



Session Date

Season

Age Group

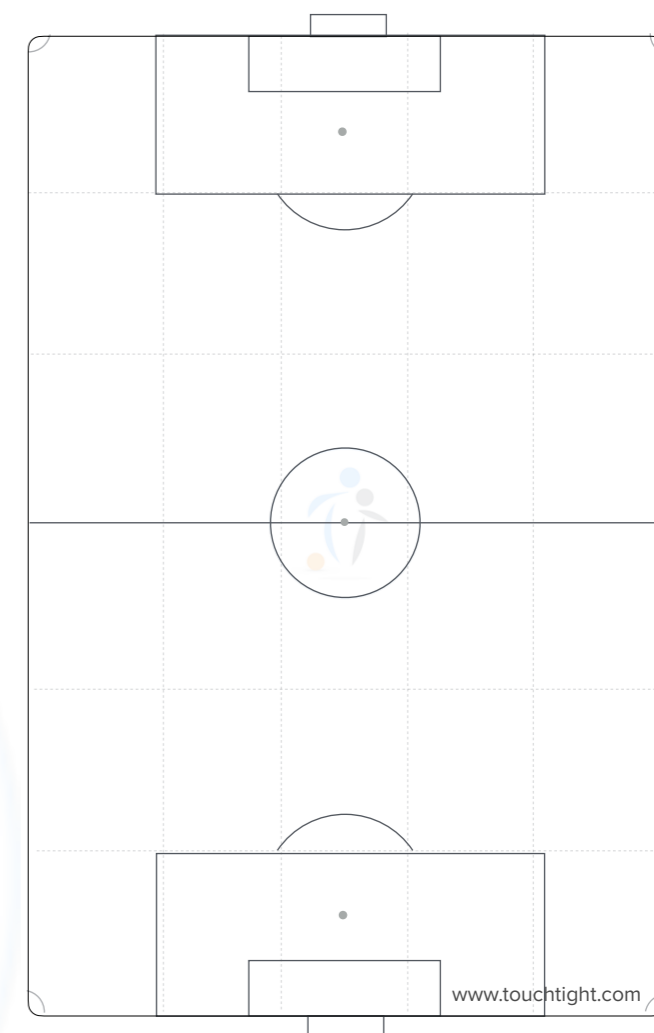
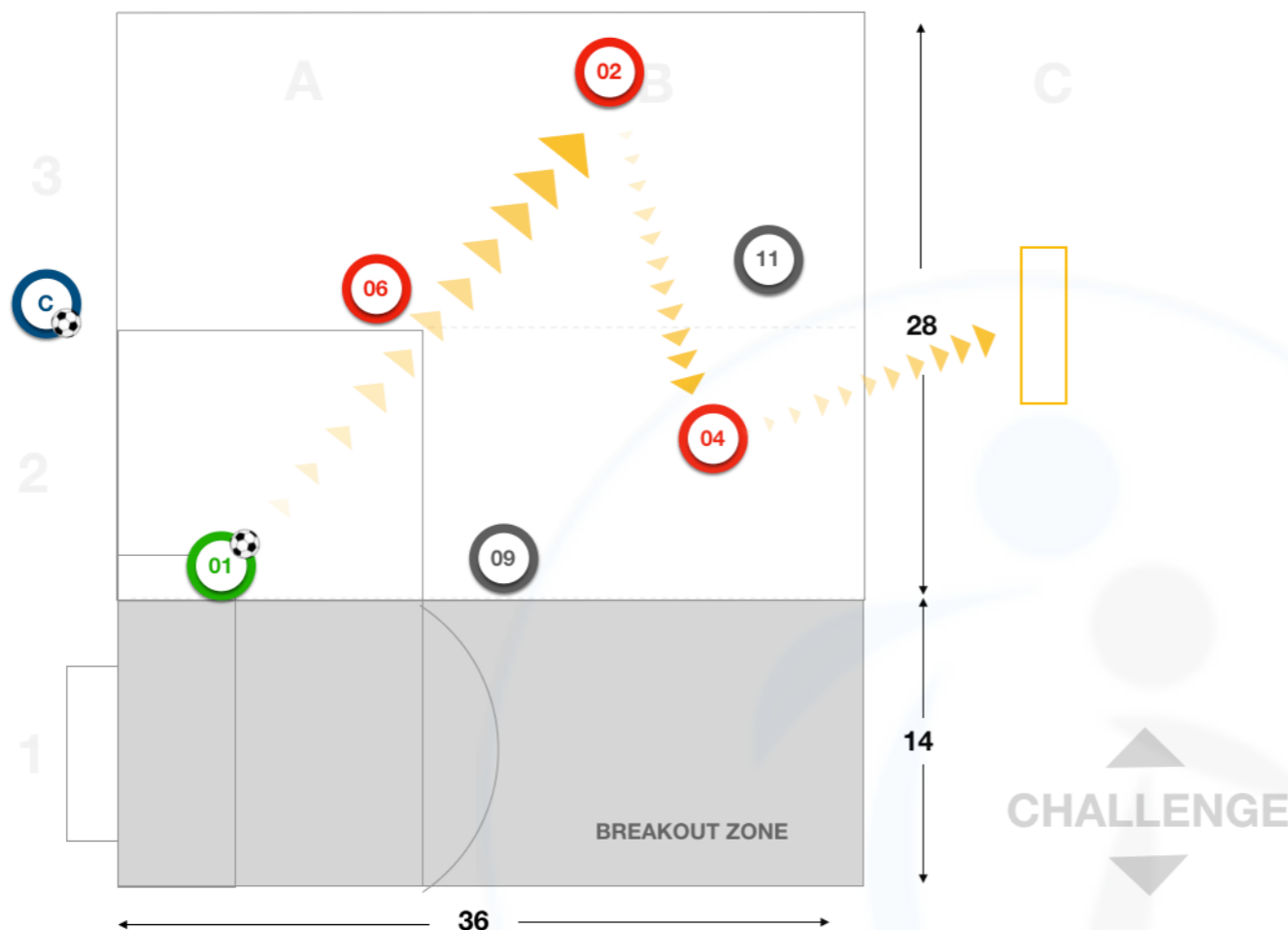
Players

