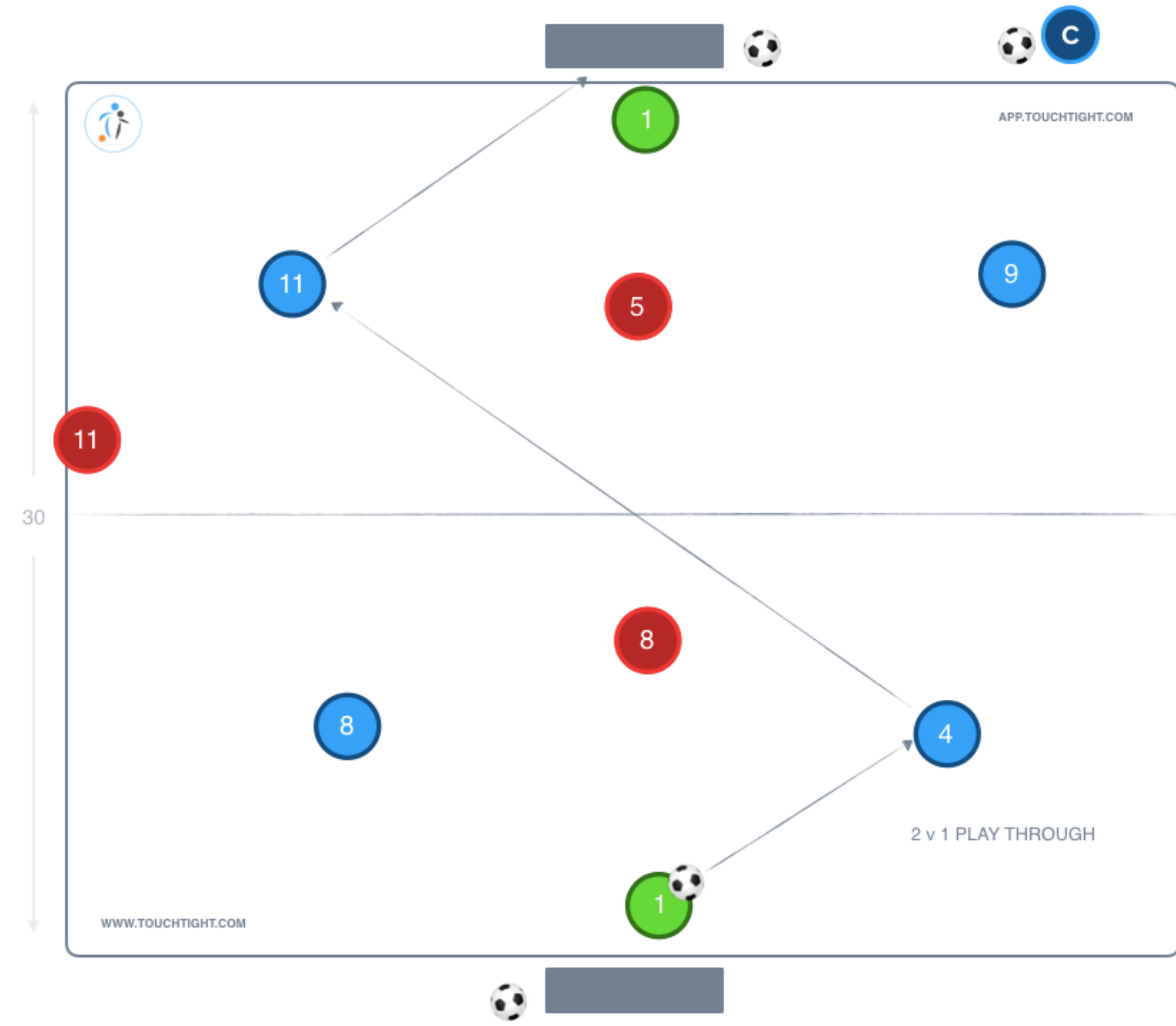


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
<p>Practice 6 of theme 1 Attacking Centrally is a Small Sided Game played in a 30 by 30 yard area split into quarters.</p> <p>With a 4 v 4 plus goalkeepers, the defending team is restricted to their own half, with 2 players in each area, encouraging forward players to drop in to create an overload deep to build play in a 5 v 2.</p>	<p>First touch to play forward</p> <p>Passing and finishing combinations</p> <p>We can progress this by allowing a single opposition defender to drop into support the defending phase creating a 4 v 3 situation.</p> <p>Finally we can allow free play and use time as a constraint to develop speedy support in the attacking phase.</p>				
Progressions	Player Questions				
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