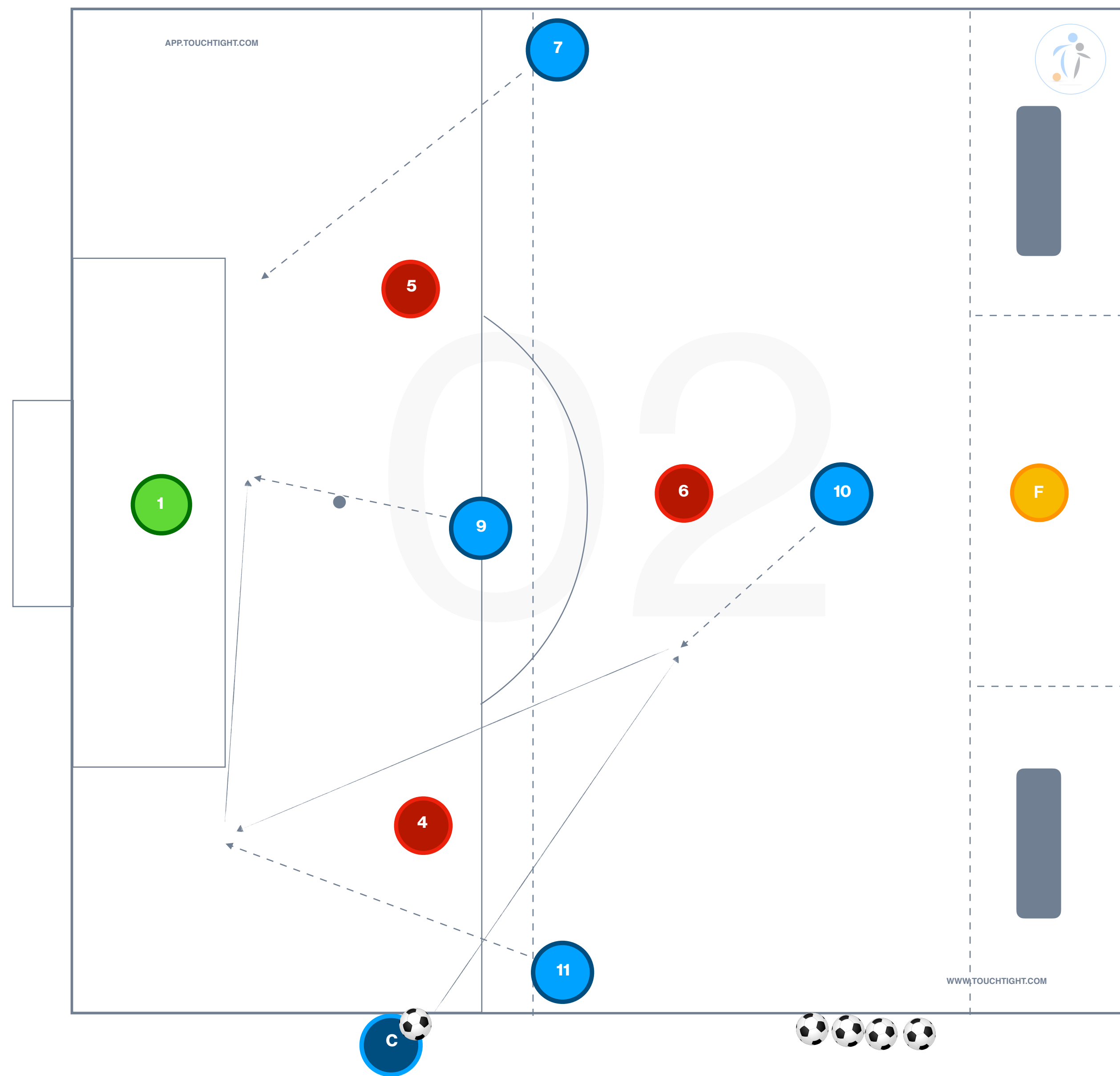


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO



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Coach Notes

Organisation

3 Opposition players managed against four coached players plus a target player for possession team to play into to score in one of two mini goals.
 Coach counter attacking team to attack quickly in a 13 against managed team in a 21. This replicates teams attempting to play out in central areas and focuses the counter on exploiting spaces left in this single player overload.

Key Coaching Points

Attacking midfielder (10) high press on central midfielder (4) to regain and create a 4 v 2 around the box; focus on runs beyond from wide players.
 Once inside the box in around byline, develop movement and quality of decision and final ball to finish. Near (9), central (10) far (7) examples.
 As defenders (5 & 6) drawn out to wide players, 2 v 1 gaps appear in the box for forward runners (7 & 9). How can we ensure this is maximised?

Progressions

1. Conditioning type of counter (solo, combination, direct)
2. Goal for number of passes made by possession team
3. Amend numbers in play

Player Questions

1. Where are the spaces that defenders have left to be exploited?
2. How can you improve your decision-making in the final third?
3. Can you identify the triggers to start the press?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type



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Player

Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

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

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Evaluation

Coach (Self)
Session Organisation

Players (Motivation / Engagement / Learning)
Action Points