Duration

Type: Advanced Lead Practice

Area:

Team Objectives:



Set Up & Organisation:

- This 4 v 2 practice focuses on developing build up play from the goalkeeper, with a focus on the central defender, deep midfielder and full back playing out under pressure from 2 defenders.

Progressions & Constraints:

- Add extra defender to increase challenge for team building out
- Add extra goal for attacking team to play into balancing challenge
- Add central midfield floater to support build up play

Key Coaching Points:

- **Tactical** | Use overload to build play from deep areas in central area
- **Technical** | Short connecting passes under pressure
- **Social** | Create space for teammates to recognise space to penetrate

Questions & Notes:

- How are you breaking the defensive line most effectively?
- What form of pressure are you facing from opposition defenders?

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

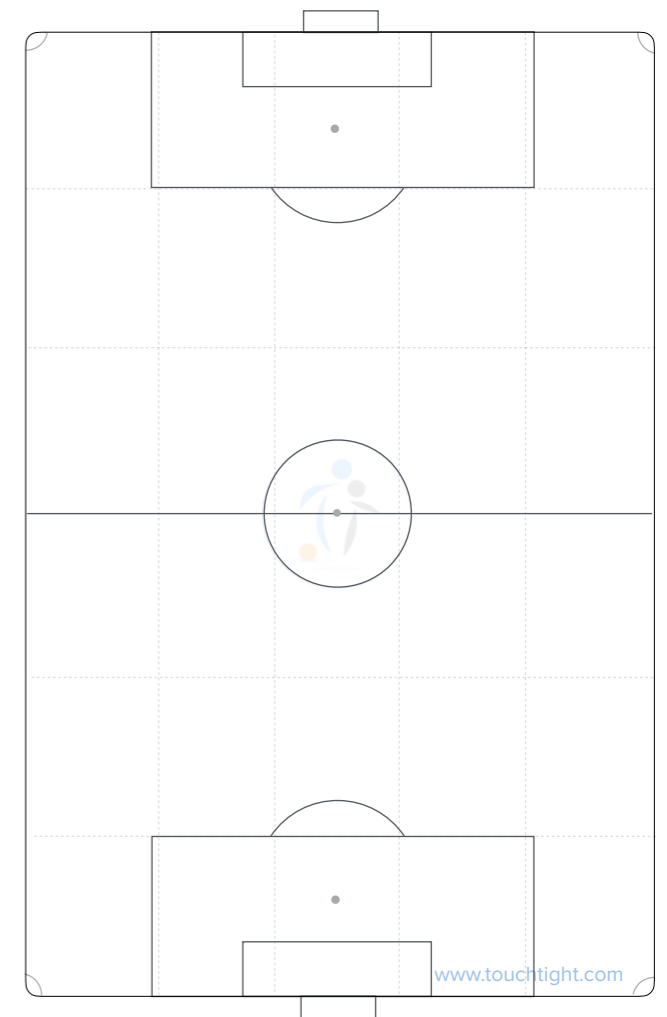
Player Trios initials	Objectives

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?



