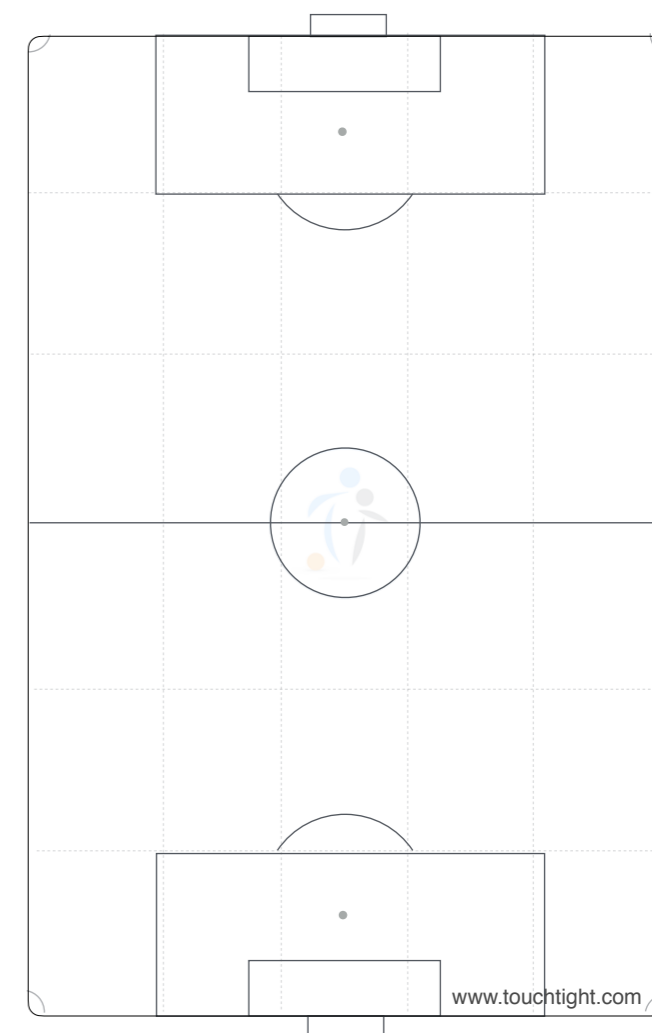
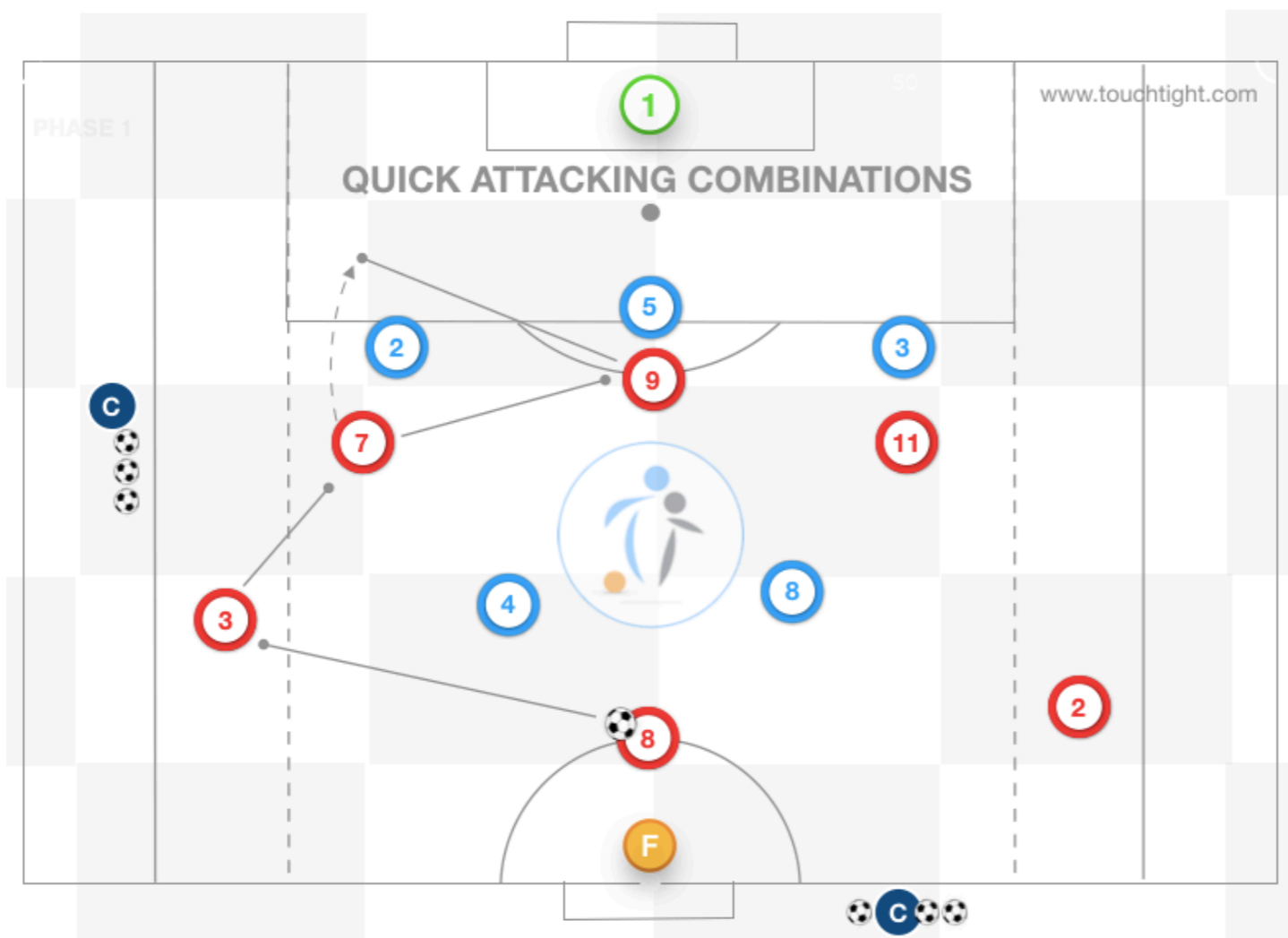




