

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



Organisation			Key Coaching Points		
<p>This Phase of Play is practice 10 in theme 2 Counter Attacking and is played in the attacking 2 thirds of the pitch for the defending team. The defending team begins with a 9 v 8 overload, allowing greater opportunity to develop counter attacks in this central zone to begin the exercise.</p> <p>We have 2 mini goals for the team playing out to build in to with a floating support player to play off.</p> <p>We can make many changes to the practice with a focus on regaining in that midfield third and forcing direction of build up into advantageous areas.</p>			<p>Force Direction into overload areas</p> <p>Strategy around when to trigger press for the pressing unit</p> <p>Primary player pressure and angle of approach to eliminate forward pass</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