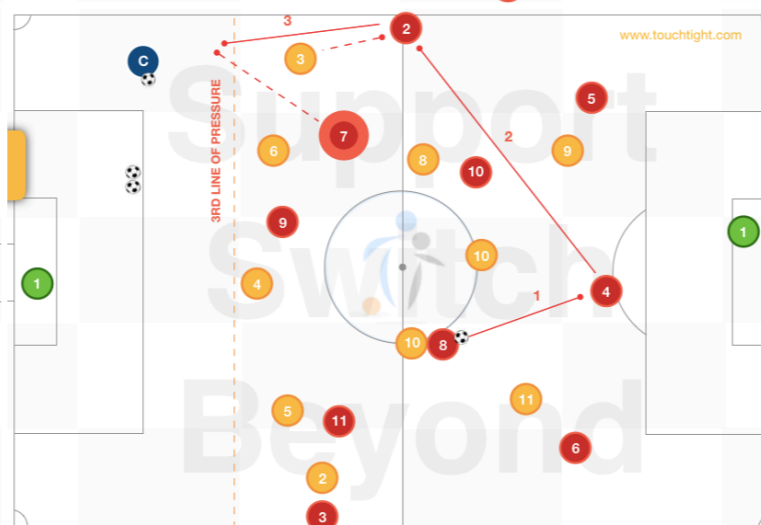
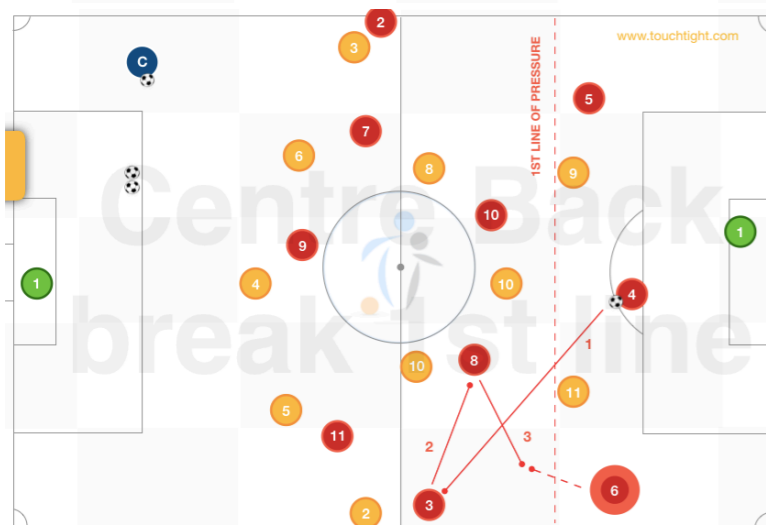
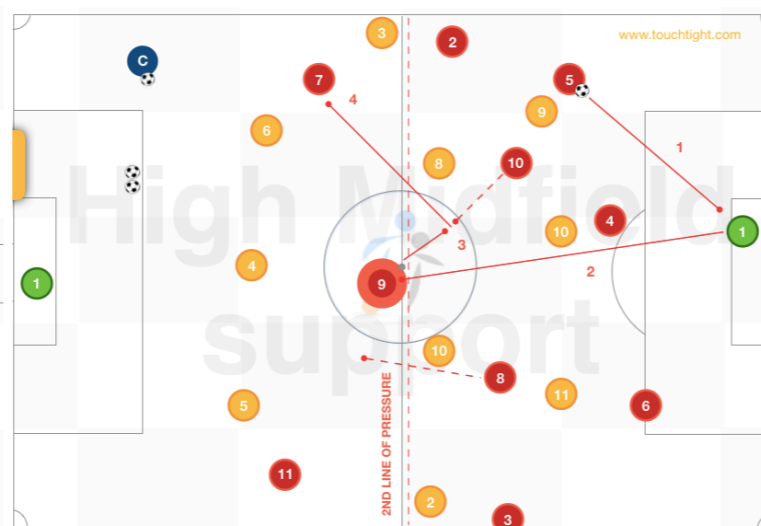
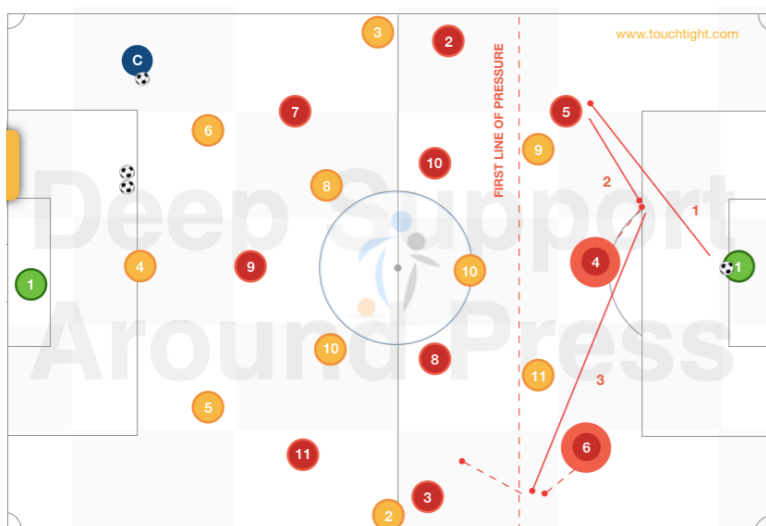