Type: Functional Practice

Area:

Team Objectives: Use single player overload to make effective supporting runs off balls into forward players, with the focus on individual and team decision making.



Set up / Organisation:

- This Functional Practice has an attacking 6 (CM, 2 Full Backs and Front 3) attacking a back 3 and Midfield 2 with supporting floater. The objective is to develop different types of support to break both midfield and defensive lines
- With the focus on 343, we have removed defenders and a single midfield player to begin to develop some attacking shape.

Key Coaching Points:

- Move the ball quickly and identify correct forward runs, to use overload well in build up - Utilise Midfield Overload.
- Coach calls when it's possible to go 7 v 5 (additional player) with floater, normally when attackers show effective movement and defence is organised.

Progressions / Constraints:

- If Blues win possession they can run over end zone line to score, or we could introduce mini goals for players to score off the designated target player.
- Wide players must make forward runs to break lines after their pass, and to allow pivot player to switch point of attack quickly.
- Floater/Target player rotation allows movement off the ball for attacking team to switch play quickly in deeper areas - Intelligent players communication.

Questions & Notes:

- How is opposition dealing with overload? Pressing high, forcing direction by cutting pitch off? Delaying deep? How will you get around this?

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

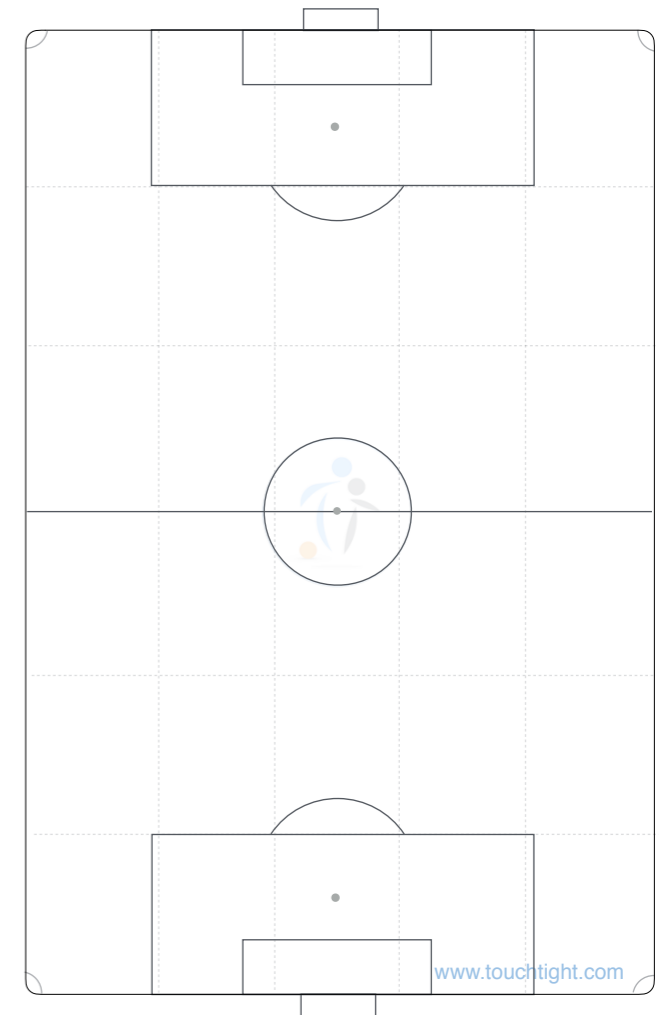
Player Trios initials	Objectives

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?

