



THEME 01:

ATTACKING CENTRALLY

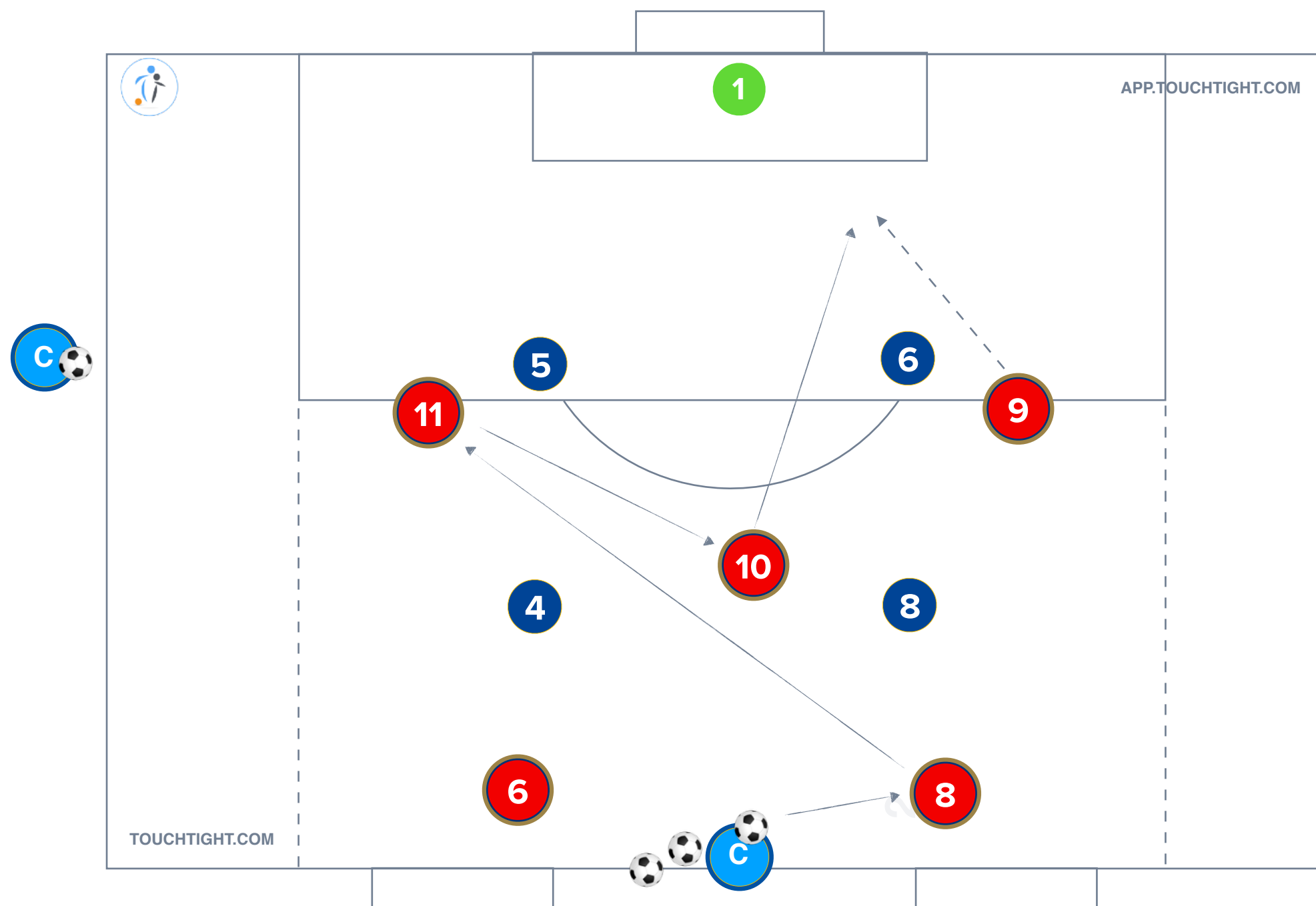
PRACTICE 13: ADVANCED LEAD

AGE GROUP: 13 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COMBINE TO A FINISH



ORGANISATION:

Practice 13 of theme 01 Attacking Centrally is a Lead In practice and is played in the final third and the width of the 18 yard box. With an outfield 5 v 4, our attacking team is set up in a 2 1 2 (against a GK, 2 defenders and 2 midfielders).

We restrict zones with a 2 v 2 in midfield and a 3 v 2 attacking overload, with the objective to combine to create and convert opportunities.

If the defending team win possession they must attempt to score in one of two mini goals.

