



Session Date

Season

Age Group

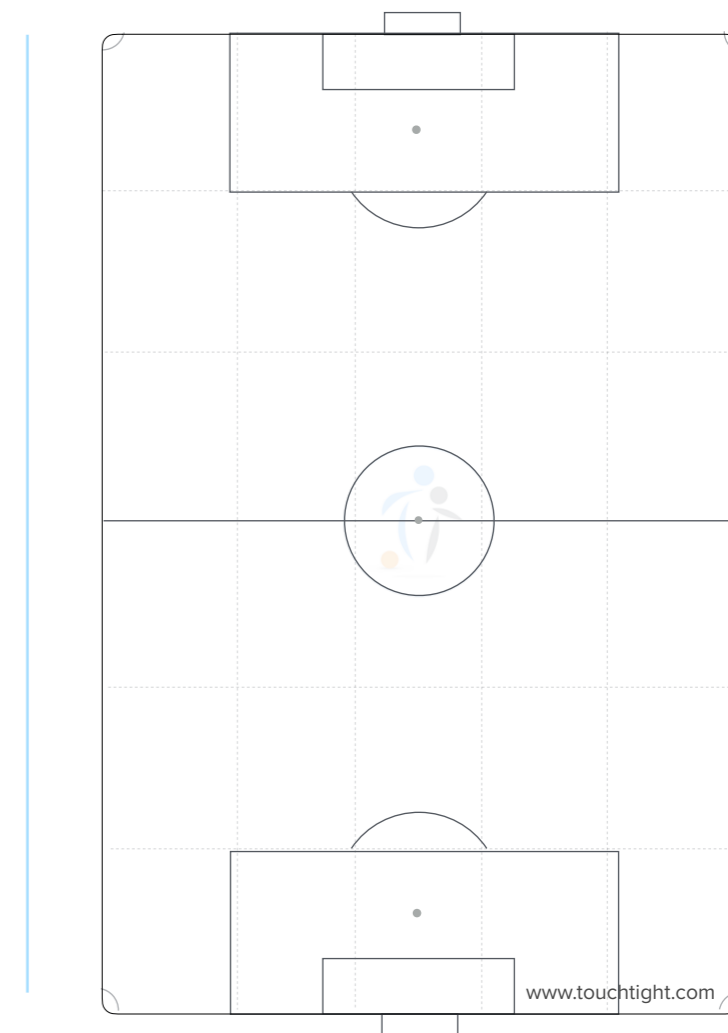
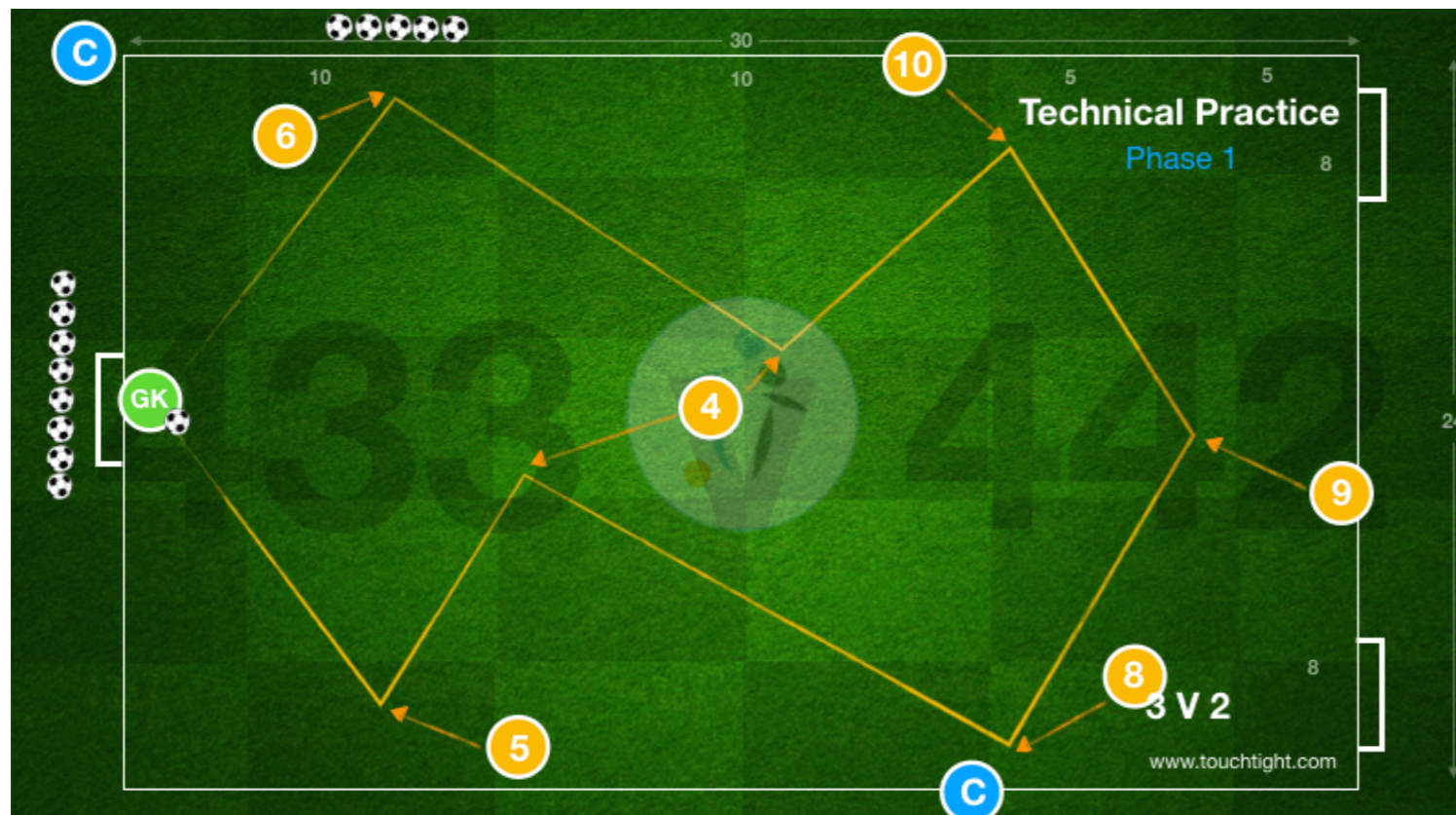
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



