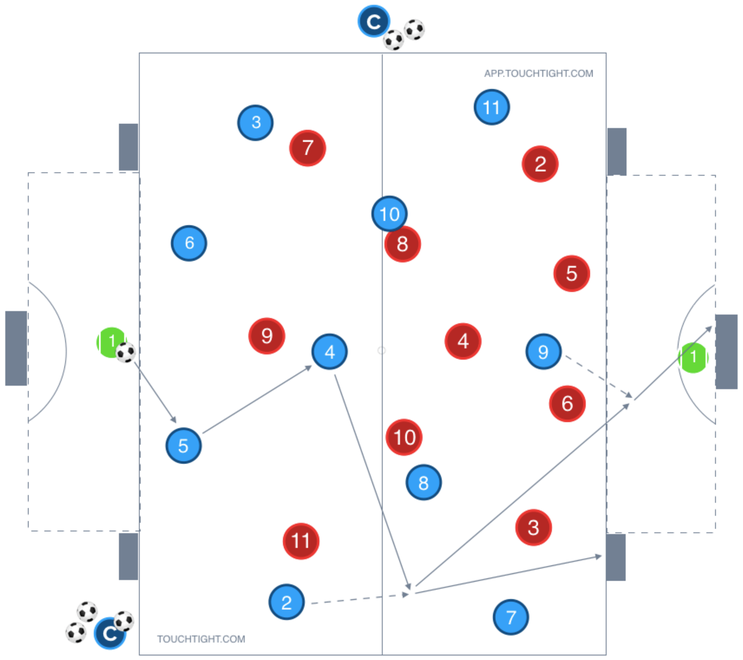
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
Practice 14 of theme 1 Attacking Centrally is an 11 v 11 and is focused on integrating all of the features from this theme into a full game situation. The playing area is positioned centrally, 40 yards in length and a full pitch width. We also have an extra 15 yard zone the width of the 18 yard box for the attacking team to break into unopposed against the GK to finish. The attacking team must work possession to finish in one of two mini goals or to play a through ball for a finish in the larger goal.	Move opposition around to create space to exploit Switch play to create space to attack Forward runs to create overloads in the final third Final pass and finishing quality in 1 v 1 situation
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

EVALUATION

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

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

© Touchtight Coaching

touchtight.co