Practice Title: 08-P1 Final Third Combinations

Objectives: Develop ability to drive into space by running with the ball and close dribbling at each end

**Duration** 30 Mins **Practice Area** 30 x 60 Yds **Number of Players** 3+ **Work to Rest**
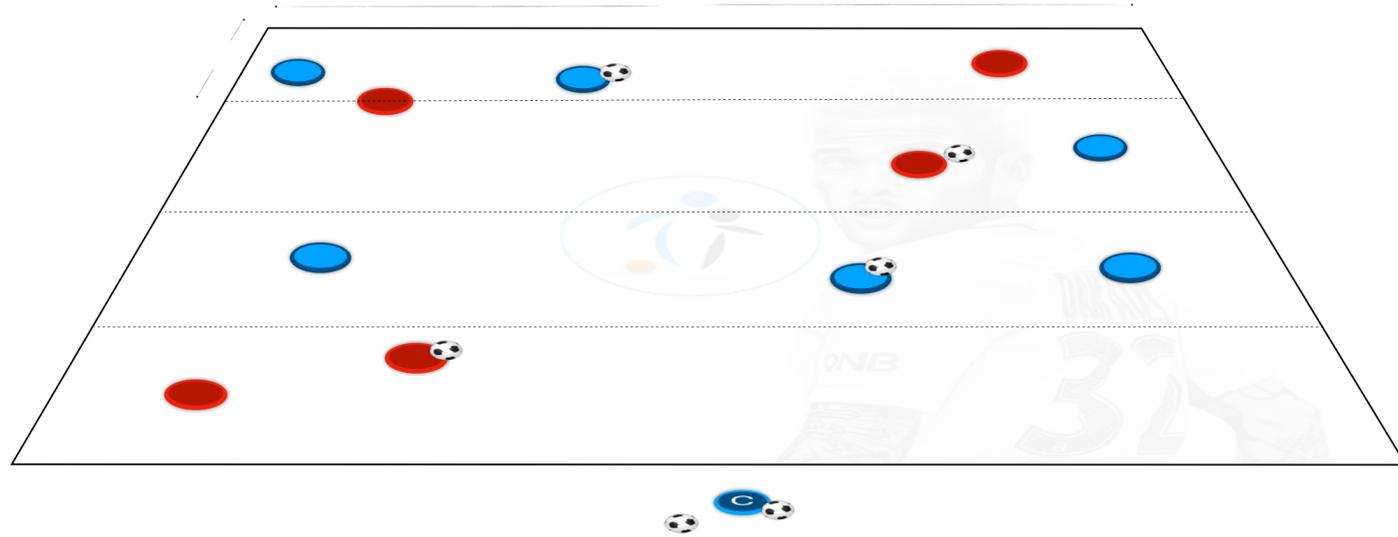
Organisation:

Area is set up with a 40 yard width and 36 yard length, which can vary depending on age and number of players (e.g. 15 players requires 5 x 10 yard areas, so 50 yds). Central player will run with the ball to end player, lay off, run around player and receive the other side, before performing a dribble and repeating the action; 1 - 2 minutes rotate.

Key Coaching Points

Players to perform dribble after few touches with tight control and then explode to get out of their feet.
How can you ensure you get your head up on each touch? Important during practice. (on 6 minutes)

Player Focus / Contingency

| Technical	Tactical	Physical	Psychological / Social
Dribbling RWTB	Rotational Movement during progression	Speed to break into space Deceleration at each end	Confidence on the ball

Progression 1:
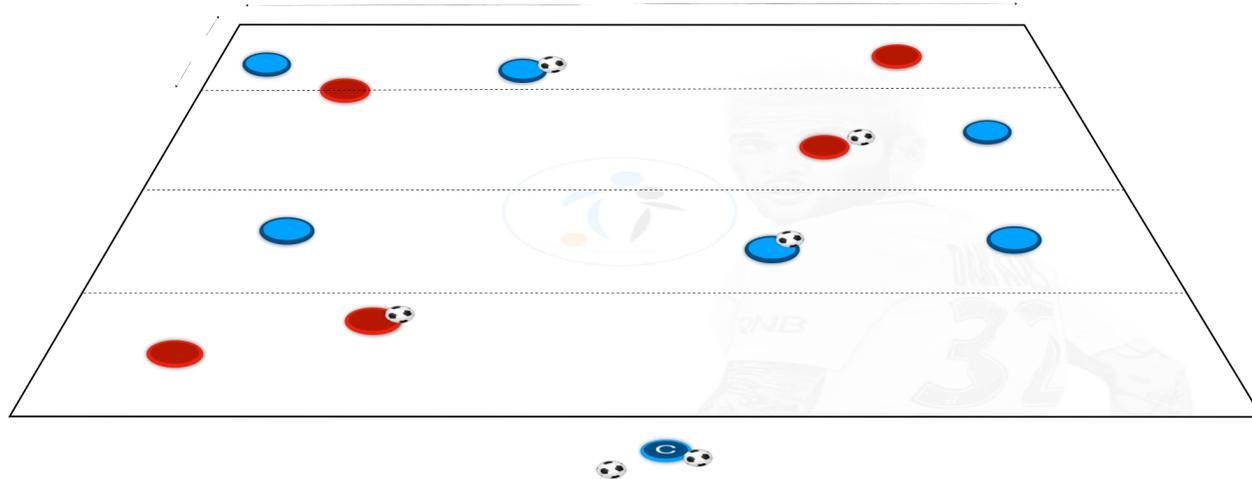
Play a 1-2 with player at end of dribble before player to receive and repeat opposite end.
Developing communication and awareness of pass and touch required.
How does this influence your thinking as you approach the end player?

