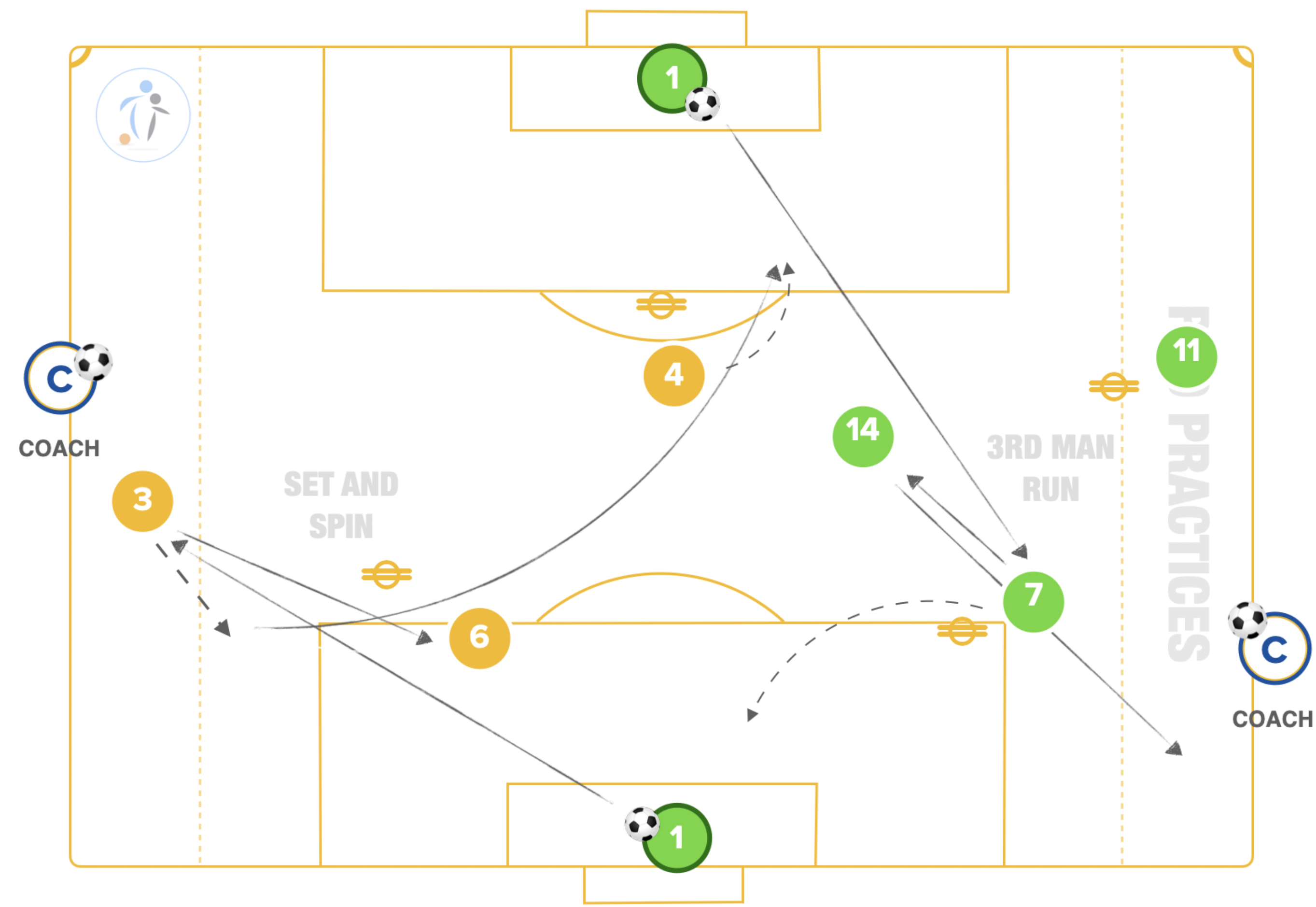


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
Coach can have 3 sequences and on the call of each, players must work a different rotation, i.e. midfielder to striker to wide player or wide player to midfielder to wide player for a cross to striker. Try to incorporate a different routine on each of the 4 stations and rotate players between each. You can choose to keep players in the same group or plan so full backs work with players in a variety of positions.					
Progressions	Player Questions				
Coach can have 3 sequences and on the call of each, players must work a different rotation, i.e. midfielder to striker to wide player or wide player to midfielder to wide player for a cross to striker. Try to incorporate a different routine on each of the 4 stations and rotate players between each. You can choose to keep players in the same group or plan so full backs work with players in a variety of positions.					
Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

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EVALUATION

Player(s)	Objective	Tech / Tact / Soc / Phy / Psych	Evaluation

Coach (Self)
Session Organisation
Players (Motivation / Engagement / Learning)
Action Points