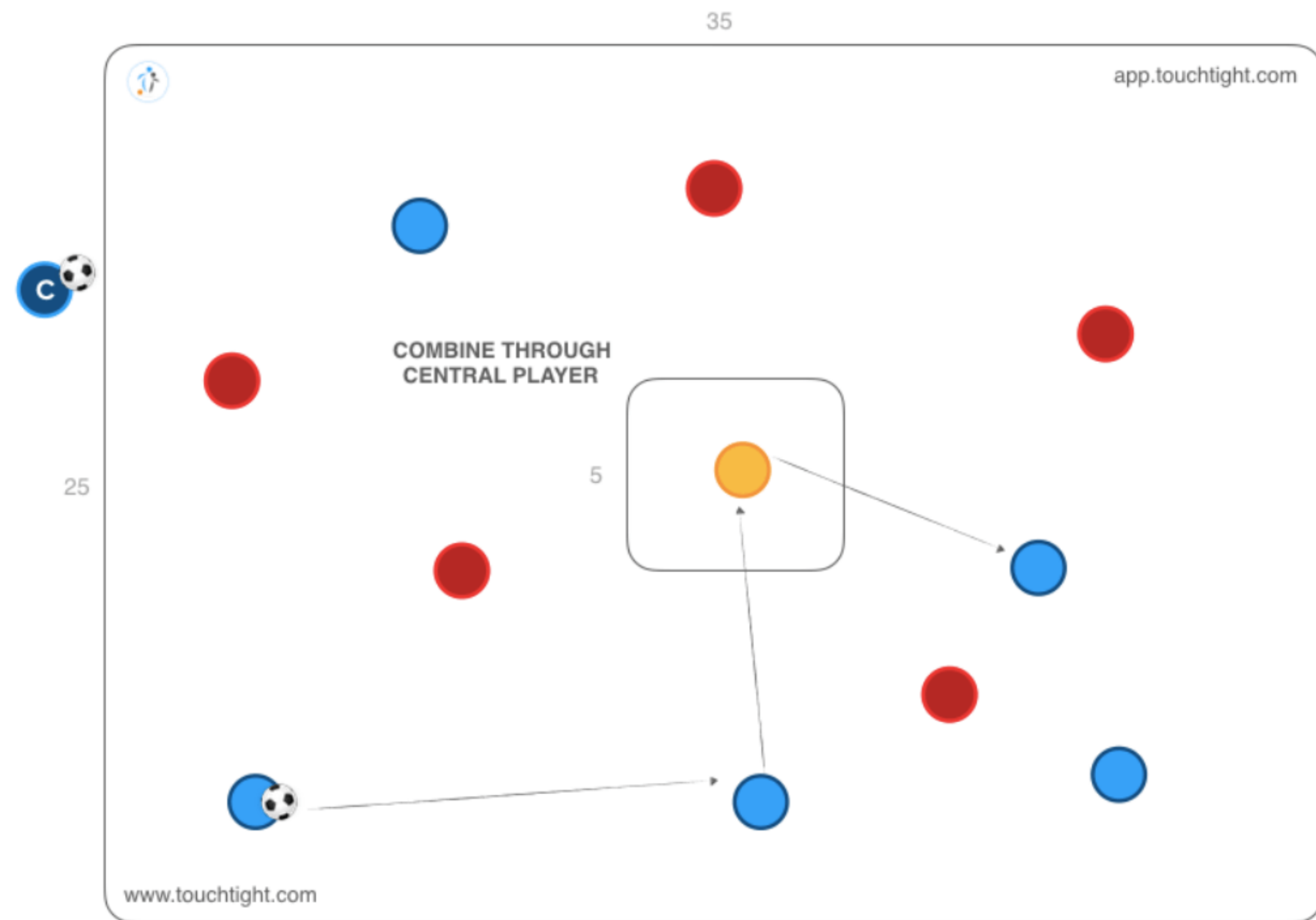


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
Develop player's ability to combine and rotate in central areas, penetrating defensive covering lines. 5 v 5 in a 30 x 30 Yard area with a 10 x 10 Yard area with a single floater to connect play. Objective is for the possession team to use the central floater to keep possession in their attack.	Tactical - Recognise when to combine with central player to score point Social - Work collectively to build attacks and create space for central pass. Technical - Weight and accuracy of pass and central player to play on one or two touches to combine.
Progressions	Player Questions
How do the opposition defend against this and what problems does this cause? How can central players combine in one touch effectively, what support can you provide in your teams for this player?	Remove floater and have a player from possession team to play in central area. Rotation in central area for possession team, either after pass or during possession phase.

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

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EVALUATION

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

Coach (Self)
Session Organisation
Players (Motivation / Engagement / Learning)
Action Points