Progression 2:
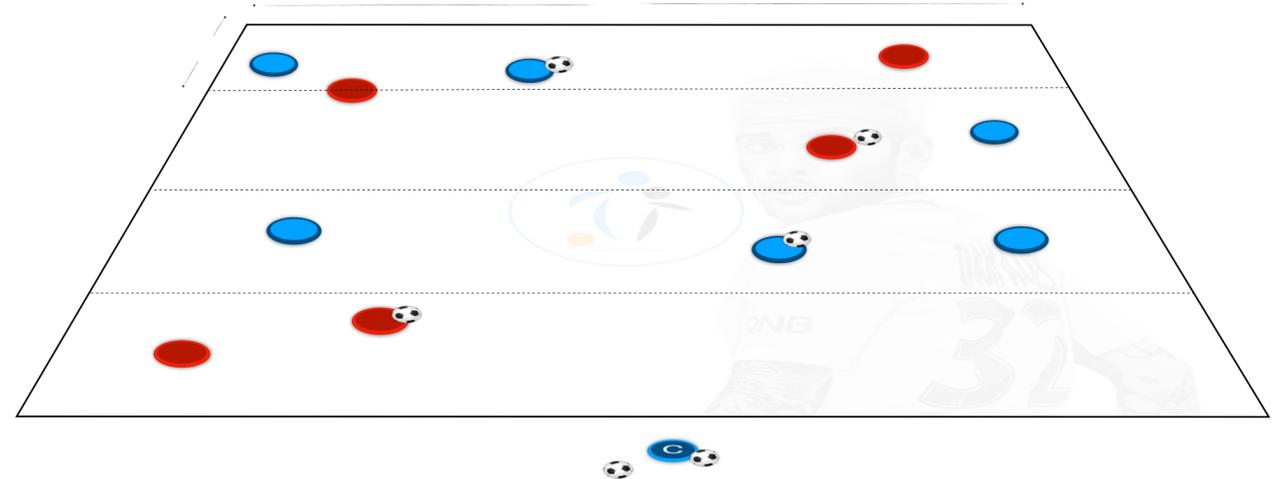
All players now involved in dribbling, RWTB with takeover after each run, adding competition.
What type of communication (verbal/non-verbal) is useful here?

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

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Post Session Outcomes

What went well?	What did we learn?

Absentees: initials

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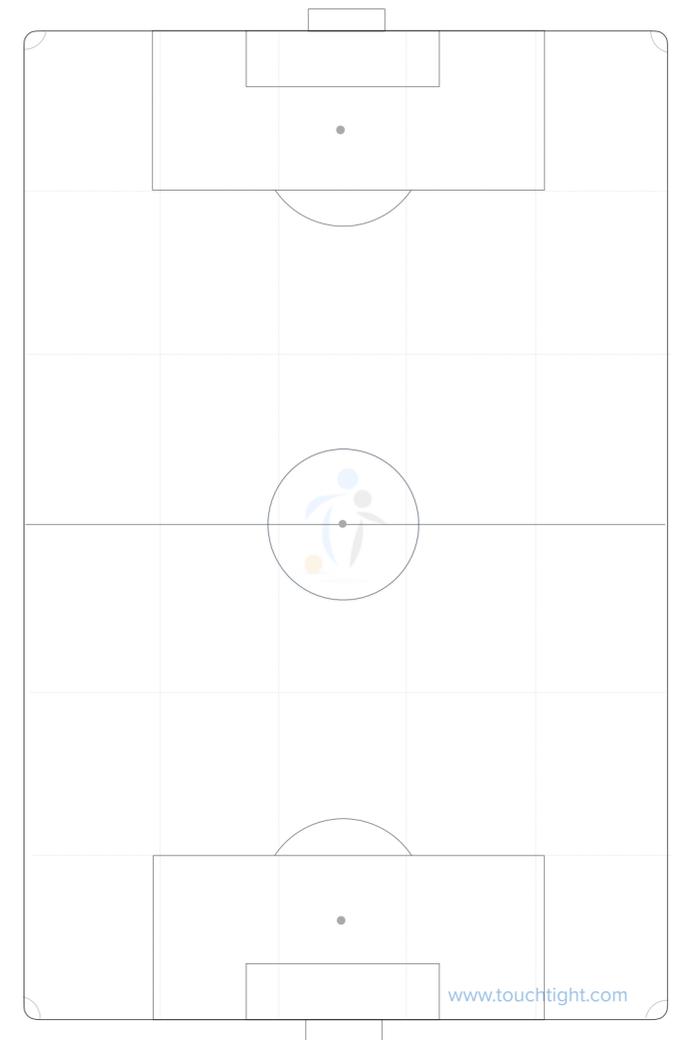
BIG GAME QUESTION
How will we apply this session to a game situation?

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Session Date: **Team:**   **Coach:**

Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation