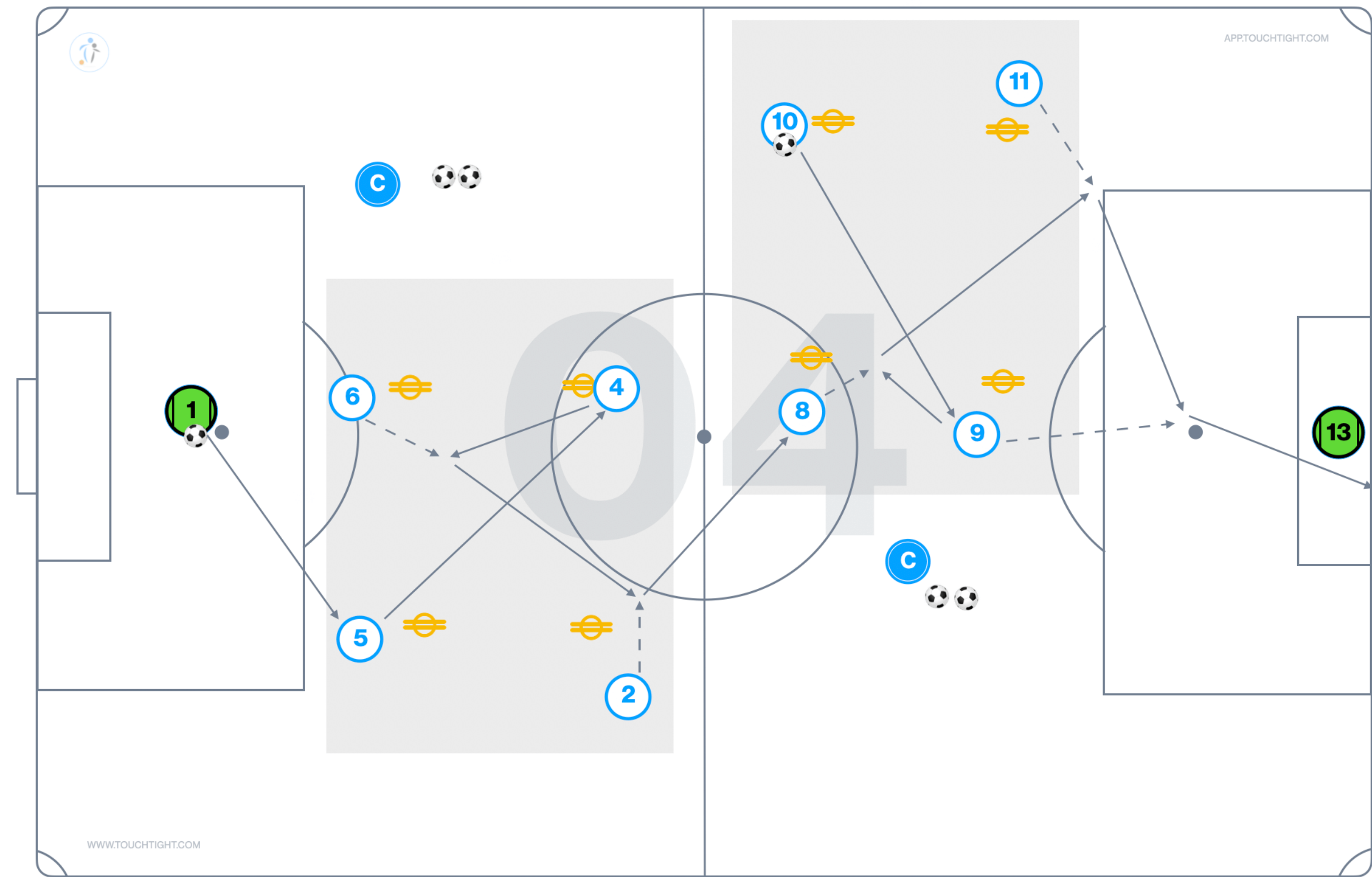


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
<p>2 Patterns of Play working on combination play between one group of 4 (defensive) and the other (attacking). Objective to develop speed and quality of combinations during our build up to a finish.</p> <p>Begin with the goalkeeper playing out to a central defender who combines with 3 teammates in the first square, before switching play into 4 attacking players who combine to finish.</p>	<p>Quality of pass unopposed with weight of pass and accuracy to allow teammates to play forward crucial.</p> <p>Timing of movement to switch play with a high tempo (mimic the game)</p>
Progressions	Player Questions
<p>Develop 1 rotation in each square to create space that could be effective in 11 v 11 structure.</p> <p>Allow rotation between each grid, with realistic movement between midfield players.</p>	<p>How can you ensure your movement creates space quickly for teammates in that square?</p> <p>What are the rotational movements that players find are effective in their build up play and how could this influence your game play?</p>

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