



THEME 01:

ATTACKING CENTRALLY

PRACTICE 12: LEAD PRACTICE

AGE GROUP: 13 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COMBINE TO A FINISH



ORGANISATION:

This Lead practice is played in a 50 by 50 yard area. 4 defenders defend against 3 coached attacking players, plus 2 floating players for defenders to play into to score into a mini goal. If defenders regain possession, they have 10 seconds to get a shot off on target. This Lead session focuses on the initial stages of attacks during the central build, and challenges attacking players to create opportunities with this initial 3 v 4 defensive overload. Defenders are constrained to initially play 20 yards apart before attackers take their first touch from a coach pass.

KEY COACHING POINTS:

Encourage attackers to play with larger spaces between them, drawing opposition pressure creating 1 v 1s in advanced areas.

PROGRESSIONS:

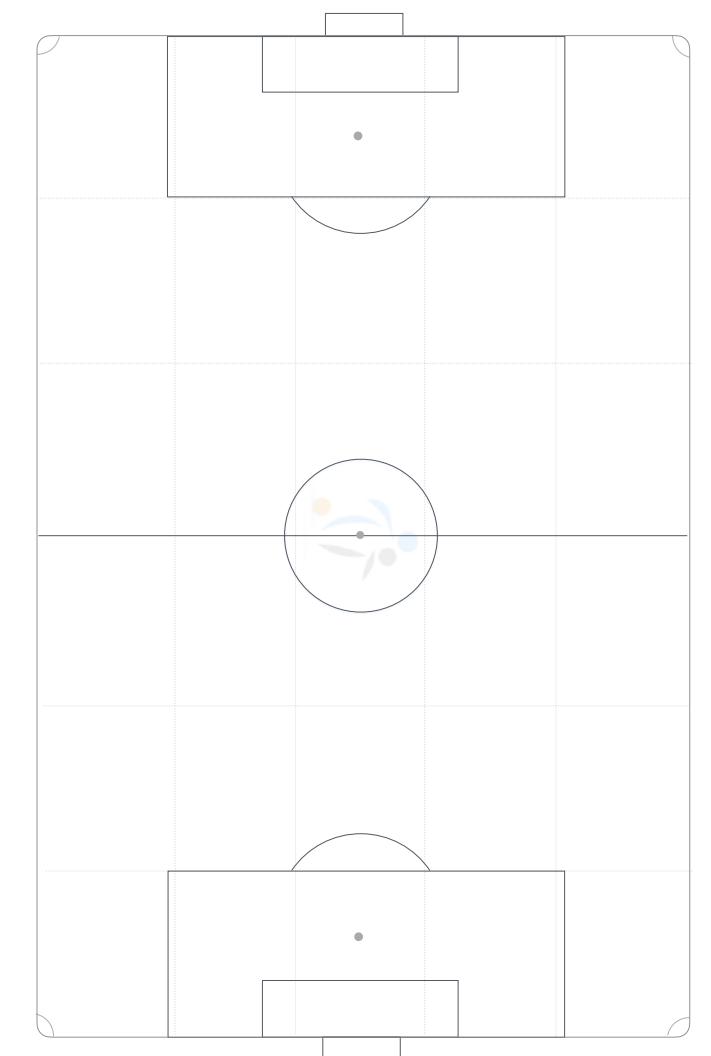
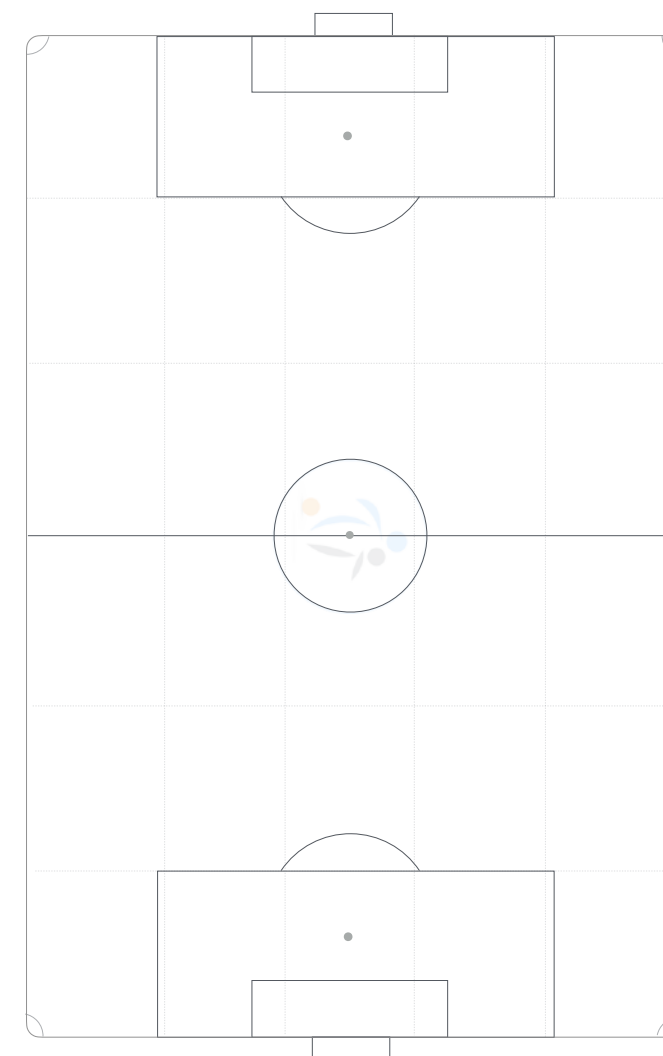
Challenge defenders to regain possession in 5 seconds rewarding them with a goal, leaving space for attackers to exploit in behind, focusing on the timing of forward runs and accurate weight and direction of passes. Finally allow target players to switch play before allowing a single target player to join in free play creating a 4 v 4, balancing player challenge.

