



THEME 01:

# ATTACKING CENTRALLY

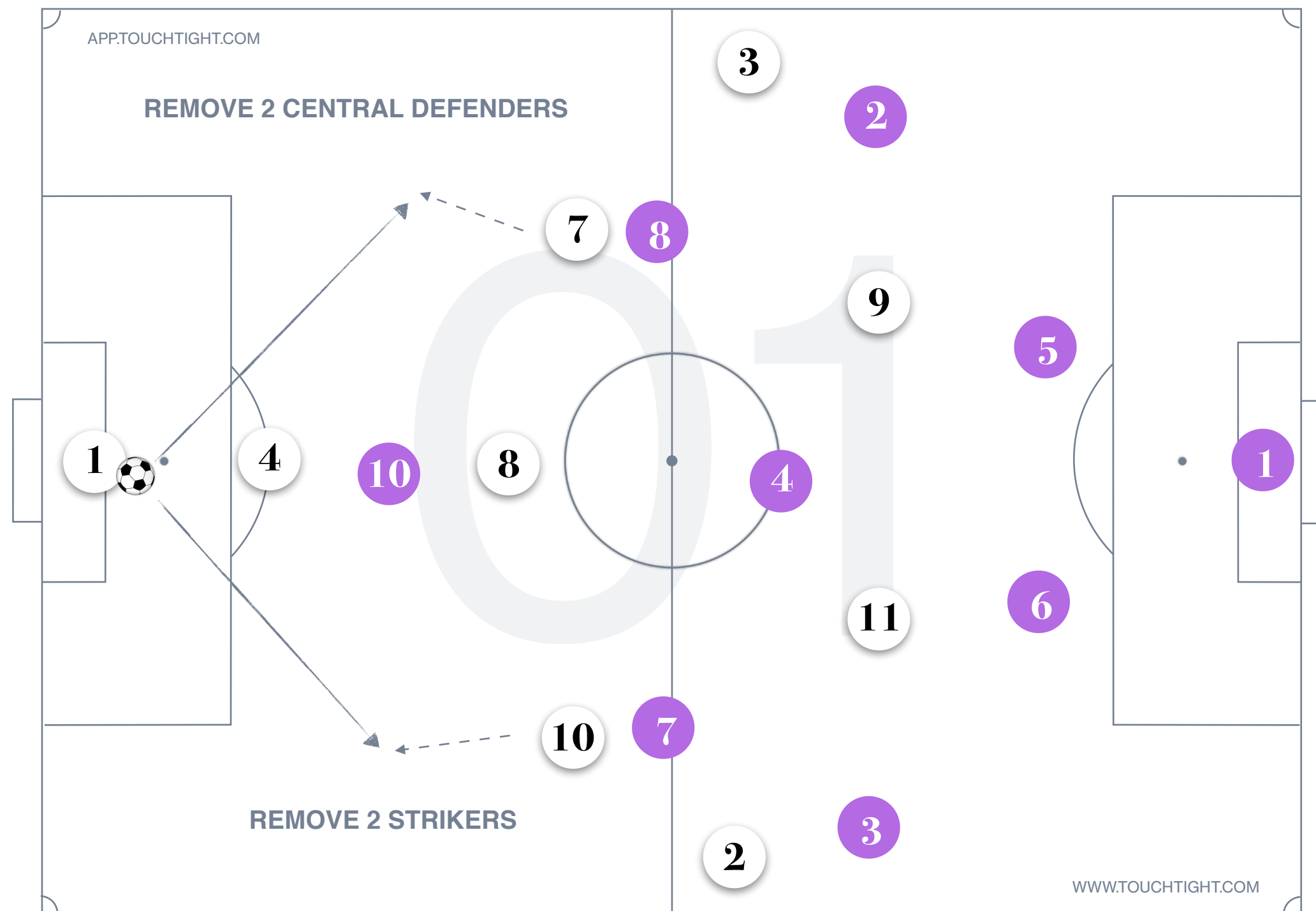
## PRACTICE 11: MEDIUM SIDED GAME

AGE GROUP: 14 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO CREATE OVERLOADS IN GAMES



### ORGANISATION:

This is practice 11 from Coaching Theme 1, 'attacking centrally' and is a Medium Sided Game based on attacking in a 352 against a familiar 433. We remove 2 central defenders for attackers and 2 wingers from the defending team to leave a 9 v 9. We look to play wide moving the opposition to create space in central areas, drawing midfielders out of position higher up the pitch to play through our 2 strikers in the final third.

### KEY COACHING POINTS:

- Identify spaces where you have overload advantage
- Look to penetrate gaps where possible
- Progress the practice by splitting the area into thirds, allowing one additional defender to press and a single attacking player to drop into a deeper zone to connect.
- We can then allow an attacker to advance a zone from each area, providing support in more advanced areas.