Type: 11 v 11 Practice

Area:

Team Objectives:

**Set up / Organisation:**

- In this 11 v 11 Practice, our aim is to bring all practice content into a game situation. With our focus on playing the 343 and developing support play we can set up as shown, against a 352 defensive unit.
- Develop supporting runs for attacking players and so the movement patterns such as inside and outside rotation of wide players and direct play with combinations in pockets between attackers, must all come into this final session.

Key Coaching Points:

- Observe how players incorporate previous skills into what is now an even 11 v 11 game situation. i.e. movement patterns, ability to hold up play for support.
- Game tempo through high ball speed, rotational movement and ability to use angles effectively. How do opposition set up and where are the gaps?

Progressions / Constraints:

- Possibly new starting position if unable to develop key points. Could be direct pass from CM or CB into ST to begin build high up the pitch
- Possibly change formation of defenders. Back 4? This could allow players to use overload deeper and encourage attackers to move into pocket space easier.

Questions & Notes:

- How can we bring central midfield players into forward play? Is there a time when they can make runs beyond attacking players? When, How and Why?
- Establish support from deeper areas, as opposition begin to delay (manage opposition defenders). When can CB join in attacks and how can we use this effectively?

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

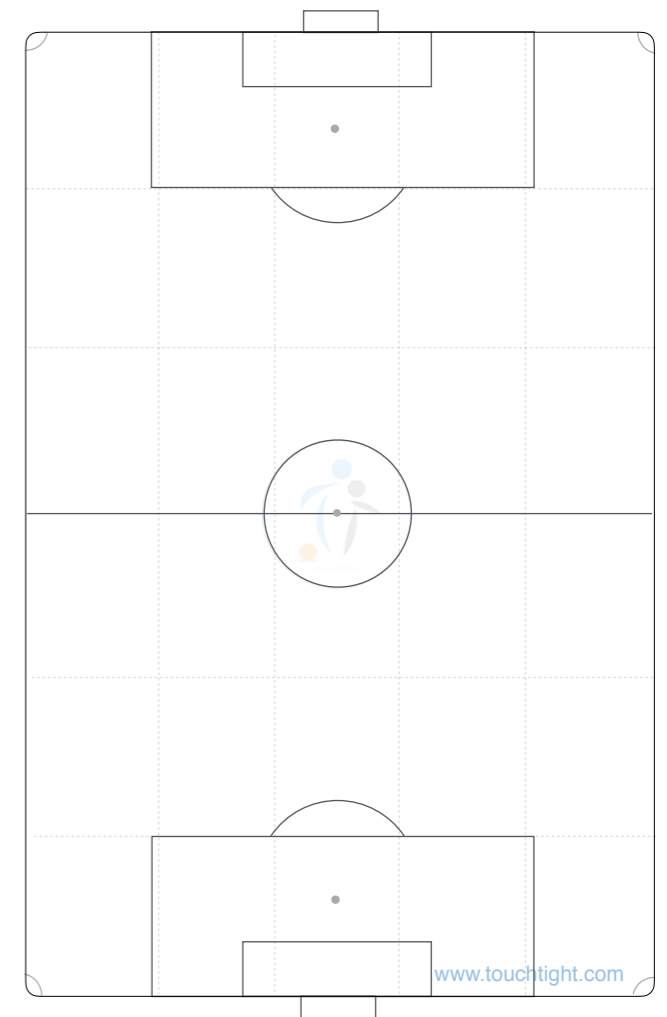
Player Trios initials	Objectives

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?

