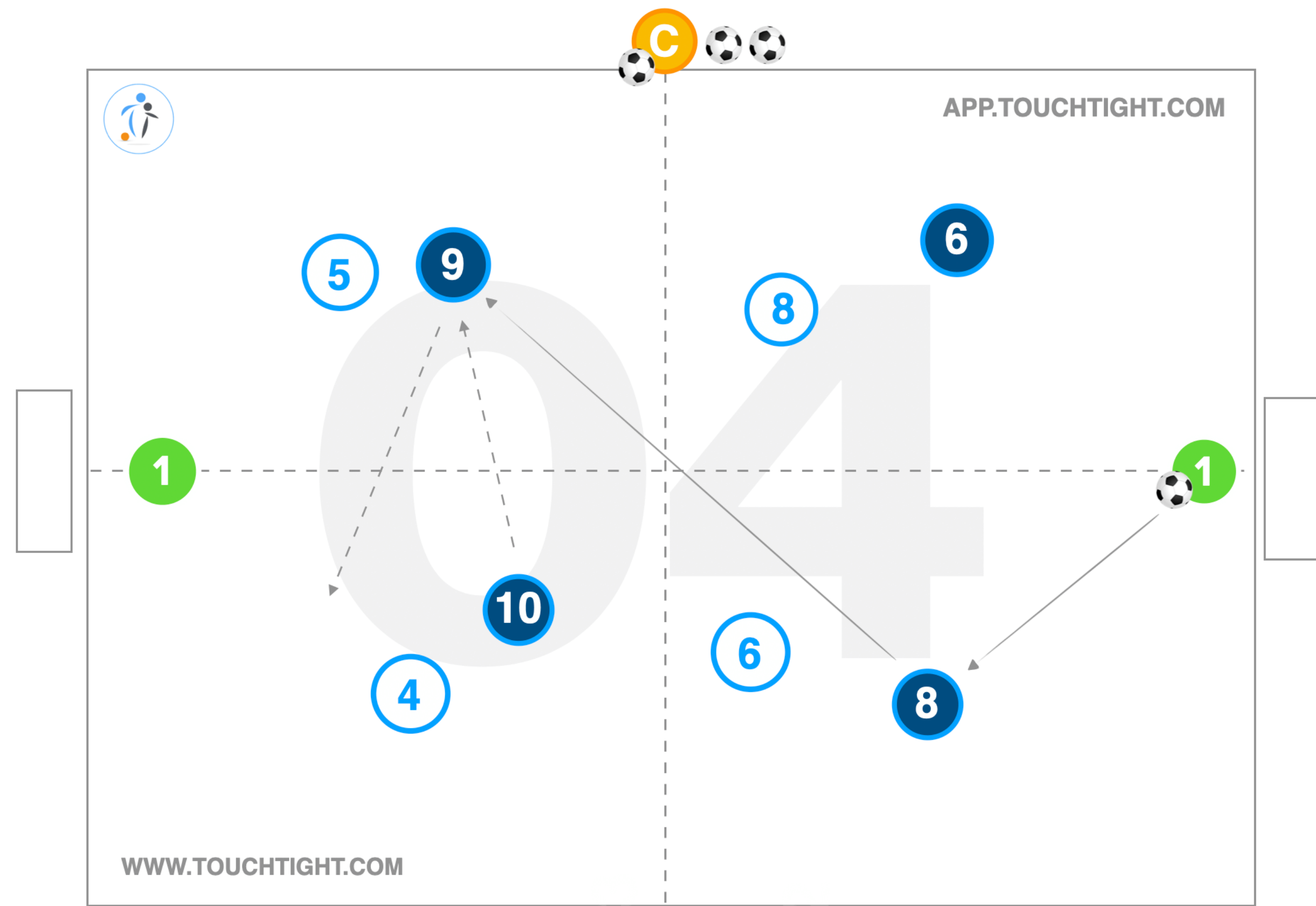


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
<p>This SSG Practice shows how teams can interchange positions in a 4 v 4 environment, allowing a specific focus on paired and group communication.</p> <p>To encourage rotation between players to create and exploit space left by opposition and include a focus on 3rd man runs and an ability to break defensive lines.</p>	<ol style="list-style-type: none"> <li>1. Recognition of space to be created</li> <li>2. Communication with teammates to vacate and exploit space</li> <li>3. Timing of movement and pass execution</li> </ol>
Progressions	Player Questions
<p><b>Five Pass Rotation</b></p> <p>Players encouraged to rotate after every fifth pass, with teammates at the correct moment.</p> <p>Players must identify spaces that they can exploit and create for teammates and interchange with purpose as shown above.</p>	<p>This Functional Practice is a 6 v 5 attacking practice and focuses specifically on our full backs relationship with our central midfielder, attacking midfielder and striker. As the coach you can initialize specific attacks for our full back, developing opposed 1 v 1, 2 v 1 and unopposed situations.</p>

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