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

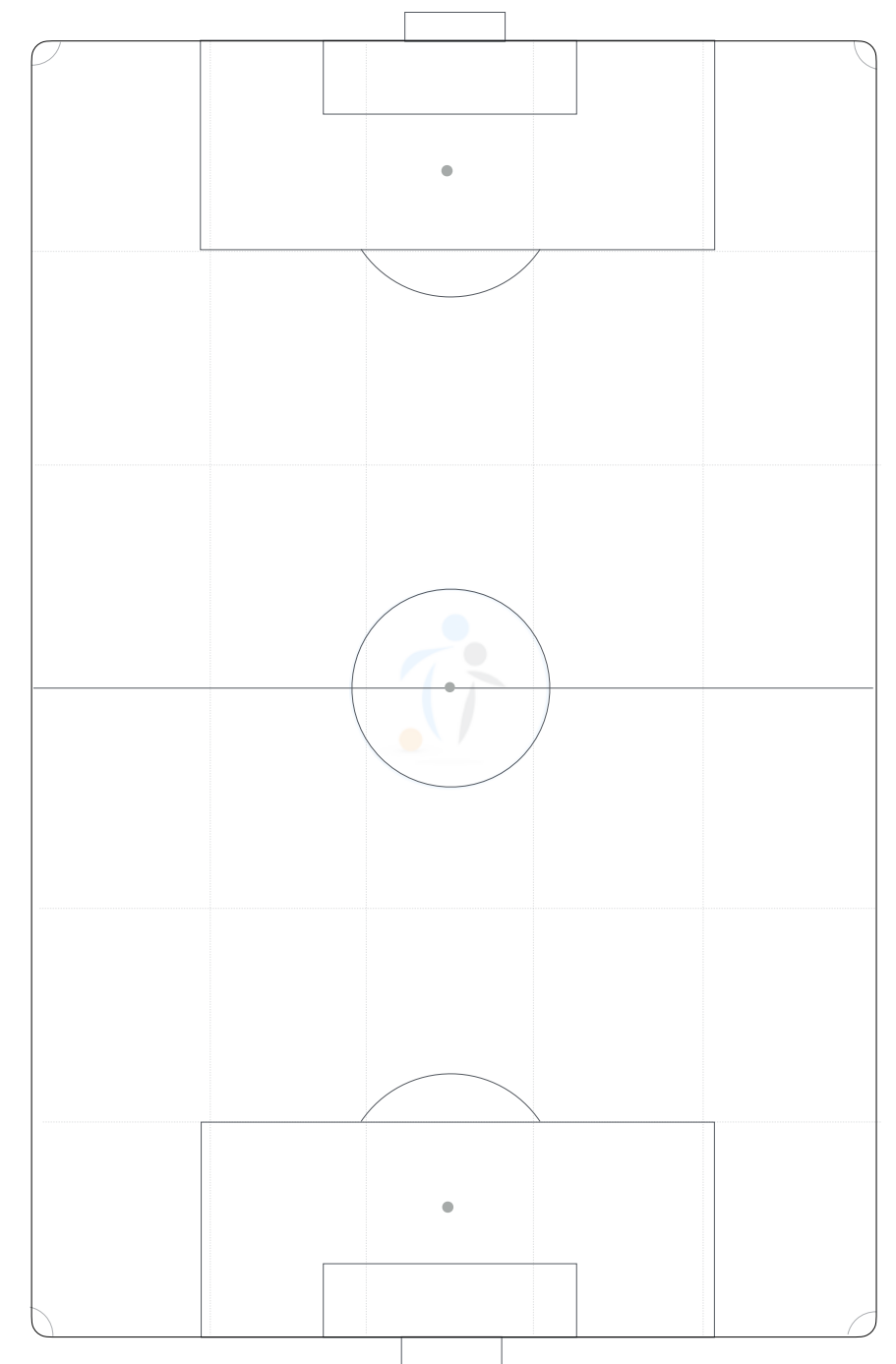
Player Trios initials	Objectives

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?

