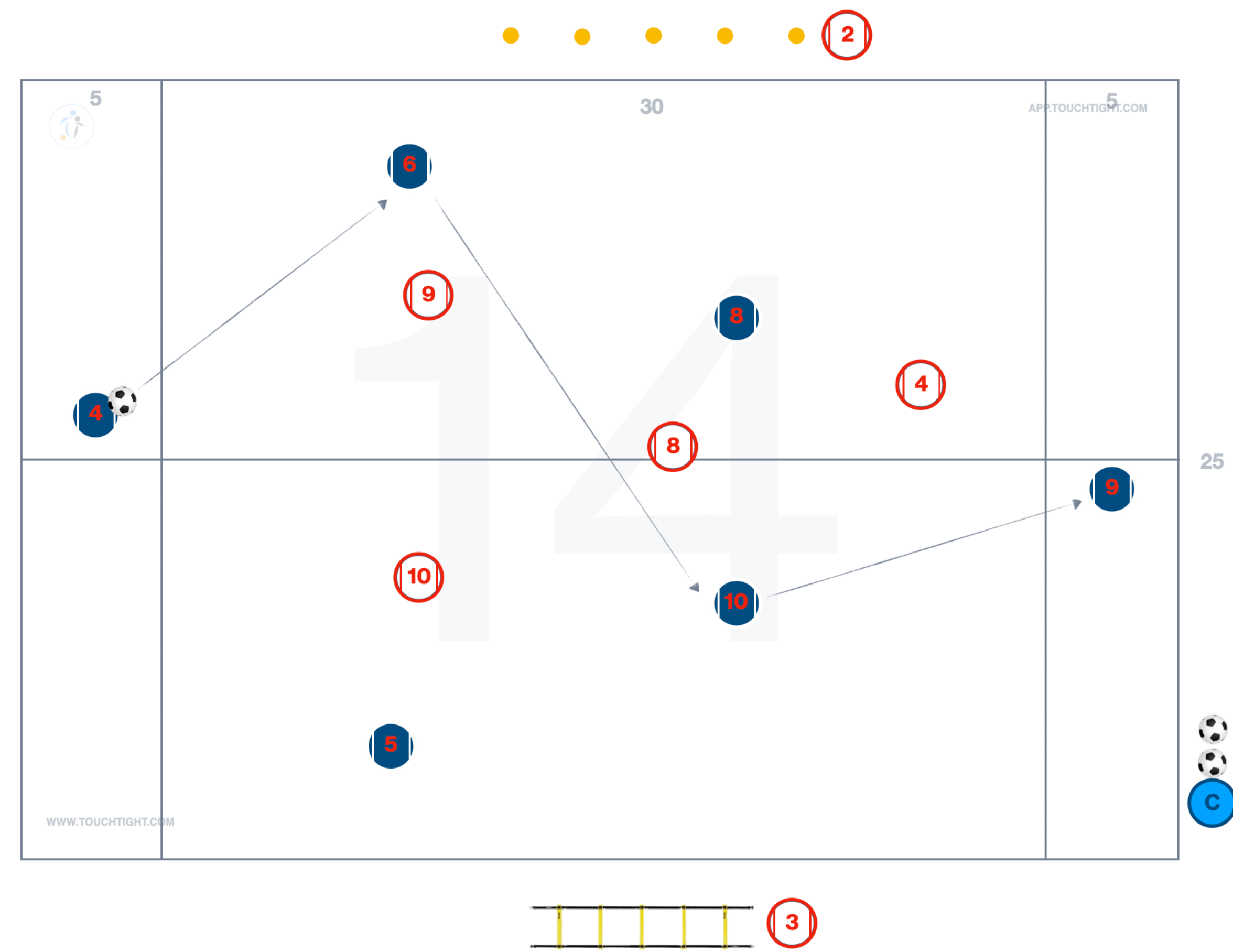


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
<p>This practice is number 11 in theme 14 'Playing out From The Back' and is focused on the 1321 formation analysis discussed previously. This is also linked closely to the 343 formation as the video shows. 2 opposition players must be working during this activity on the outside, whilst our 4 (Sweeper) and 9 (Striker) play as end players that the 4 possession players must work the ball to. We move between 6 v 4 and 6 v 6 when 2 players return for 30 seconds, as we change the balance of challenge depending on player success.</p>	<p>Angle Creation to get on the ball            Play on the back foot to allow to play forward            Look to move forward and penetrate as the first thought - positive            Decision making on how to penetrate depending on defenders decision to press</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