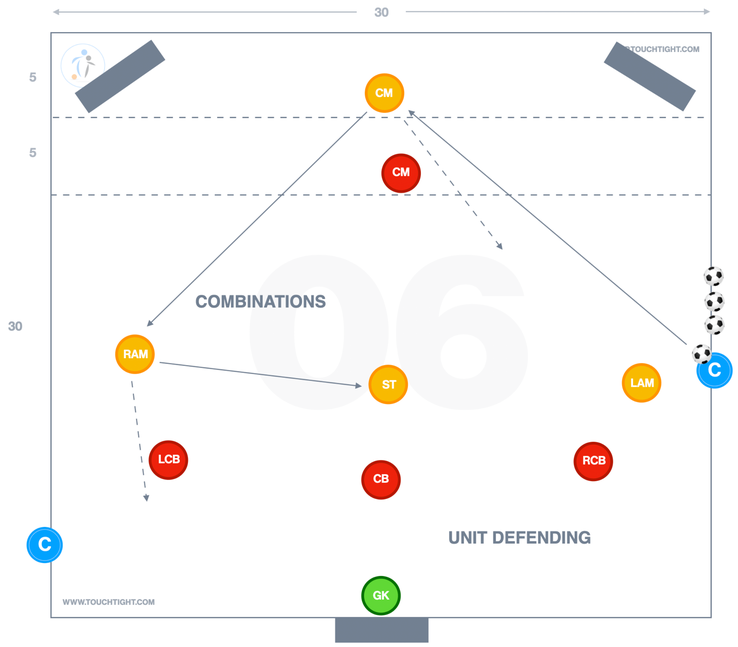
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This practice is opposed and based on a 343 defensive unit. With a 4 v 4 set up, our central midfield player and an opponent play in a 5 yard zone to combine quickly into an attacking 3, against 3 defenders. Work with the back 3 shape during the defending phase, with the CDM limiting options from the opposition midfielder. We can progress this with task and space constraints as can be seen in resources.	Distances between defenders Getting tight to strikers quickly to limit penetration Stay with forward runners Be brave to press to create offside situations
Progressions	**Player Questions**

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

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