



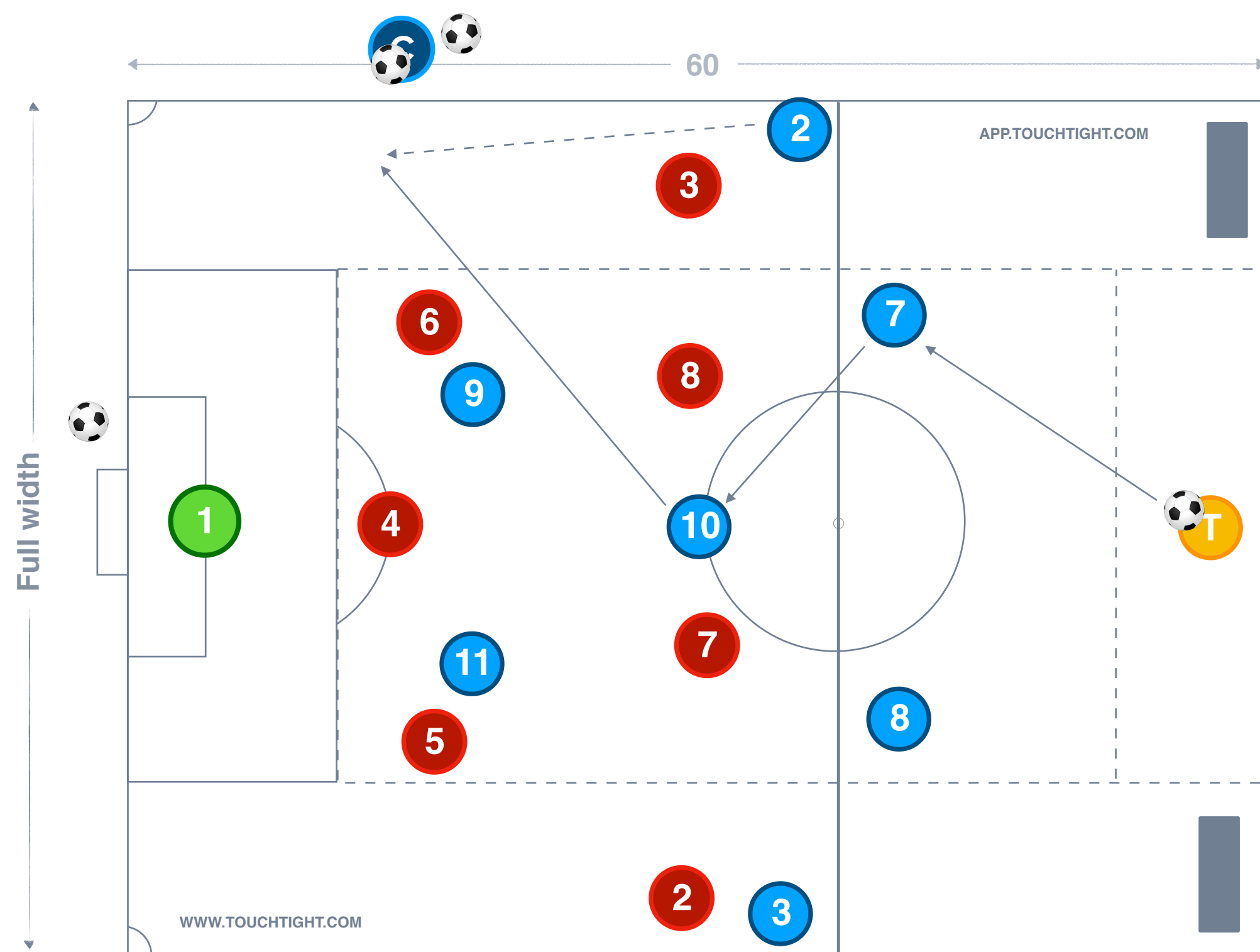
THEME 01:

ATTACKING CENTRALLY

PRACTICE 10: PHASE OF PLAY

AGE GROUP: 14+

Title	Date	Start Time	Duration	No. of Players	Area Size



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:

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



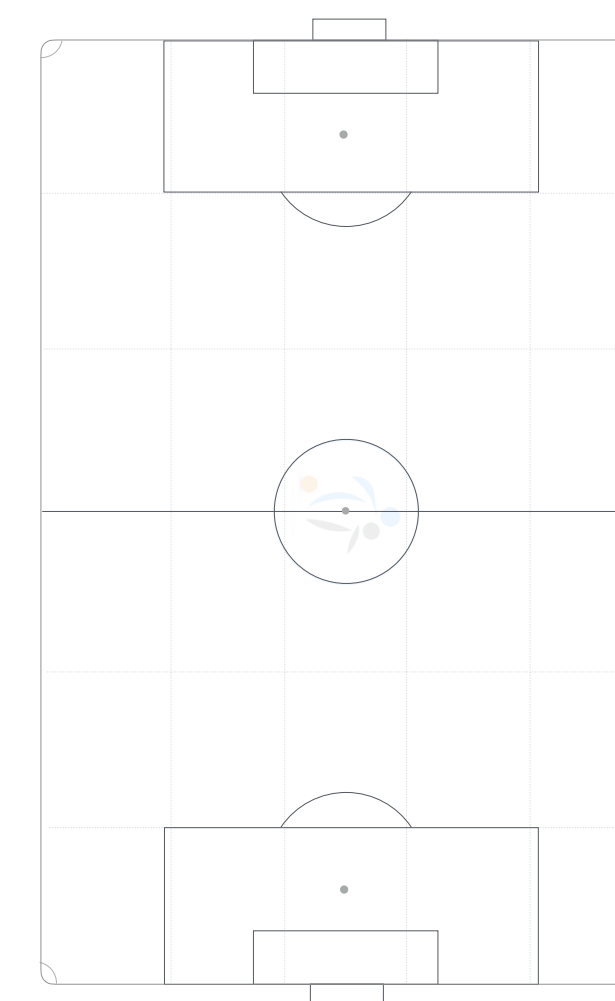
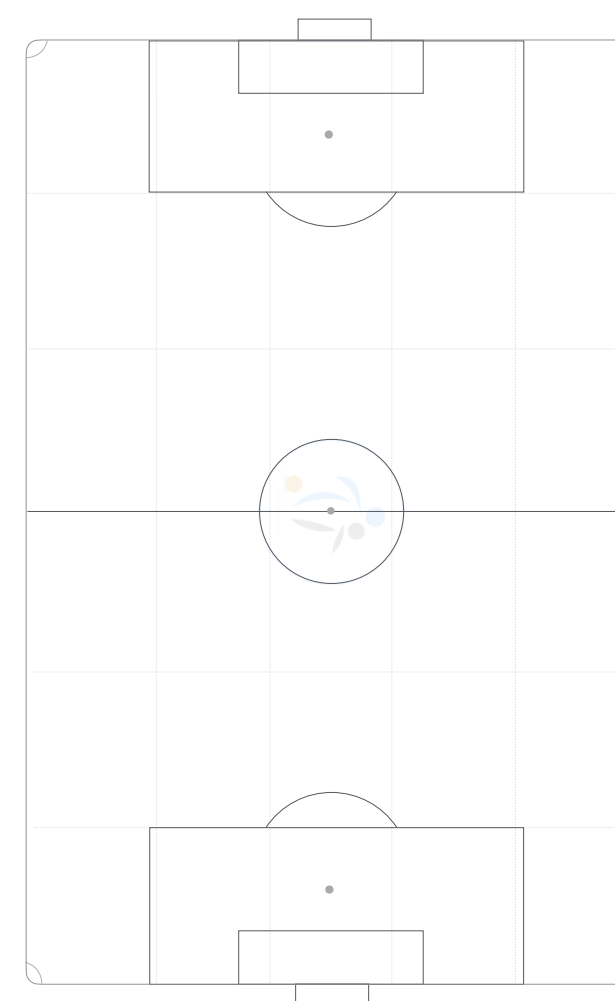
PROGRESSIONS:

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

ADDITIONAL INFORMATION

COACH PLANS



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

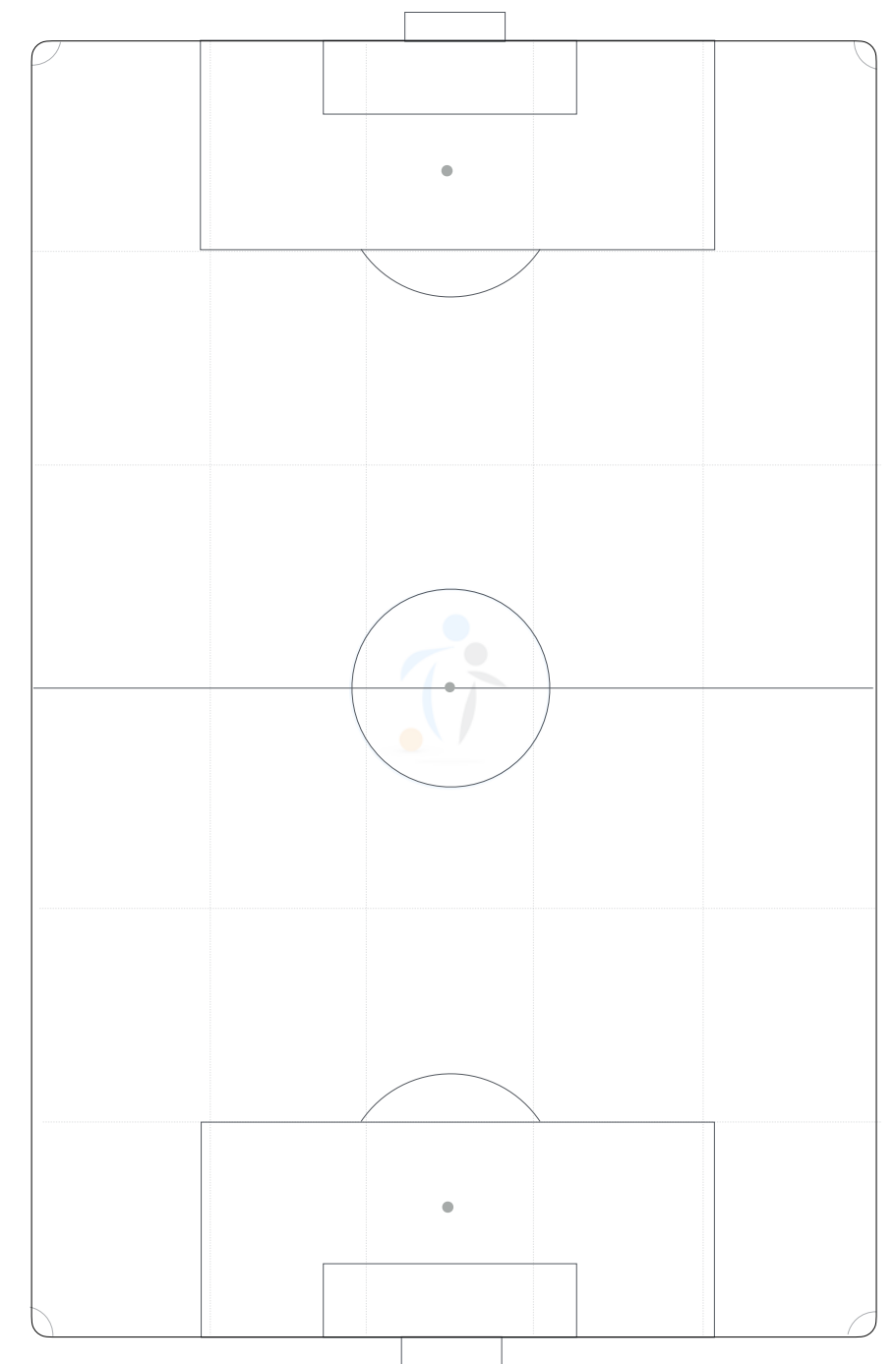
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

