



Session Date

Type: Advanced Lead Practice

Area:

Team Objectives:

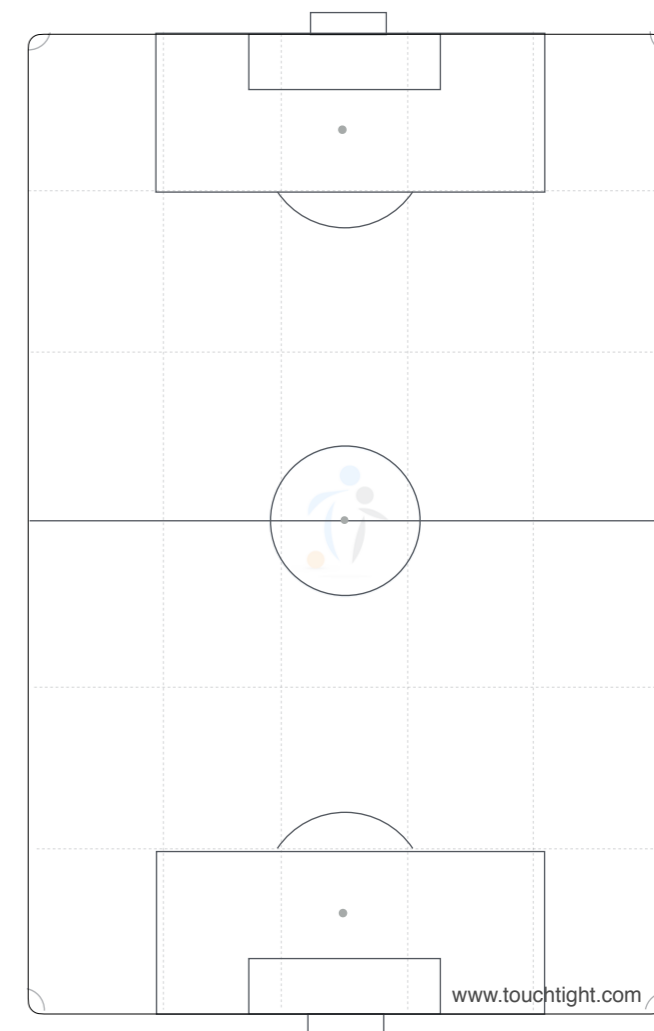
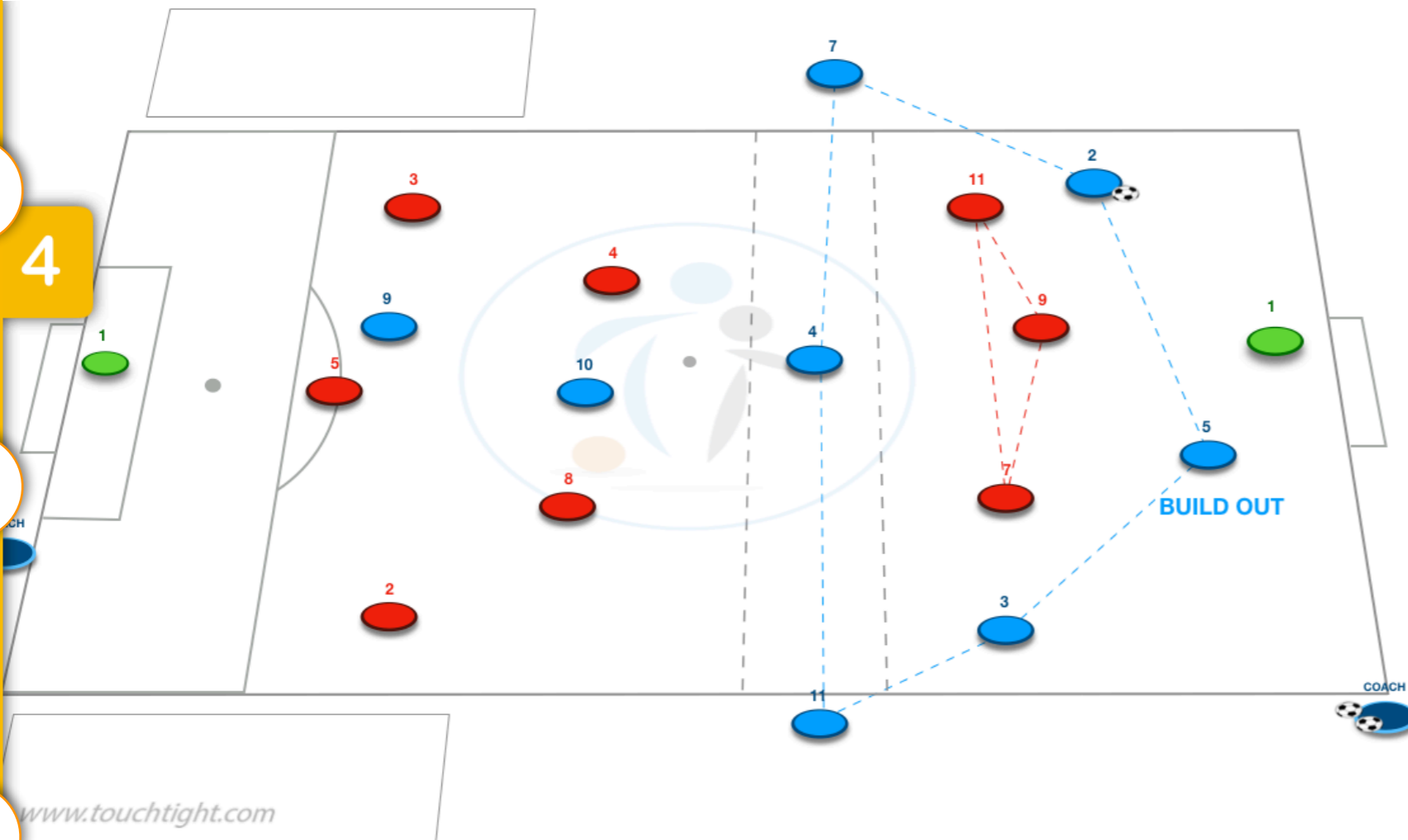
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Season

