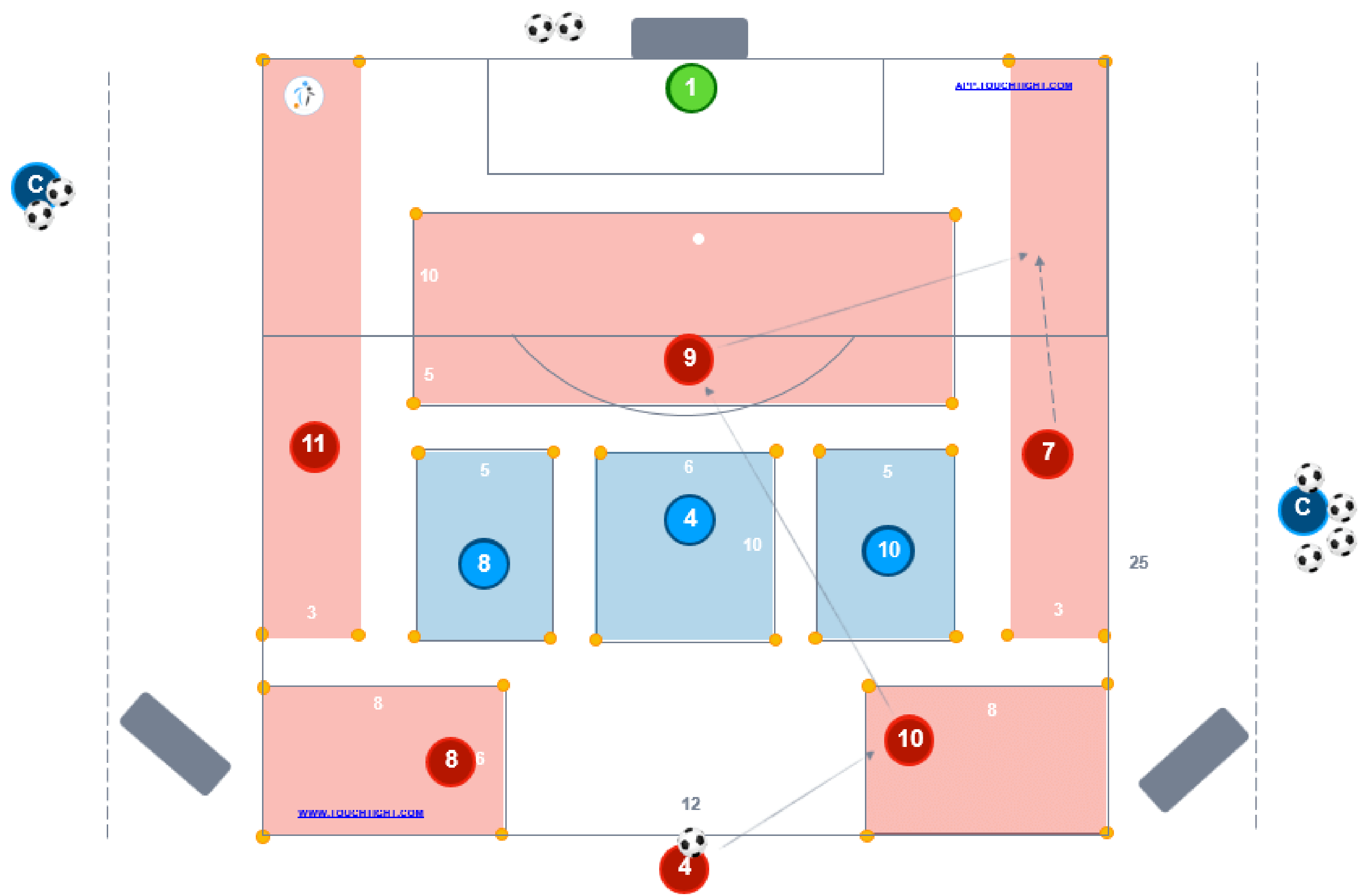


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation			Key Coaching Points		
<p>Practice 3 of theme 29 works on a 1 v 1 practice with 4 floating players and mini goal areas for players to dribble into on beating their defender.</p> <p>The area can be adaptable, but we can work off a 20 x 20 yard space for players aged 12+.</p> <p>To win the game they must beat their defender in any 2 different ways. This can be dribbling past the defender and through the gates, combining off the side players or the end players.</p>			<p>Positivity in possession</p> <p>Attack at pace into space</p> <p>Well weighted passes to combine with side players who are on one touch</p> <p>Timing of runs to get beyond opposition</p>		
Progressions			Player Questions		
<p>Allow rotation of midfield 3</p> <p>Add in a forward for the defending team to increase pressure</p> <p>Progress to an 11v11 game</p>			<p>What are the midfield players in possession looking for?</p> <p>What is important about the tempo of play?</p> <p>Out of possession, how do the midfielders staff compact?</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