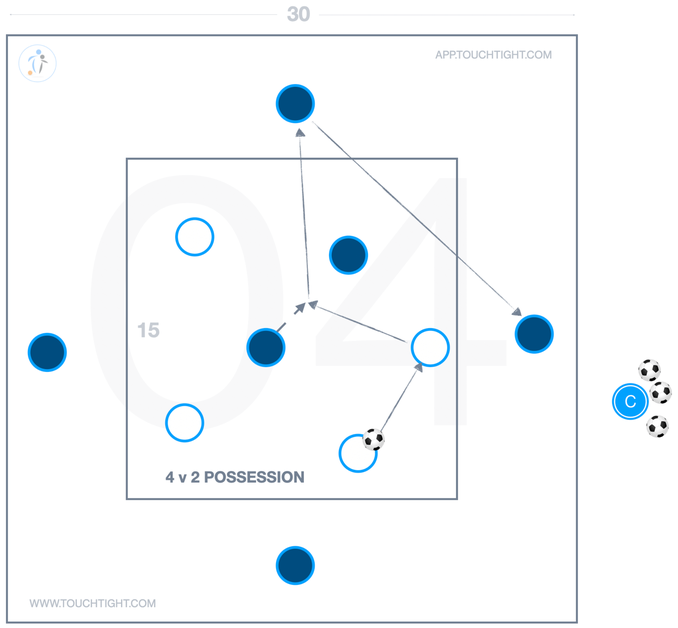
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This practice focuses on player's rotational movement to create space in a central area, reacting to winning possession through quick transition. With a 30 by 30 Yard playing area and a 15 by 15 Yard central possession zone, 4 players must keep possession against 2 defenders. When possession is won, play can breakout with 4 support players creating a 6 v 4.	Develop rotational movement between individuals both inside and outside of the central zone, to create space to exploit. Progress by constraining those in possession in the 4 v 2 to rotate after each 5 pass sequence, through effective verbal and non-verbal communication between teammates. Our 2nd progression allows our defending team to rotate, increasing challenge for those in possession with possible pressure coming from behind.
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

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