



THEME 01:

ATTACKING CENTRALLY

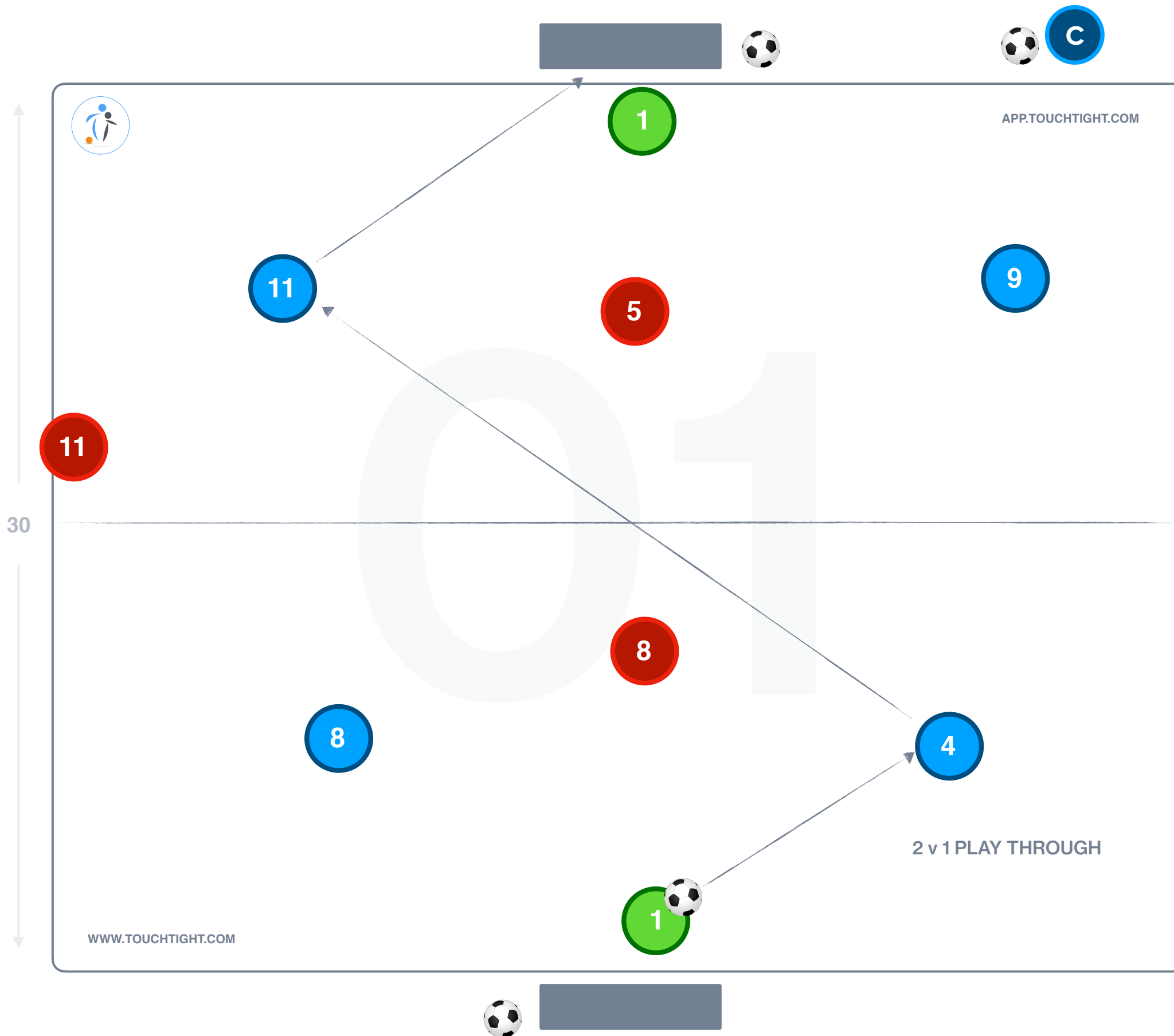
PRACTICE 05: OPPOSED SKILL

AGE GROUP: 9 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO ATTACK WITH YOUR OVERLOAD



ORGANISATION:

Practice 5 of theme 1 Attacking Centrally is a skill practice played in a 30 by 30-yard area, with a goalkeeper at each end. With the playing area split into 2 halves, the attacking team must use their 2 v 1 overload, to play forward into another 2 v 1 overload, where teammates will need to finish; if they score they must continue with the next attack. Allow 3 minutes of play before intervals, rotating pairings to ensure all players attack and defend in the practice.