If defenders drop to protect space, be patient in your attacking play as spaces open up.

KEY COACHING POINTS:

Recognise opportunities to penetrate with a notable increase in passing speed.

Play side on in the pockets to penetrate through the first line of defence



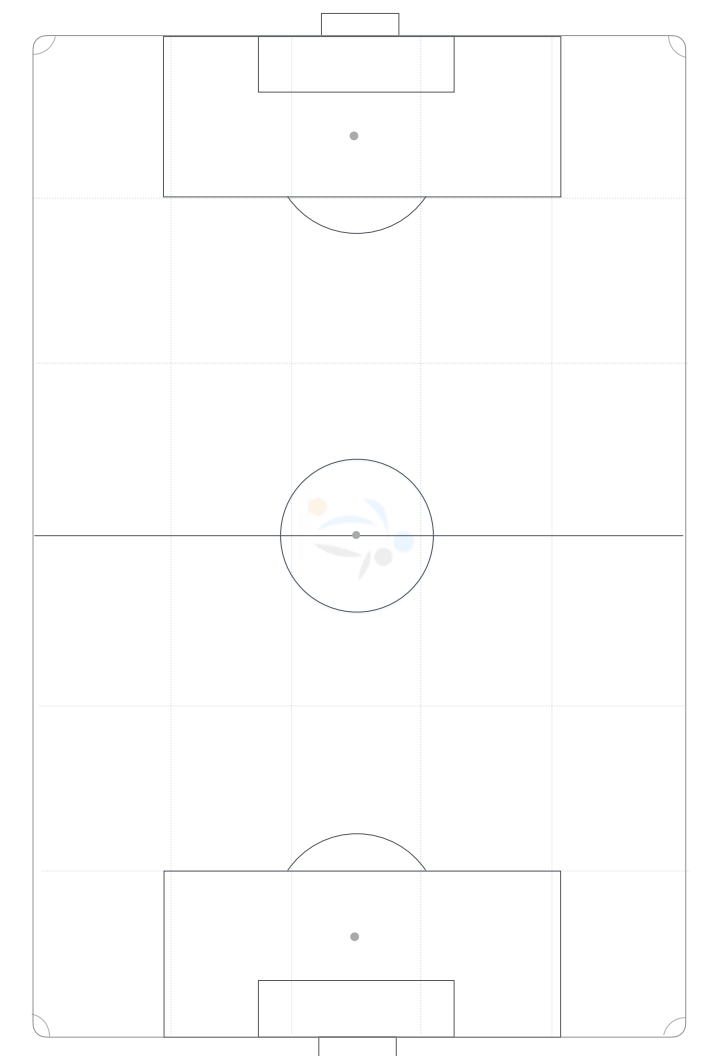
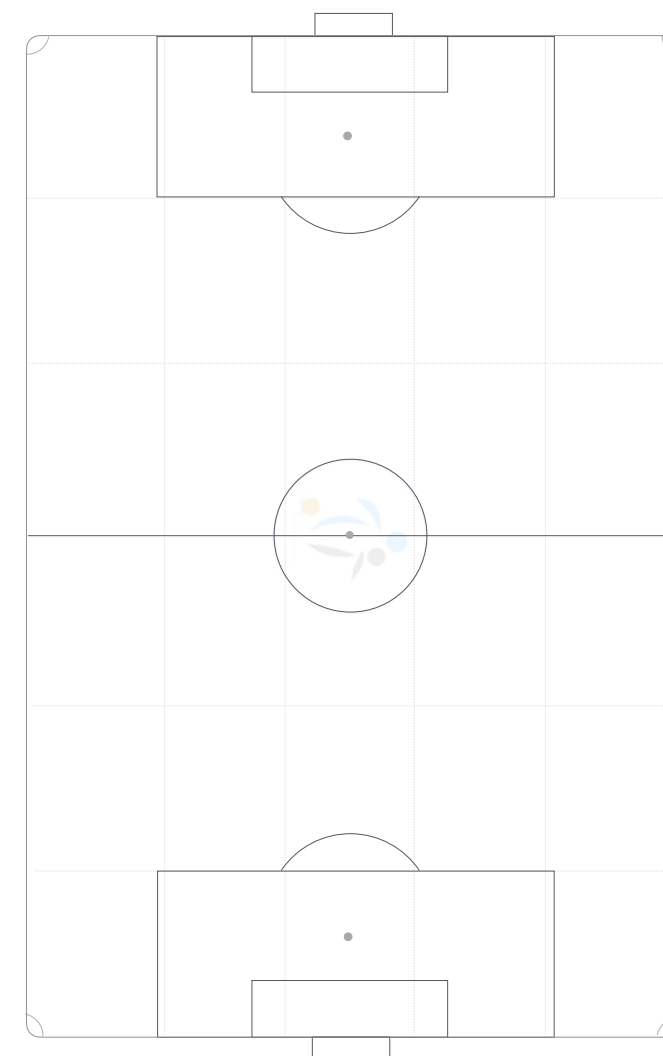
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

