



Session Date

Season

Age Group

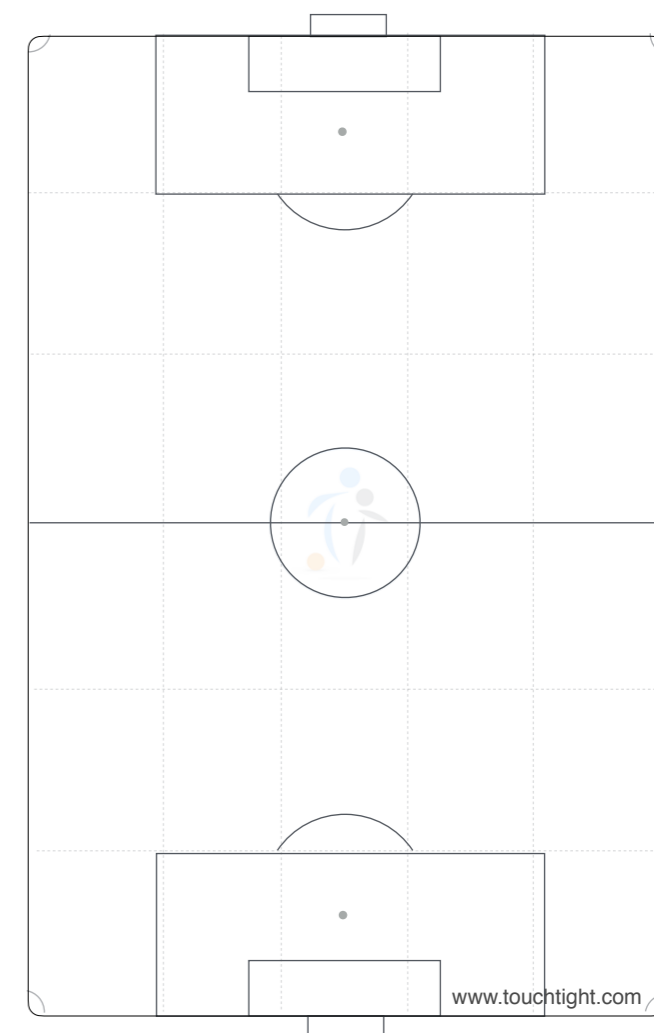
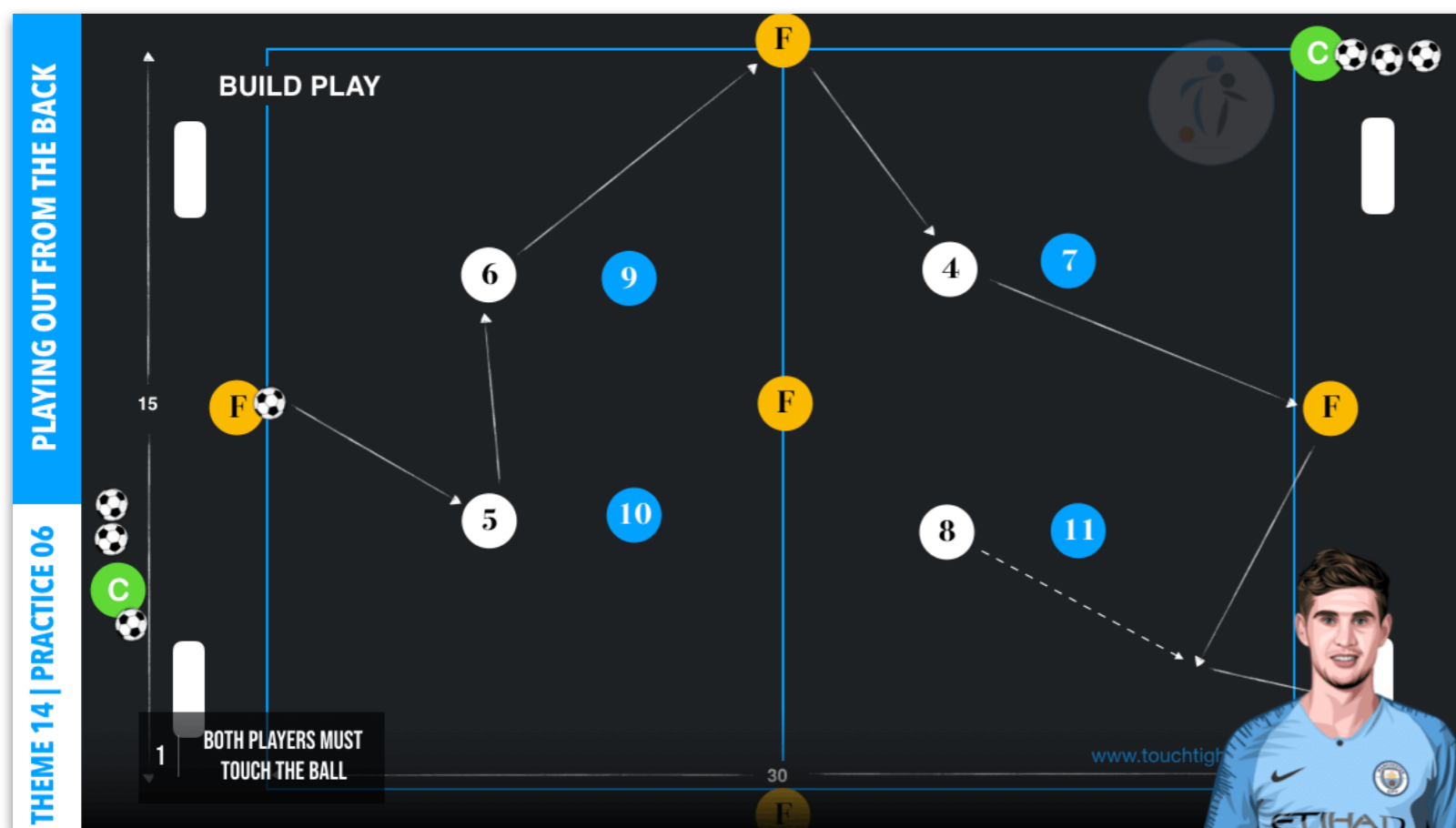
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



