



Session Date

Season

Age Group

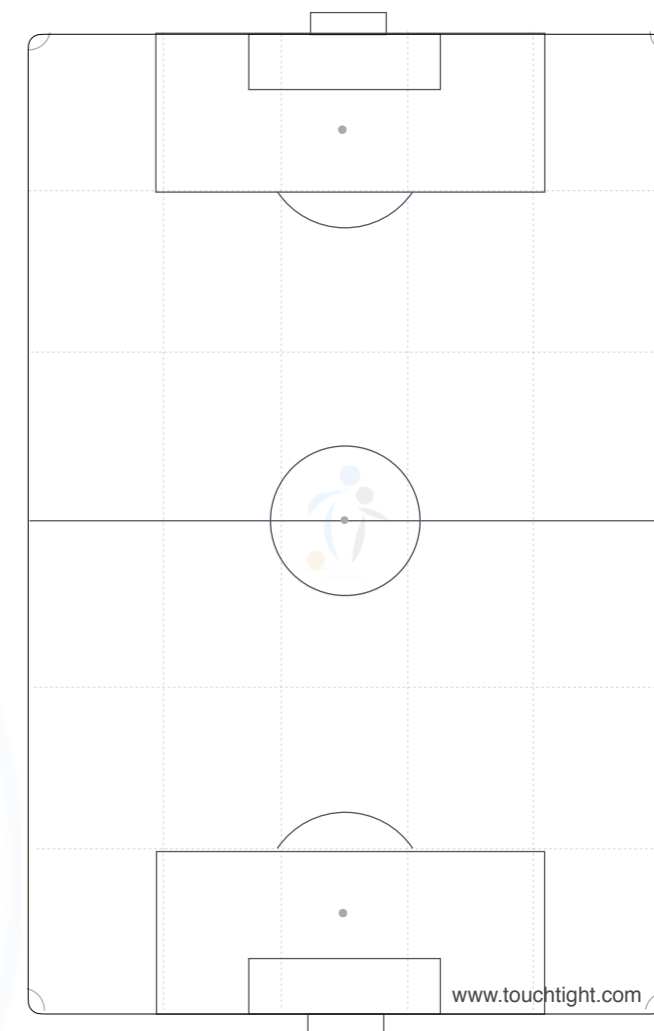
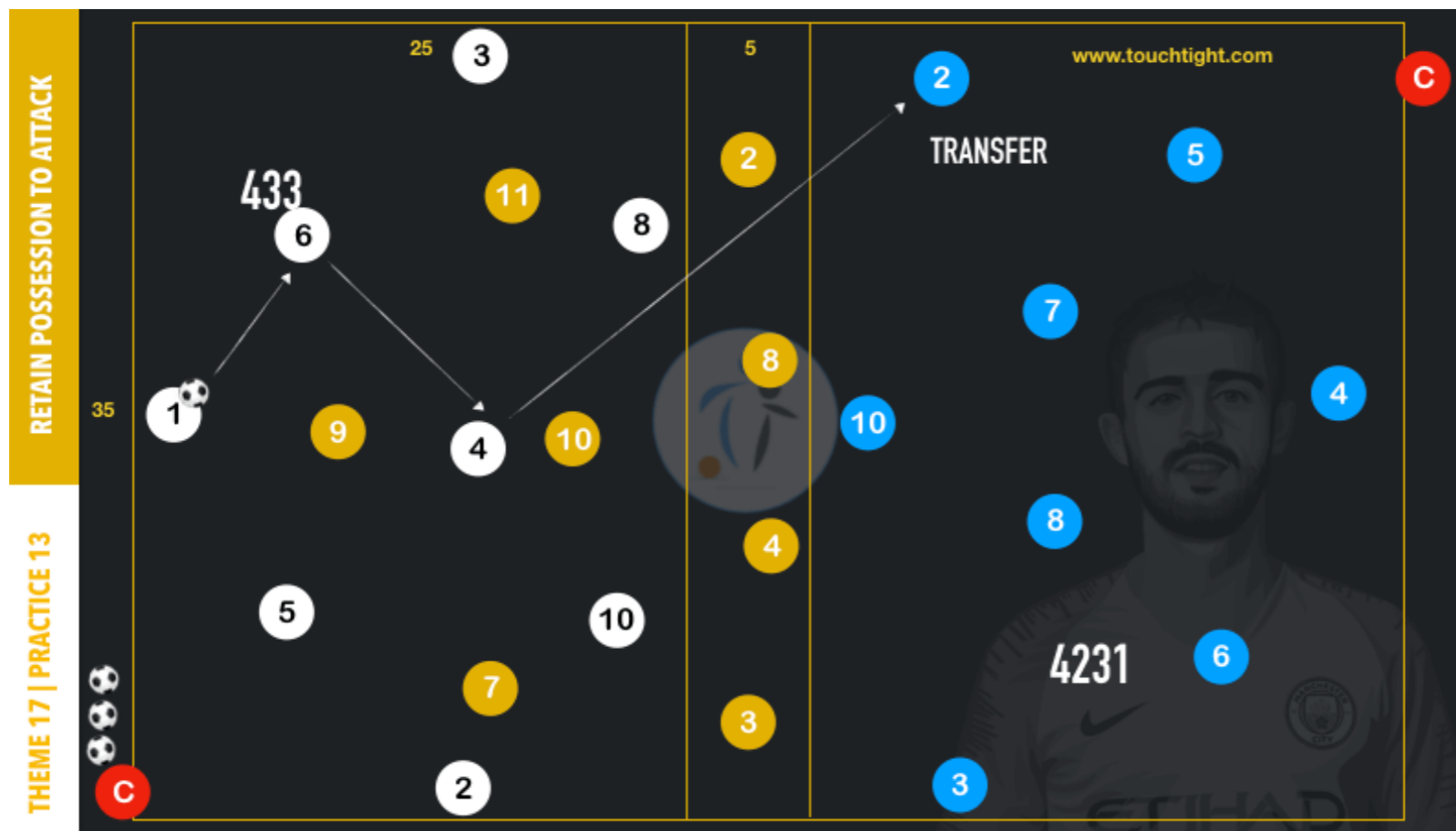
Players