KEY COACHING POINTS:

- First touch to play forward
- Passing and finishing combinations
- Progress the practice by allowing a deep attacking player to join in together with a recovery defender creating a 3 v 2. Finally, we can either even up numbers or add an extra defender, creating a 4 v 3.



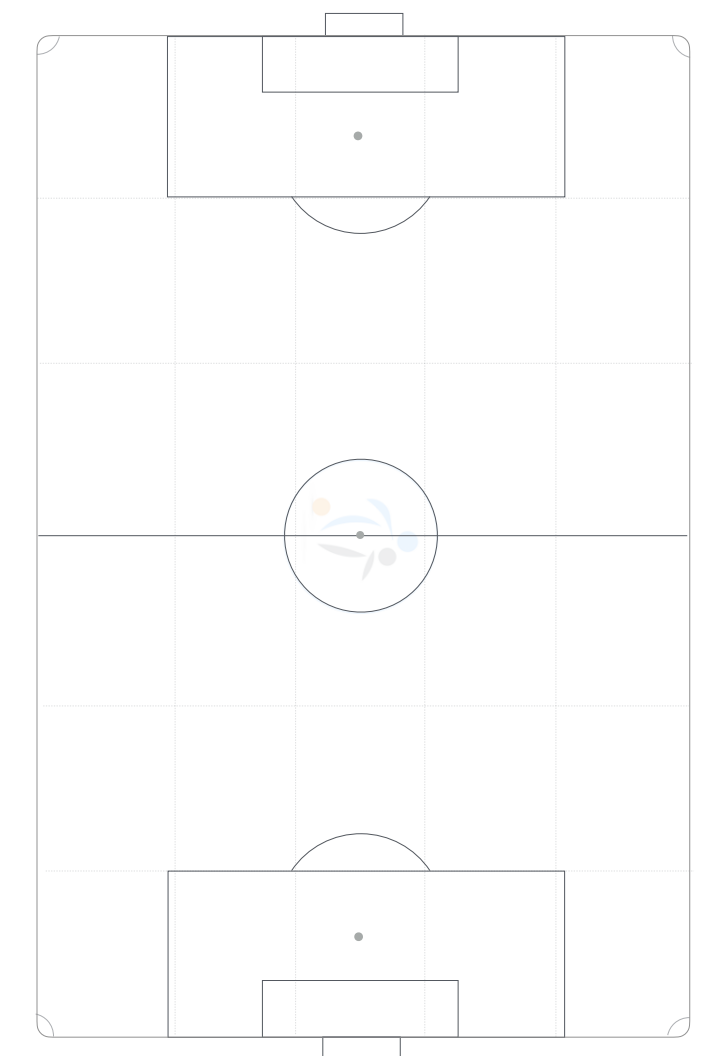
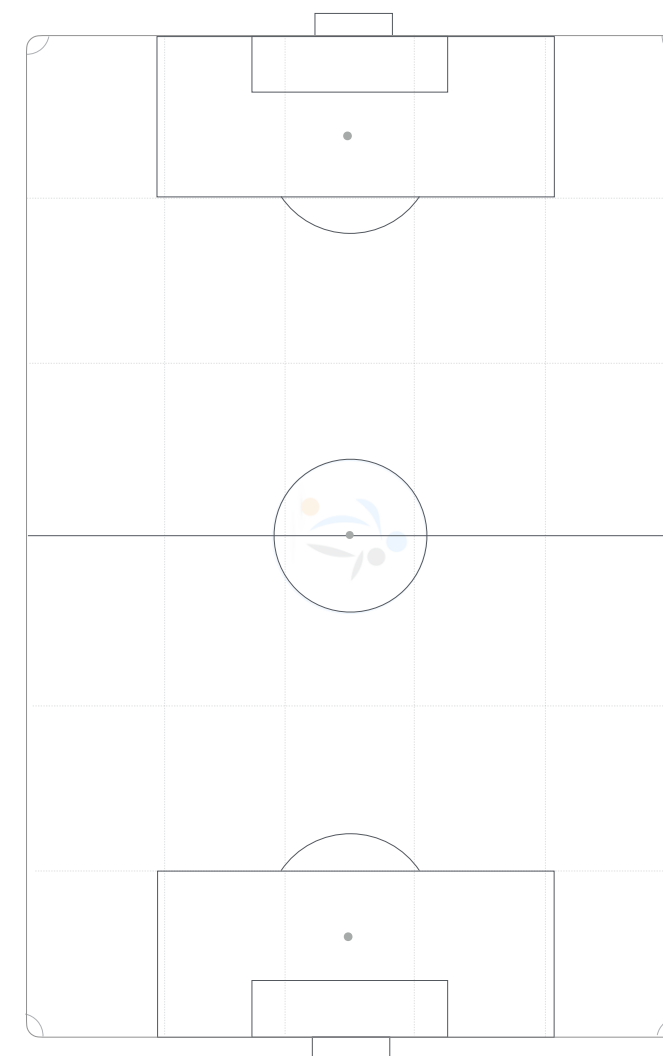
PROGRESSIONS:

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

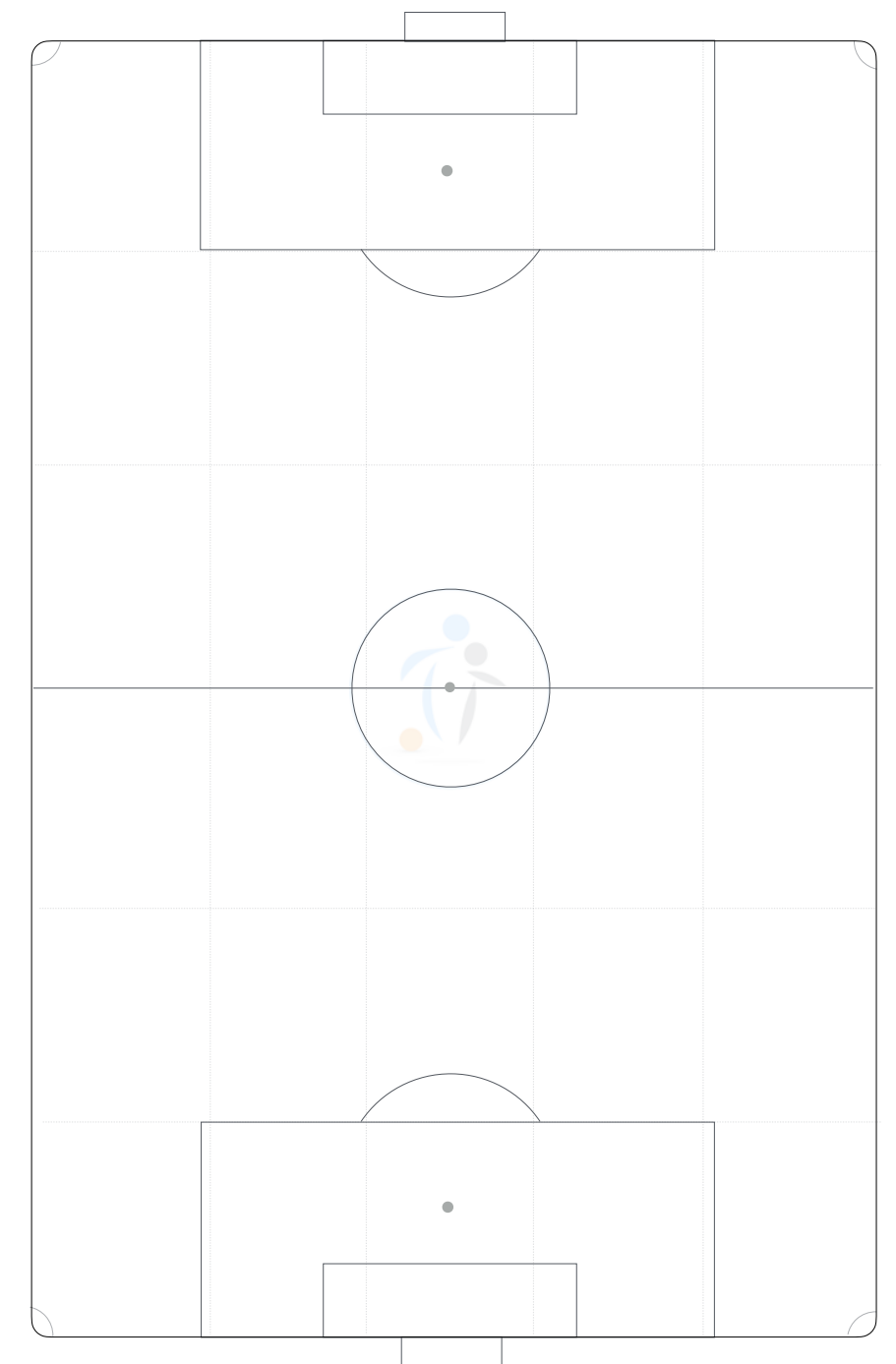
Player Trios initials	Objectives

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?

