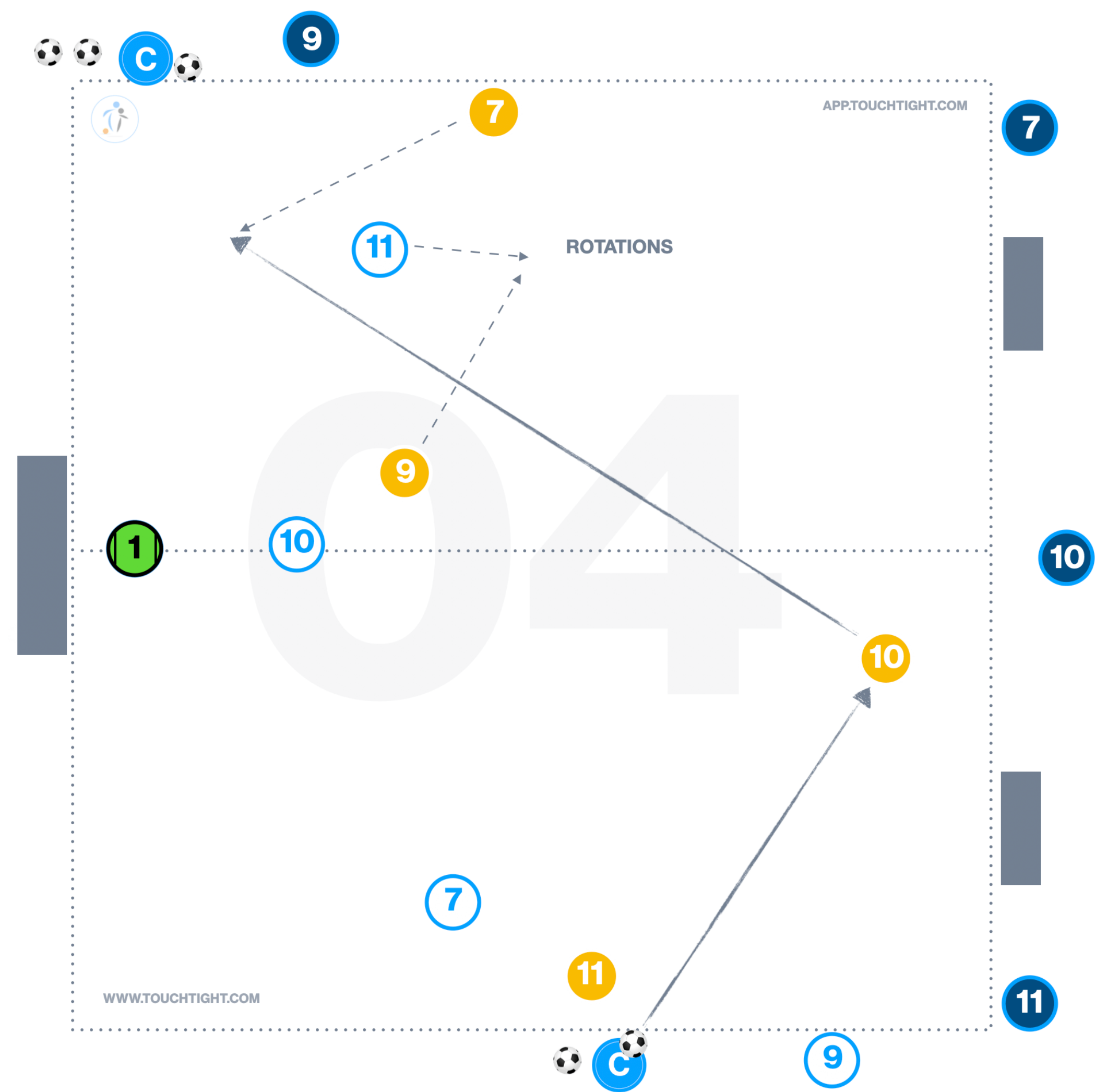


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
<p>This Wave Practice develops 4 v 3 scenarios with a focus on improving movement between forward running attacking players, creating space to penetrate opposition defensive lines. Each attacking play will begin with a deep lying midfielder who plays a pass into one of 3 attackers against 3 defenders. Attacking players must show intelligent movement, making decisions based on defenders and teammates positioning.</p>	<p>Each team of 4 has the opportunity to attack, developing out to in rotations between attacking midfielders and strikers in the 343, before encouraging 3rd man runs from our midfielder. We can further encourage elements of rotation by constraining areas, forcing players to move between zones.</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