Set Up & Organisation:

- This practice is a technical passing practice to develop player relationships. This set up shows the passing sequence and possible combinations we are looking for in this formation. In a 30 by 24 yard area, 6 outfield players and a goalkeeper start on the blue discs and look to receive possession to build on the red disc, encouraging movement to receive. Once players combine back through to the Goalkeeper, they must now attack either of the 2 mini goals, with varied distribution.

Progressions & Constraints:

- We can now introduce 2 balls, forcing players to check away from their played pass quickly, preparing to receive the next ball
- We finish with constant attacks from the back, developing 3rd man runs and rotational movement between players.

Key Coaching Points:

- **Tactical** | Understand teammates movement to build play progressively
- **Technical** | Weight of pass and quality of touches to play quickly
- **Social** | Cohesive movement between players, developing close relationships

Questions & Notes:

- What movements do your teammates make that influence your decisions?
- When can you play one touch and how can you help teammates do the same?

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

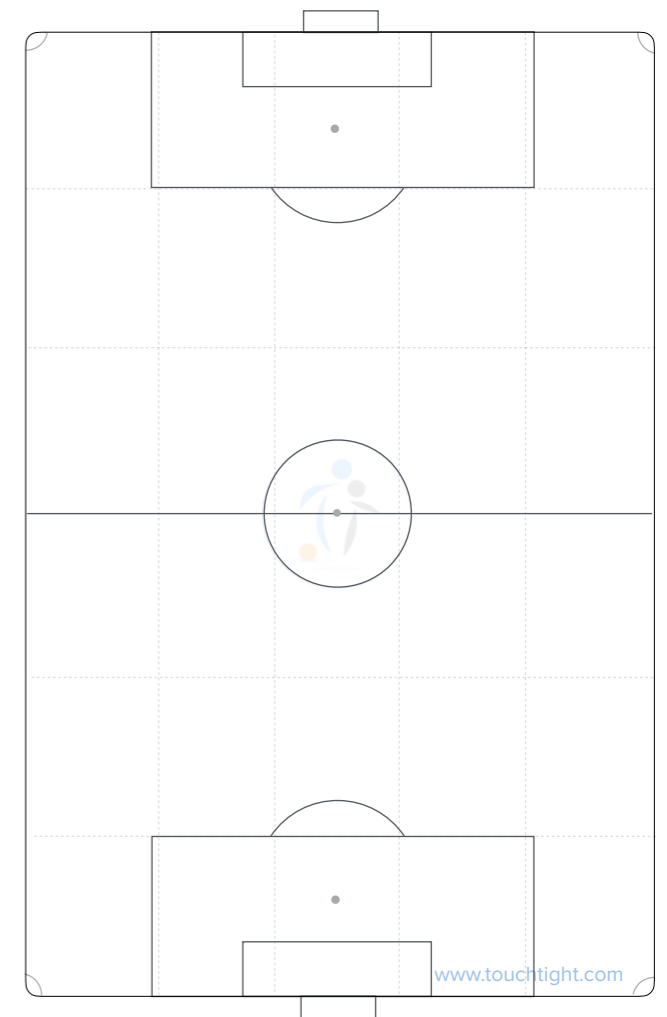
Player Trios initials	Objectives

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?



