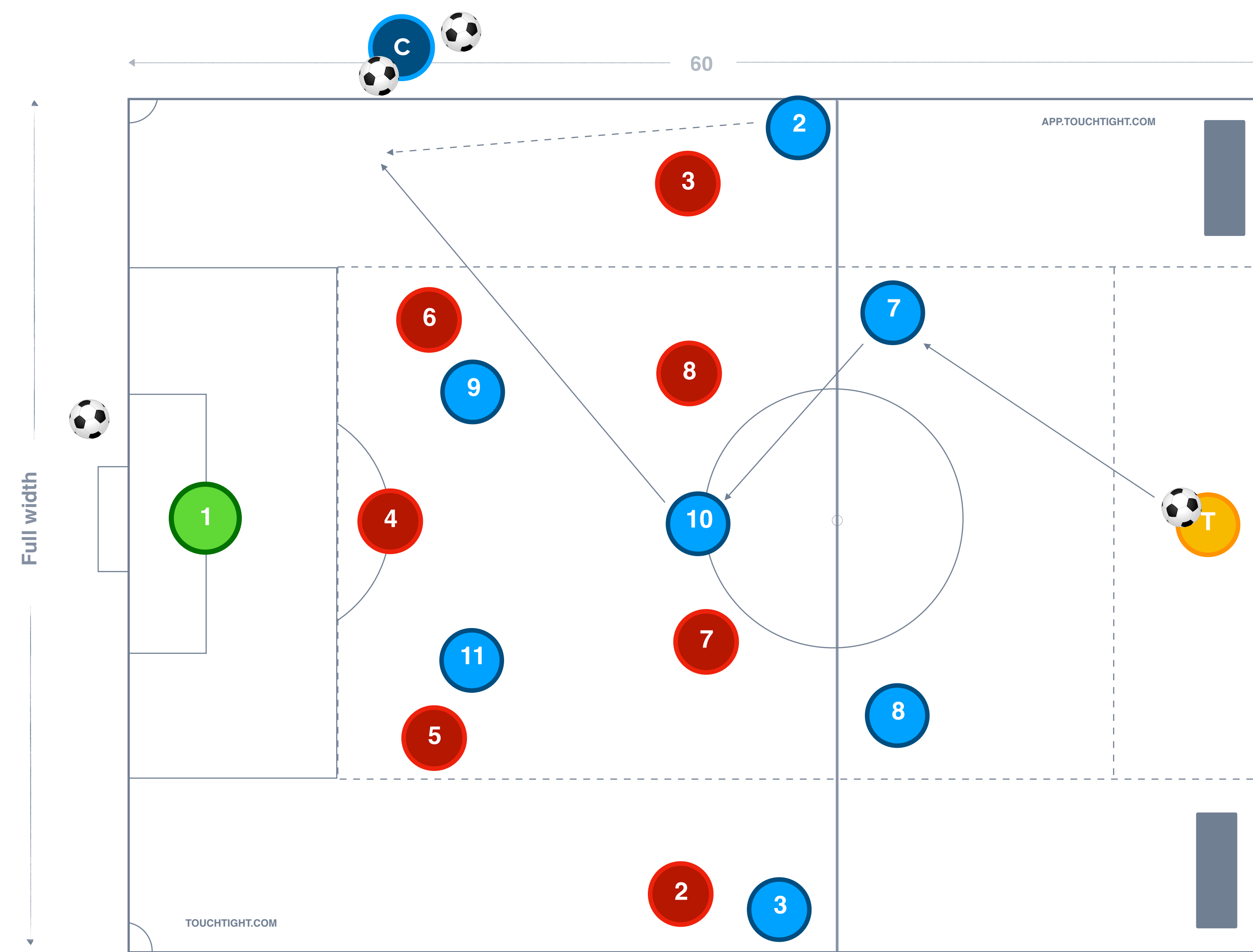


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO



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Coach Notes

Organisation

Practice 10 of theme 1 Attacking Centrally is a Phase of Play and is set up in 2 thirds of a pitch length and full pitch width. Blues attack with 7 outfield players with the support of floating player in what would be a 3412 or 352 set up, against a back 3 and 4 midfielders. Objective is to build play through central areas and create overloads to progress play and develop opportunities. If Reds win possession they must score in 1 of 2 mini goals and can use the floating player as a target to bounce off on 1 or 2 touches.

Key Coaching Points

1. Build play in the midfield third with overloads
2. Consider how pivotal the number 10 can influence play
3. Use width effectively to draw out opposition defenders

Progressions

1. Defenders must apply a high press and will receive a point if they win possession within 10 passes. This will create spaces for attackers to exploit.

Player Questions

1. How can rotational movement from the attackers help to create spaces to exploit/
2. When is the right opportunity to spread play wide?
3. Why is communication so important when defending?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type



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Player

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

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Evaluation

Coach (Self)
Session Organisation

Players (Motivation / Engagement / Learning)
Action Points