Type: Opposed 1 v 1

Area:

Team Objectives:

2 v 1

Phase 1

30

20

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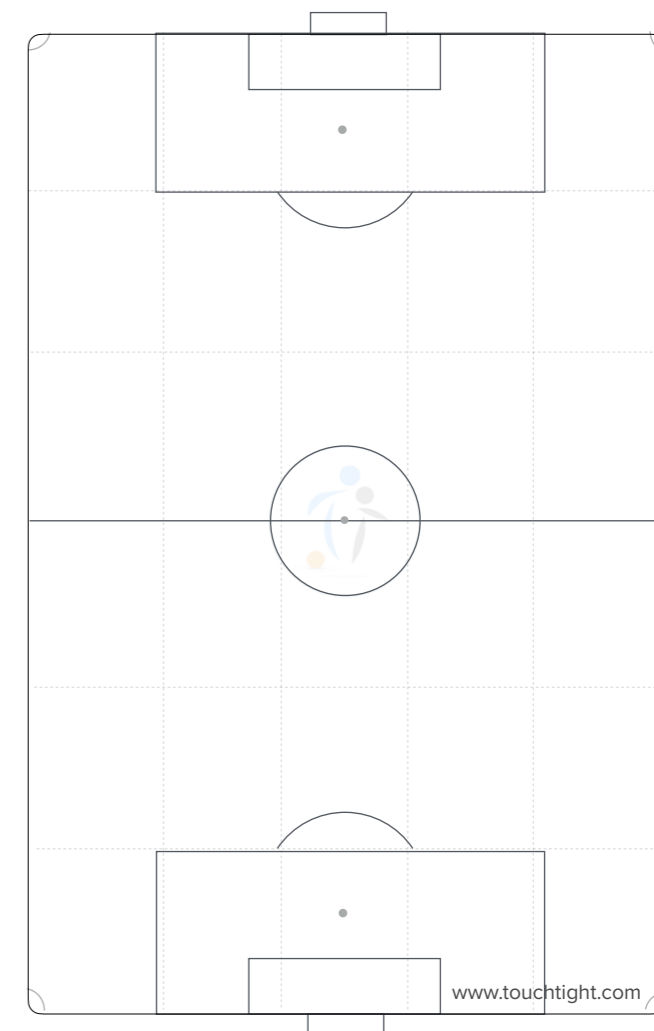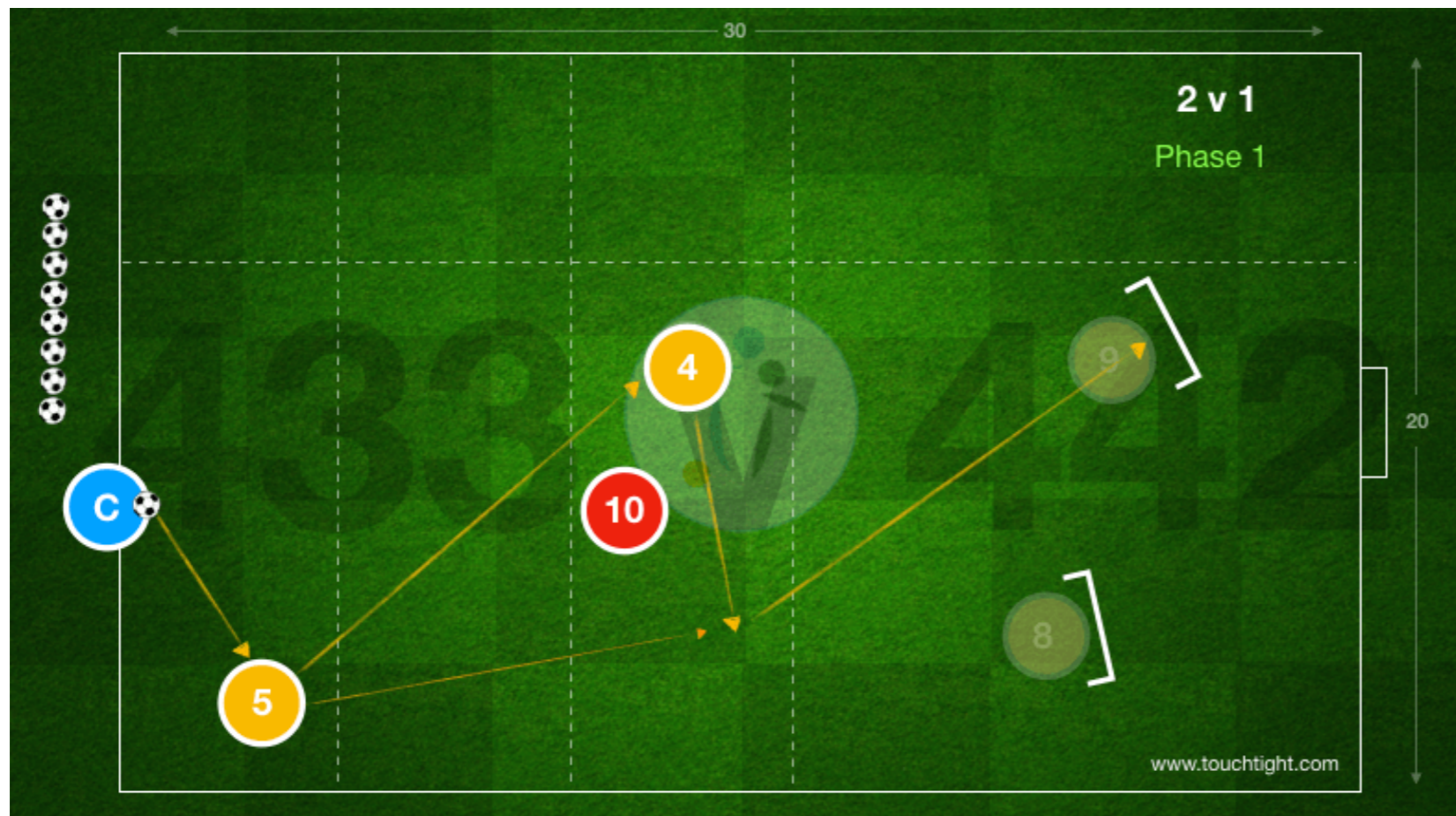
Set Up & Organisation:

- This practice is a 2 v 1 possession practice. With a 433 against a 343 we look at how our central midfielder can connect with our central defender to eliminate an opposition striker. The possession area is a 15 by 18 with 2 mini goals replicating a midfielder (8) and striker (9). Our defender must begin in the first zone, with our opposed striker beginning the press in the third zone shown, together with our supporting midfielder (4). The attacking pair can gain 2 points for playing the midfielder in behind the striker to a finish.

Progressions & Constraints:

- Allow the striker to high press, with the coach having to play the pass into the central defender first.
- Play the midfielder first, who can score if they gain entry into the final zone.

Key Coaching Points:

- If the midfielder receives possession off the shoulder to score they will gain one point.
- If our centre back can break into the final third to finish after a 1/2 the pair gain 3 points.

Questions & Notes:

- Where is the space created to play in behind and how can we achieve this?
- When you can be brave to break defensive pressure with runs on and off the ball?

Work / Rest Ratio: mins   sets

Session Date

Season

Age Group

Players

Duration

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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
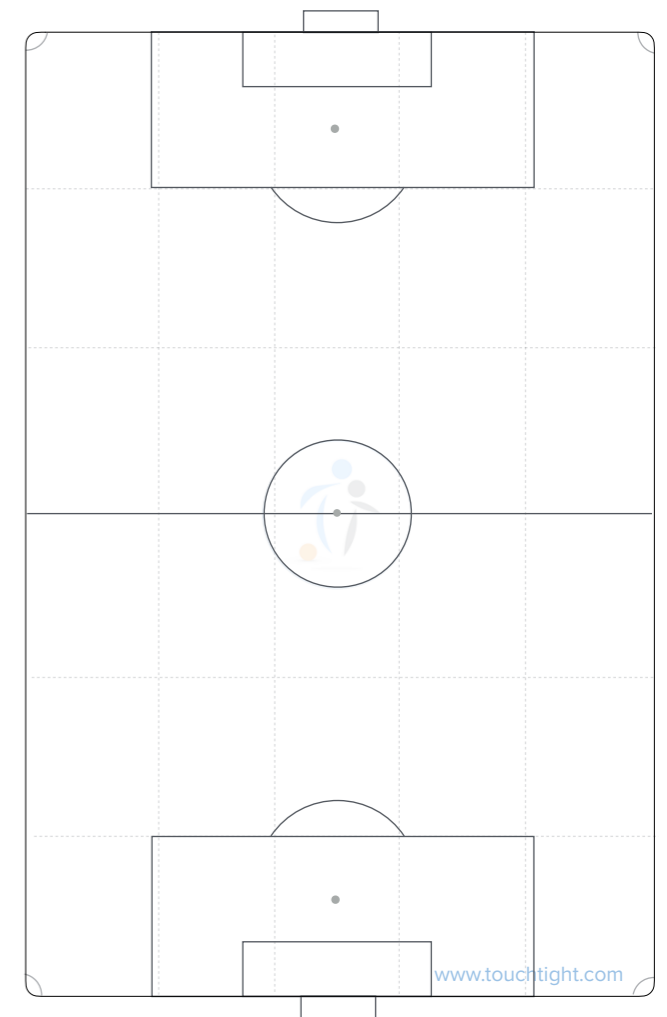
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Big Game Question

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

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