Duration

Type: Advanced Lead Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- This Advanced Lead exercise, is practice number 13 in our Retaining Possession to Attack theme and involves 24 players, yet is adaptable depending on player number. The objective is for 8 players in their shape to make 5 passes when pressed by 4 defenders, before transferring possession to 8 awaiting players in the opposite half.

**Progressions & Constraints:**

- We can progress this by introducing zones to constrain movement and link to expectations in a particular formation. This shows how we would keep possession in a 433 before transferring the ball.

**Progressions continued**

- Finally, we can allow 2 players to drop into the central zone from the opposite half to connect play. Here we would remove the 5 pass constraint, yet limit players to a maximum of 5 seconds in the central zone before rotating with teammates.

**Key Coaching Points:**

- **Tactical** | Develop understanding of 8 player shape to break pressure
- **Technical** | play on the half turn to see play behind you (180 degree check)
- **Social** | Connect through verbal/non verbal communication to prepare transfer

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

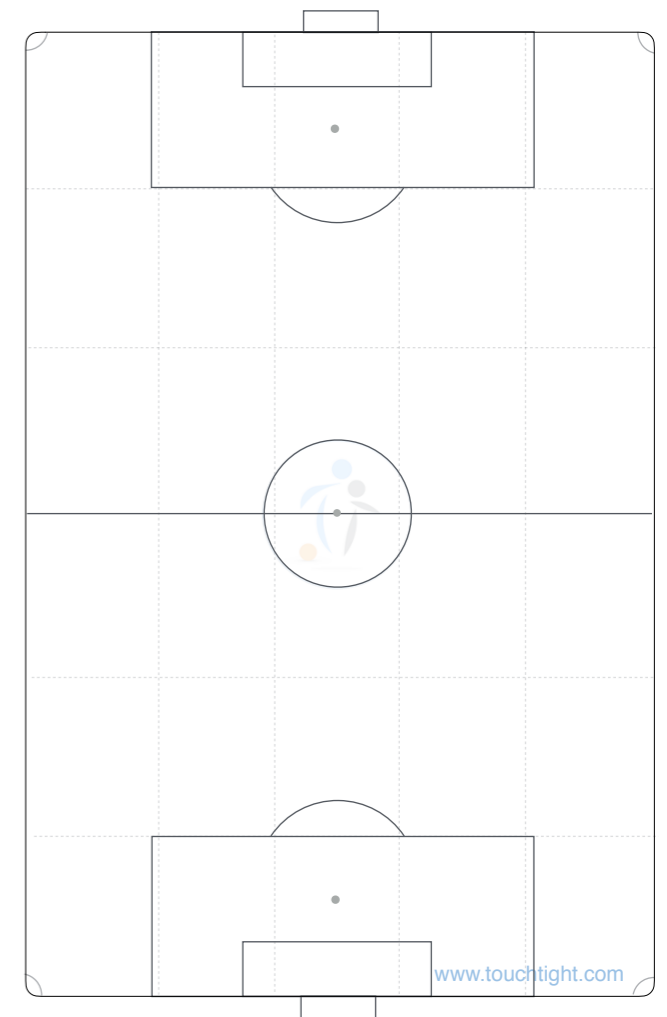
Player Trios initials	Objectives

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?