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**Set Up & Organisation:**

- This is practice 6 of Theme 14 playing out from the back and is focused on developing play in a 4231 against a 352 with a central press. In a 30 x 15 Yard area, split into 2 halves, we have a 2 v 2 in each zone, and 5 floating players around the outside.
- Each team must build play to finish in one of 2 mini goals, combining with outside players who are on one touch to balance challenge in zones. Focus on playing forward and players taking the initiative at every opportunity.

**Progressions & Constraints:**

- Add constraints to progress by allowing wide players to rotate with central players into specified zones.
- We can develop further rotation by allowing our central floater to drop into the playing zone, this movement allows a defender to jump press from the opposite zone.
- Free play can then be allowed for the defending team forcing opposition players to play quickly, using the halfway line as offside.

**Key Individual Coaching Points:**

- Goalkeeper decisions to play out short or into the second line
- Midfield movement open up passing lines
- Player understanding of when to rotate to exploit space.

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

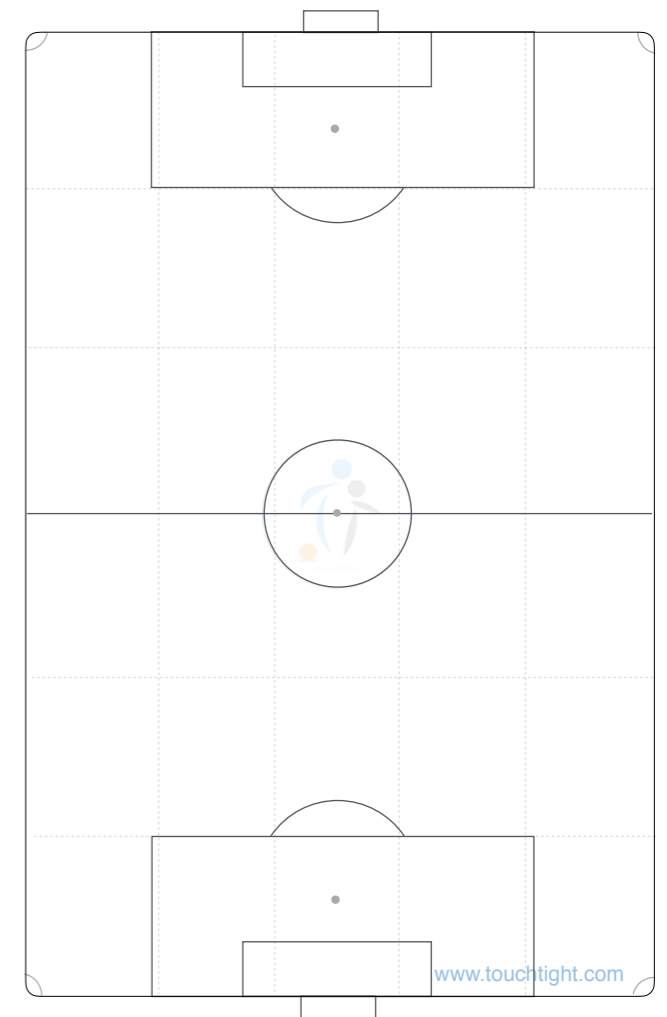
Player Trios initials	Objectives

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?



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