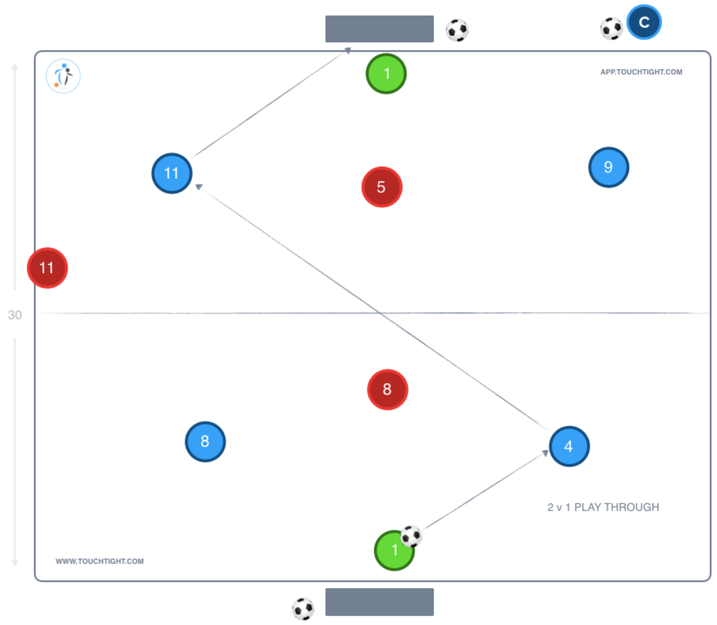
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
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.	First touch to play forward Passing and finishing combinations
Progressions	**Player Questions**
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.	

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

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