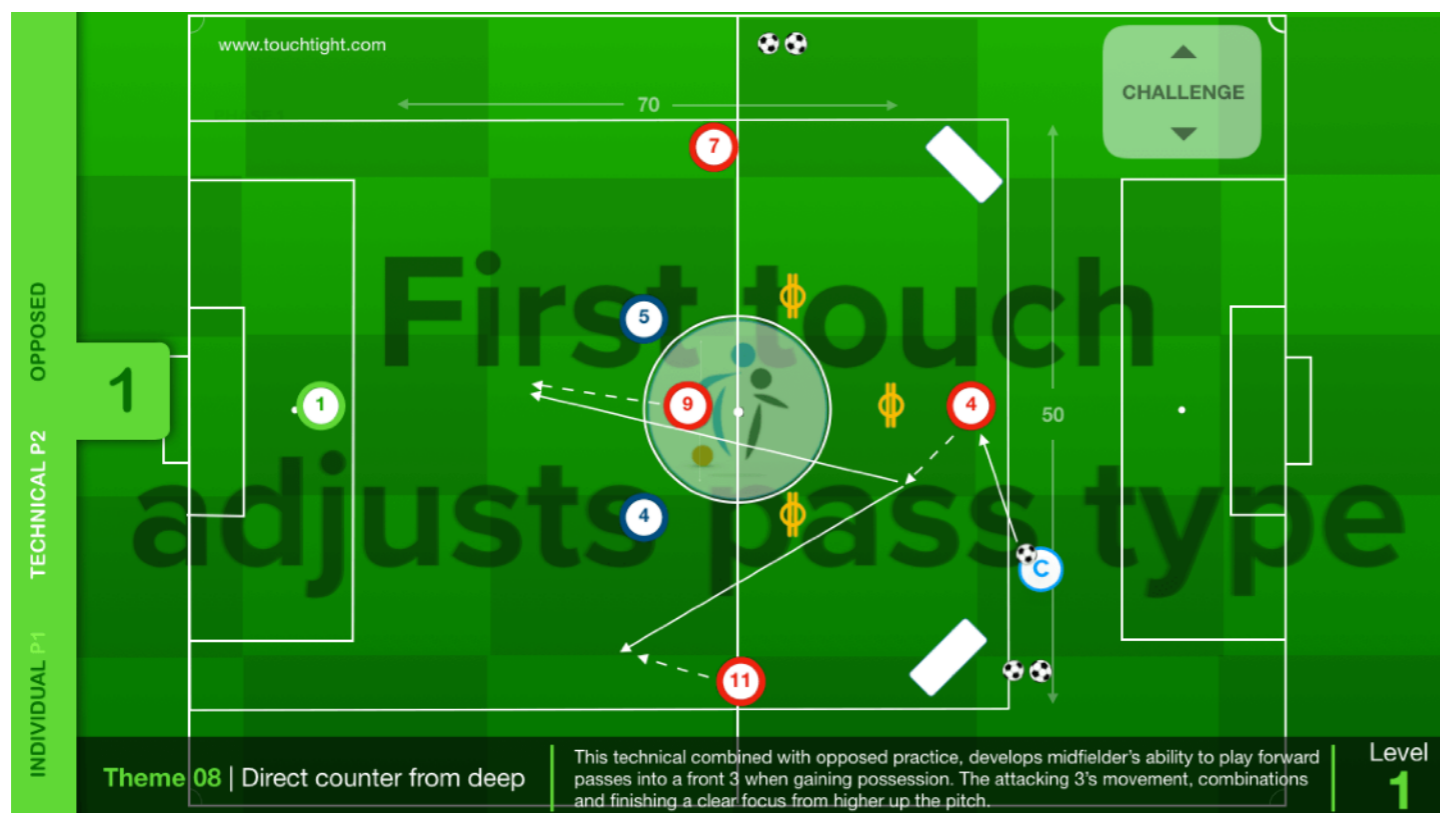




Type: Tech / Opposed

Area: 70 x 50 Yards

Team Objectives: To counter from deep to create goalscoring opportunities



Set up / Organisation:

This directional practice is the second of Theme 8: Direct Counter From Deep. With a focus on our midfielder receiving on the back foot to break defensive lines, we develop the timing of forward runs from 3 attackers against 2 central defenders to finish. Our midfielders first touch will dictate the type of pass played, encouraging the use of both feet. Progress by repositioning mannequins, changing passing angles as a result.

Progressions / Constraints:

- Vary player's touch to influence pass decision
- Vary coach delivery, so receiving players has to adjust
- Move mannequins/cones so different passes and runs encouraged.

Key Coaching Points:

- **Technical** | First touch to set for well weighed pass
- **Tactical** | See movement in front influencing passing decision
- **Psych** | Recognise success and learn strengths of teammates and opposition

Questions & Notes:

- How can I best achieve success with my forward pass?
- What runs do I need to make?
- What are my teammate capable of (pass/runs/combinations)?

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

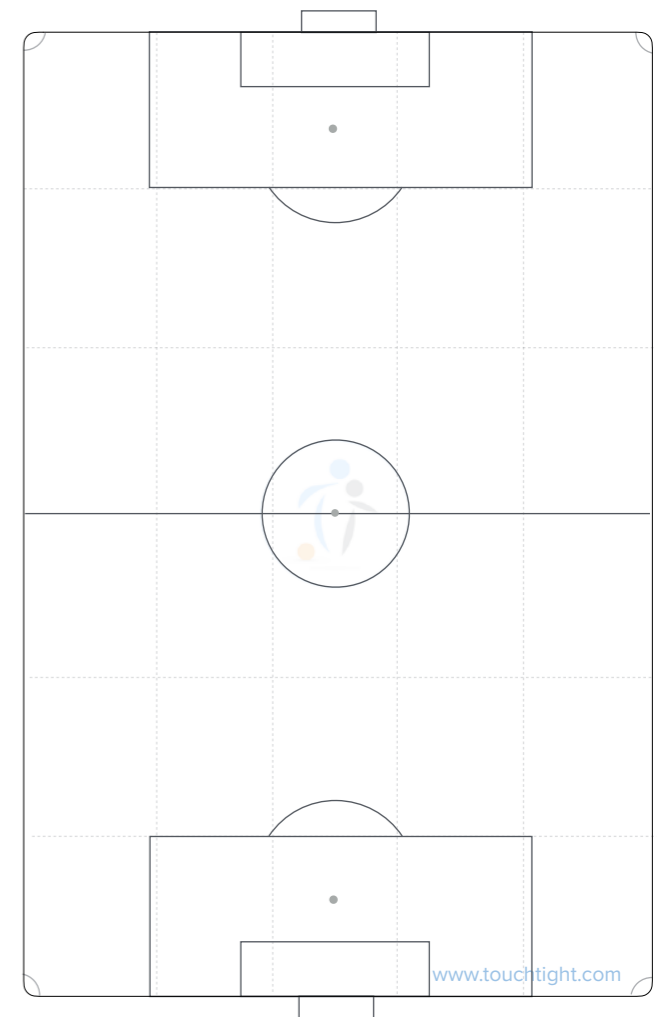
Player Trios initials	Objectives

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?

