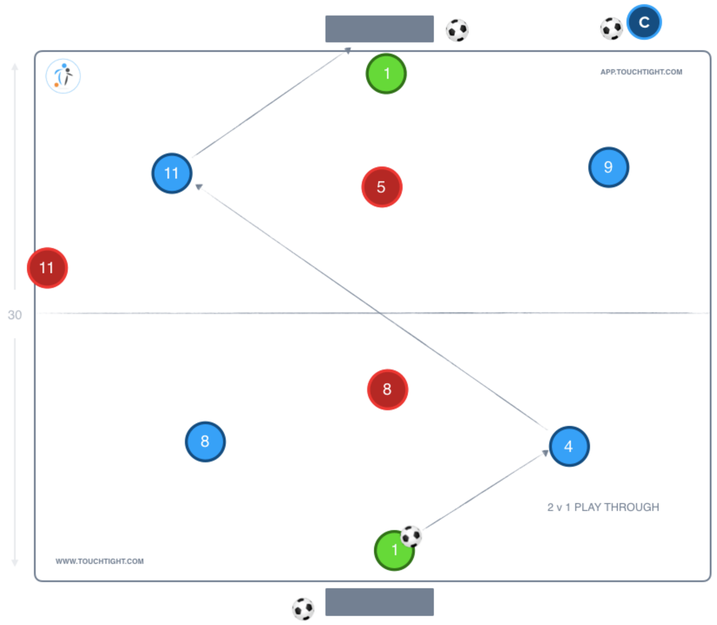
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
Practice 7 of theme 1 Attacking Centrally is a Pattern of Play played in half a pitch and is based on a 1322 formation in an 8 a side set up. We begin by allowing free play in combinations, with players encouraged to move the ball quickly to finish, with each player having to have a touch in each sequence. If players are available, add 3 defenders in each zone to add an element of realism to the structure.	Motivation to play quickly without pressure Ability to play quick 1-2 combinations when building Playing on the half turn with idea to play forward Speed up pace of attack in final third.
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

touchtight.co

EVALUATION

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

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

© Touchtight Coaching