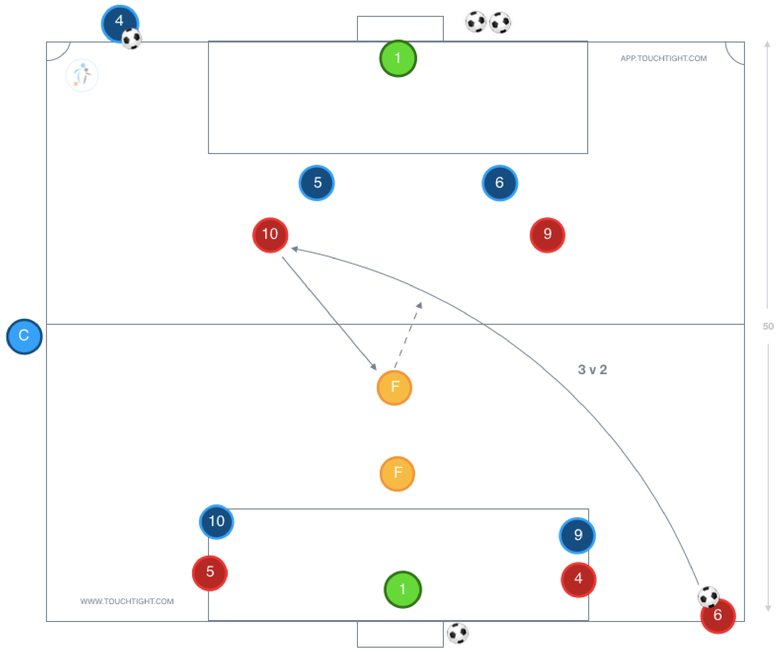
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This Wave Practice takes place in a 50 by 40 yard area and begins with 2 deeper players playing to 2 attacking players before supporting in a 4 v 2 overload to finish. After the initial attack is complete, the defending team must then become attackers, creating a 4 v 2 overload in the opposite direction. If defenders win possession, they must counter attack against 2 opposition players, as a support player drops in to connect avoiding offside.	Focus on the following key points: Disperse to create space and stretch defenders Decision making to penetrate Positive on the ball to play forward and drive Clinical in the box to finish
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

EVALUATION

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

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

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