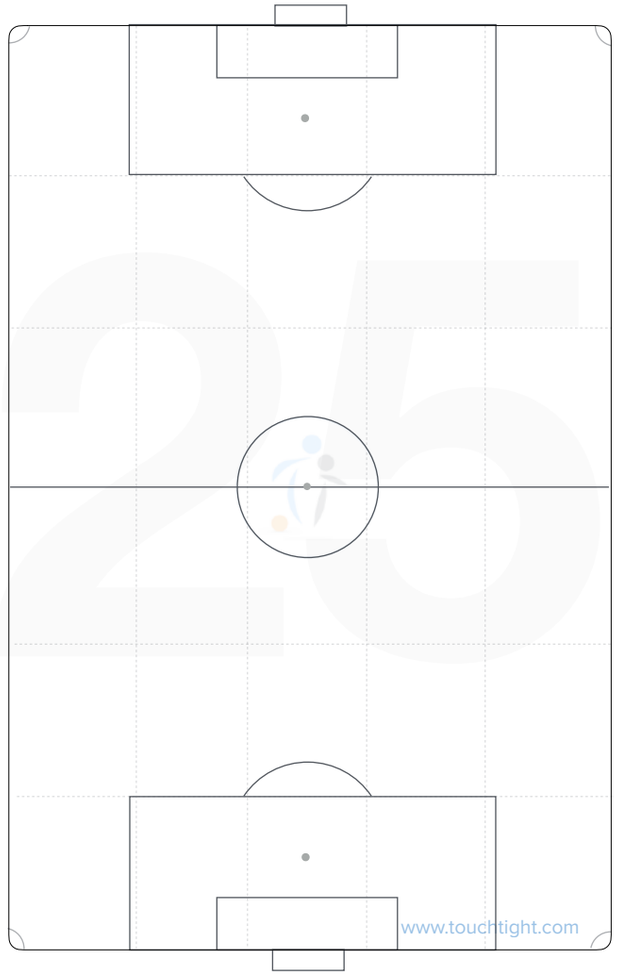
1 **Part Practice** **Theme:** Playing out from the back **14-P3** Team: Coach:

Session Date | Season | Age Group | Players | Duration

Type: Technical Practice **Area:** 40 x 30 Yards **Objectives:** Combine effectively to play through markers



Set up / Organisation:

Practice 3 of Theme 14 playing out from the back, works on movement of players ahead of the ball to create space to play forward. A minimum of 6 players positioned 3 at each end of a 30 by 40 Yard area will play in front and behind mannequins to switch play to the opposite side. Focus on players body shape, first touch to take ball across mannequin before playing through. A great practice for midfielders to play in 1 and 2 touches.

Progressions / Constraints:

- Vary combinations between players, e.g. 1-2 around mannequins
- 2 Players working at the same time.

Key Coaching Points:

- **Tech |** Passing quality and touch to take across mannequin
- **Tech |** Movement off the shoulder
- **Social |** Understanding and timing of movement and pass

Questions & Notes:

- When can you play in 1 touch - what allows you to do this?
- Can you be creative and think about various combinations?

Work / Rest Ratio: **mins** **sets**

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

Session Objective/s:

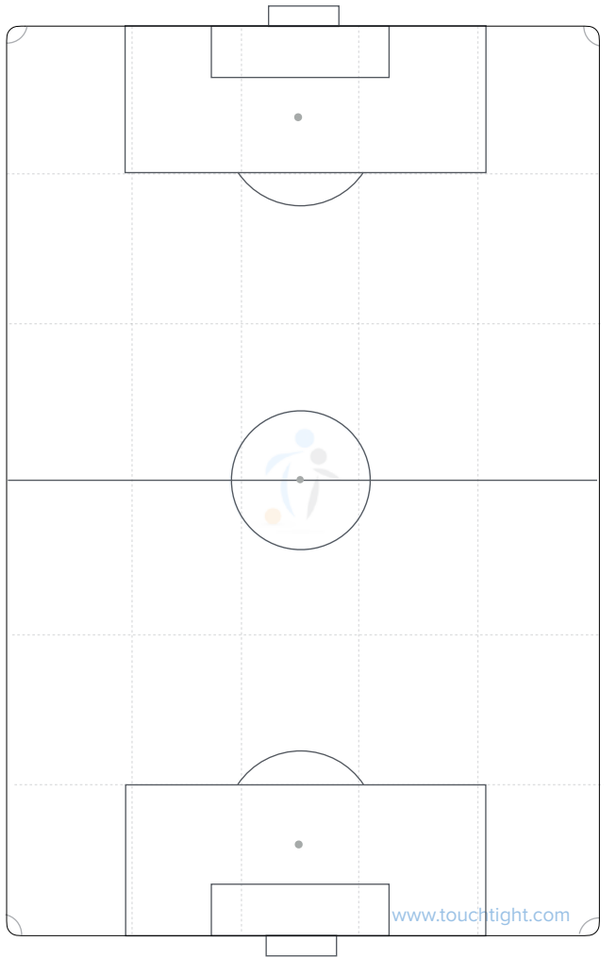
Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	**Technical**	**Tactical**	**Social**	**Psychological**

Player Pairs initials	**Objectives**

Player Trios initials	**Objectives**

Player Units initials	**Objectives**



Big Game Question

How will we apply this session to a game situation?

Post Session Outcomes

What went well?	**What did we learn?**

Absentees: initials

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