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

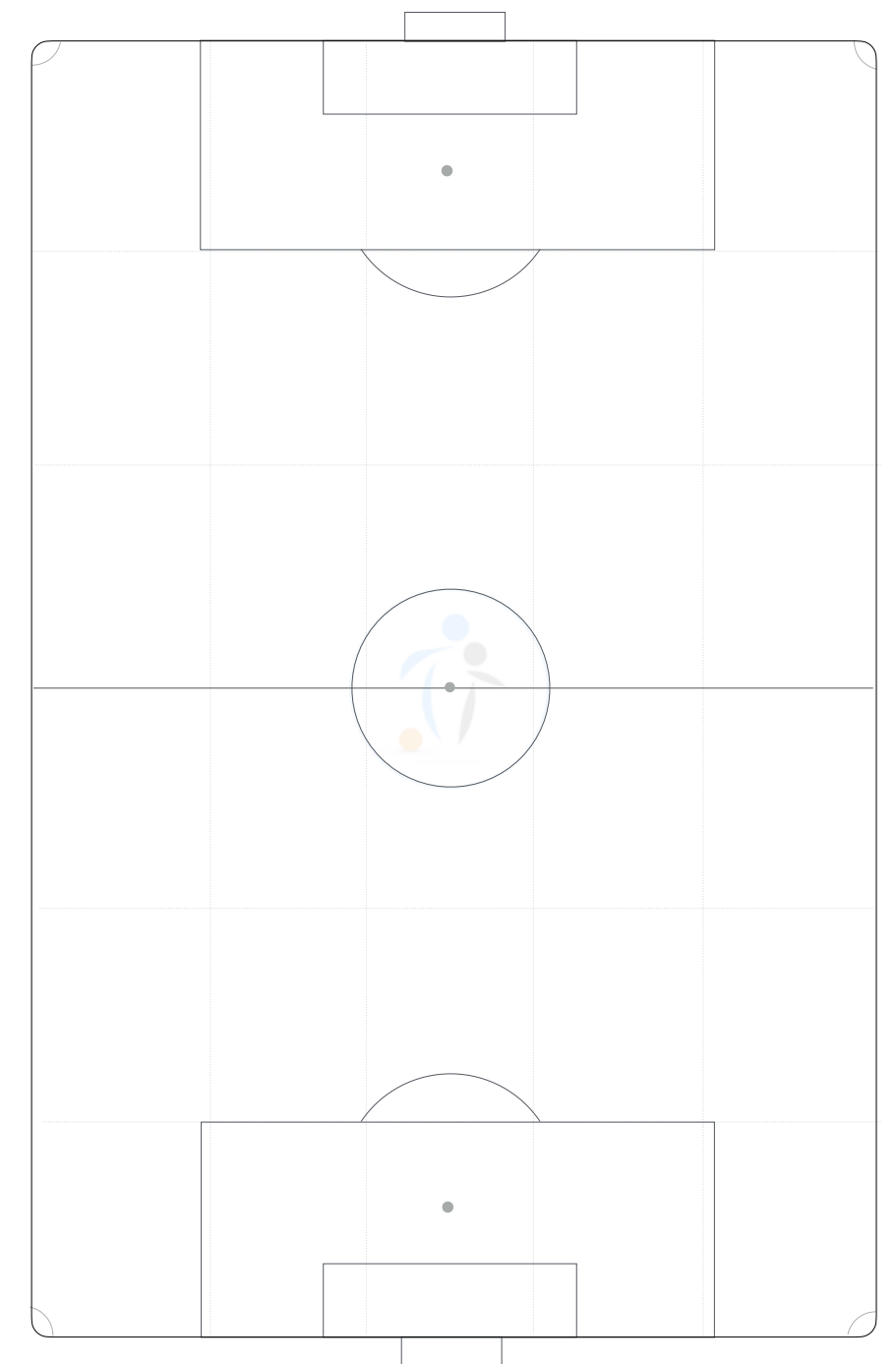
Player Trios initials	Objectives

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?

