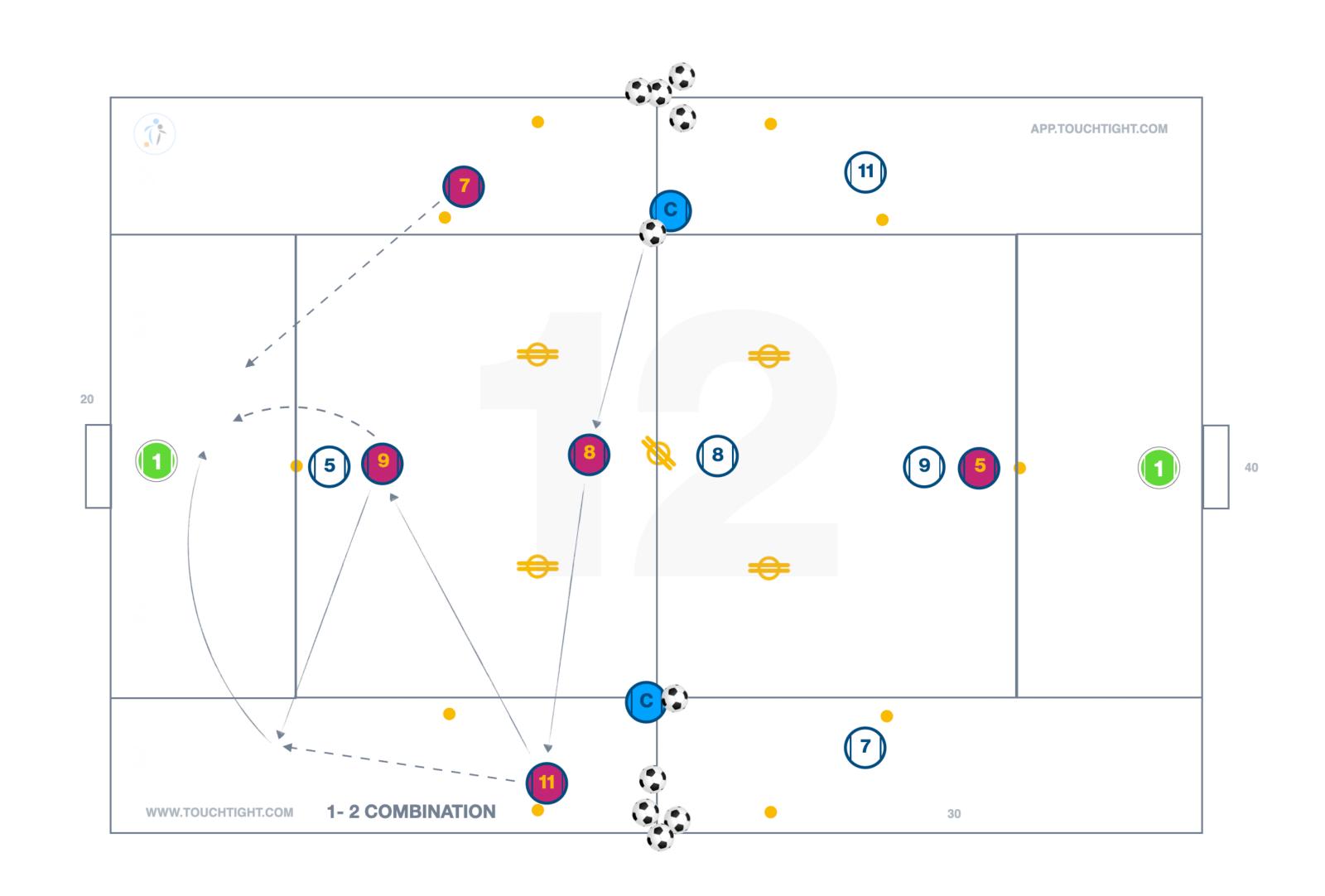
Energy

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





Organisation	Key Coaching Points		
This practice is number 12 in theme 12 Defending Centrally and begins with a coach playing a ball into a midfield player who then plays to the winger to combine with a 1-2 with the striker before delivering for 2 strikers with 1 defender defining the goal. The objective is for the defender to get tight to the striker without tackling, before recovering to defend the goal. If they win possession they can initiate the counter attack by playing the ball into the midfielder or winger in the opposite end.	Focus on the following key points: 1. Passing quality speed and accuracy to beat defenders 2. Width to create space to exploit		
Progressions	Player Questions		

Sets

Work to Rest Ratio

EVALUATION

Player(s)	Objective	Tech / Tact / Soc / Phy / Psych	Evaluation

	Coach (Self)
L	
	Session Organisation
	Players (Motivation / Engagement / Learning)
	- Tayoro (Motivation) Engagornone Zoarning
	Action Points

Intensity

Area Size

Duration