Age Group

Players

Duration



**Set up / Organisation:**

- Practice 13 in Theme 18 Progressive Possession, is an advanced lead practice in the area shown. In this 9 v 9, 3 Blues will build out against 3 reds, supported by 2 wide players and a central pivot, aiming to break into wide areas to cross and finish. Players look to build around and through the 3 player press, breaking into the attacking half creating a 7 v 5 attacking overload finishing from one of two crossing zones.
- We can work both ways with Reds playing out in a 5 v 3 with similar principles. One central midfielder can receive in the central zone unopposed, with rotation encouraged.

**Key Coaching Points:**

- (Tactical Key Point) Use overloads effectively to progress play (use space created)
- (Technical Key Point) Tight control and appropriate weight of passing
- (Social Key Point) Verbal and non verbal communication to create space

**Progressions / Constraints:**

- Once they break through the initial press, 2 defenders drop out leaving a 5 v 3 Reds attacking overload for them to finish centrally.

**Questions & Notes:**

- How does progression differ in different zones and how does this impact on the way you play?
- Where is rotation useful and how can you initiate this as players to build play?

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

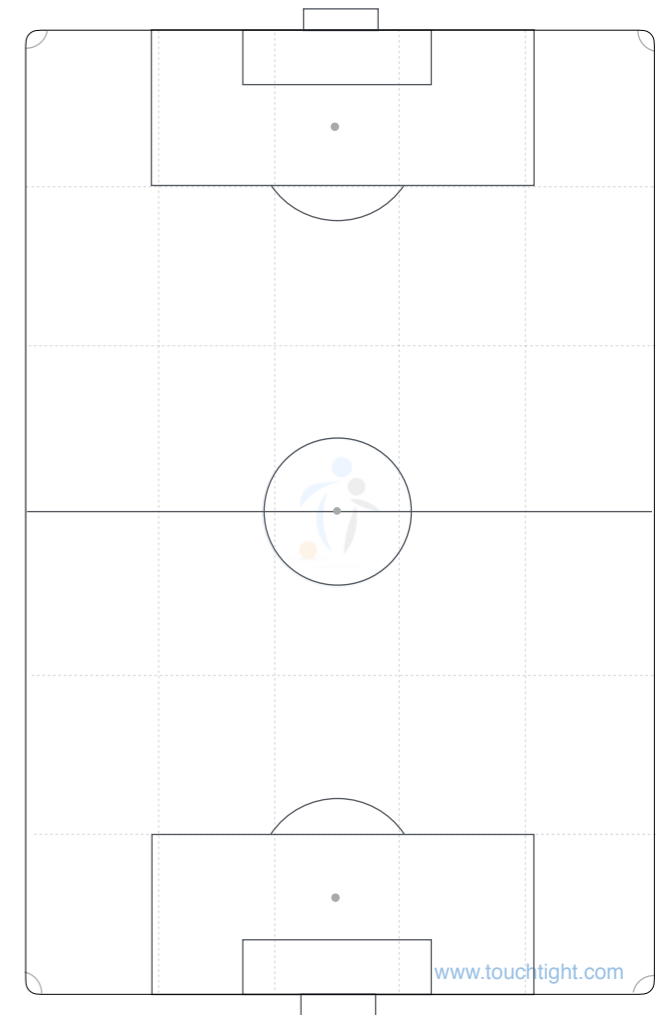
Player Trios initials	Objectives

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?