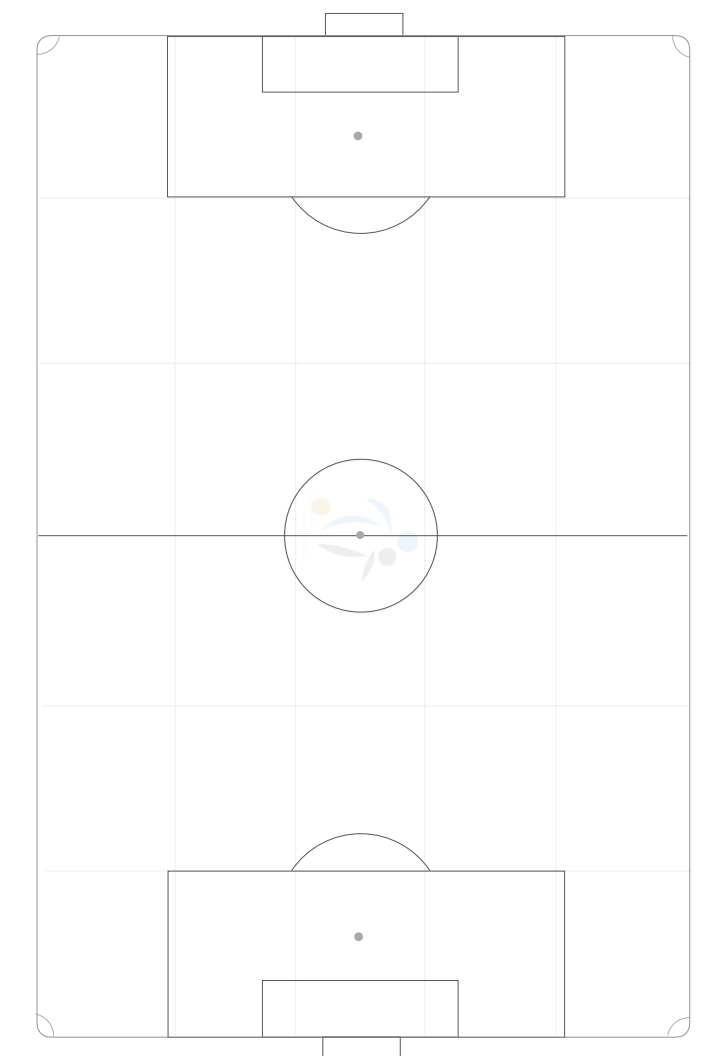
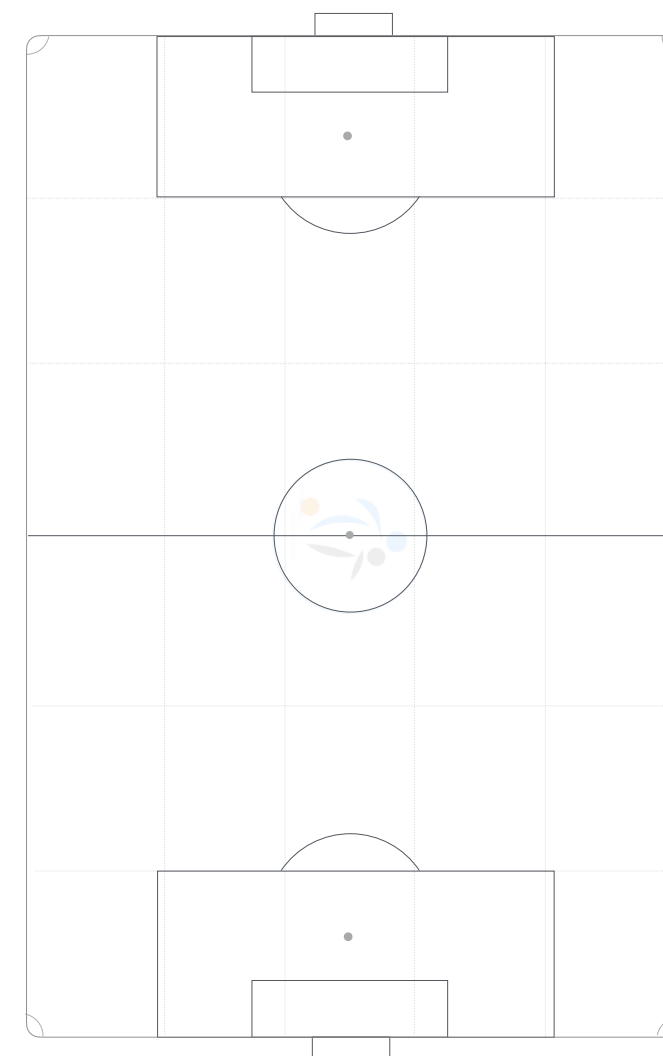


## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## COACH PLANS



## ADDITIONAL INFORMATION:



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

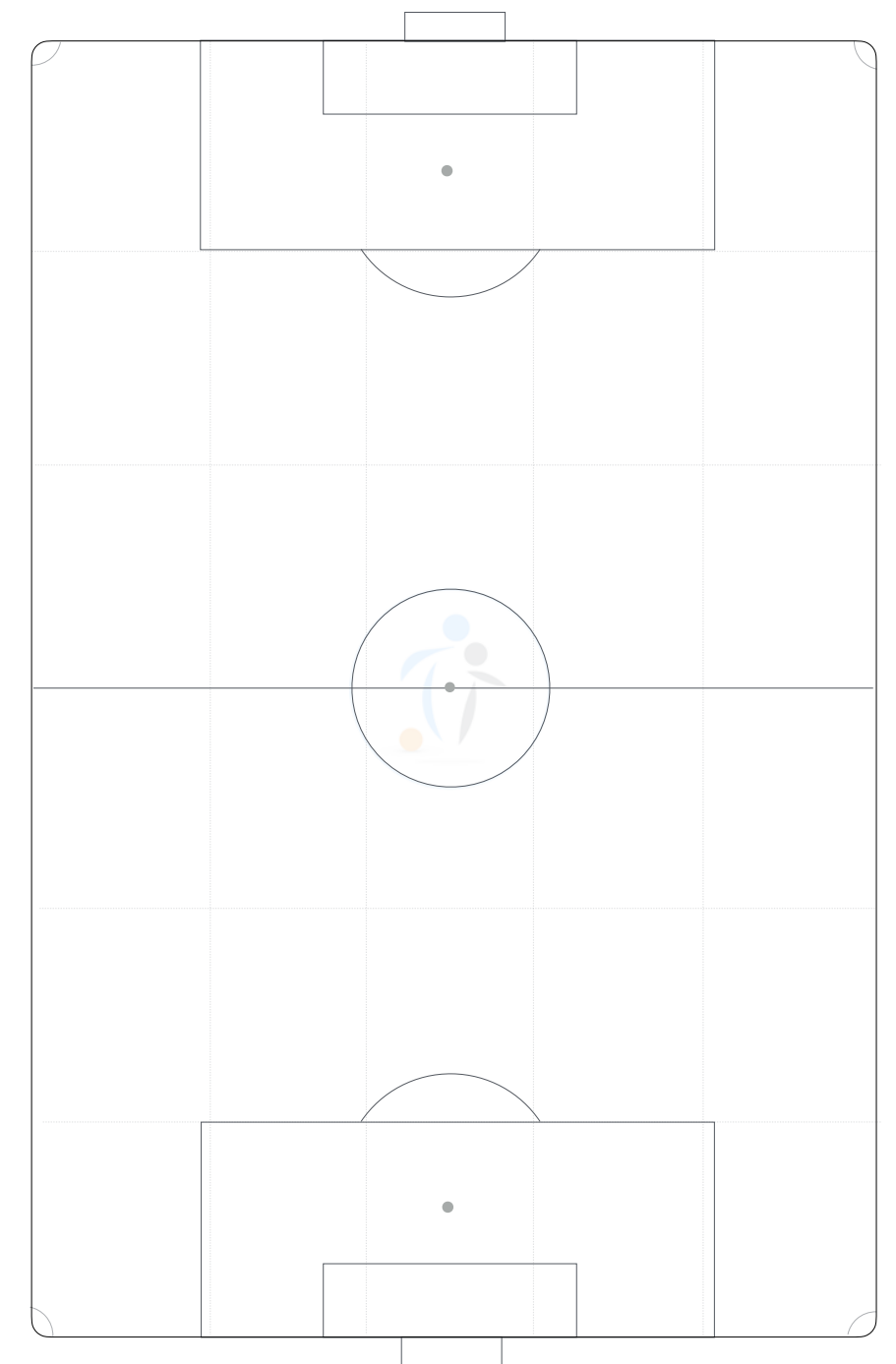
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

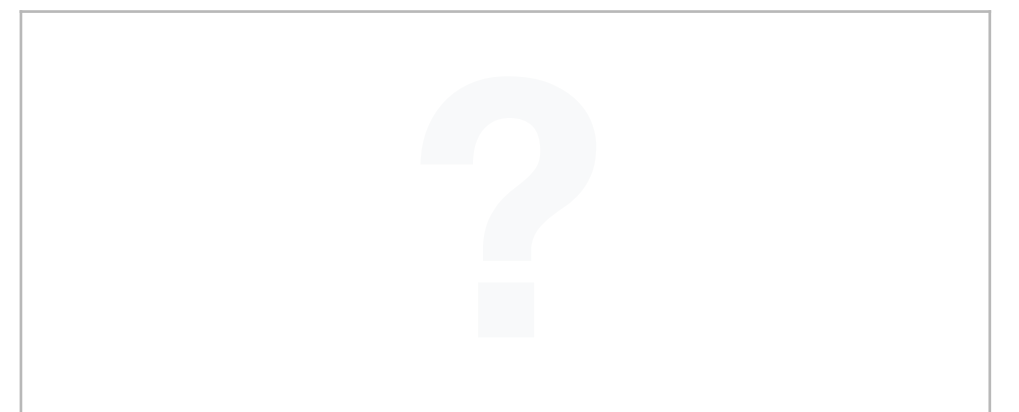
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



Individual Player objectives by team to measure progress

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