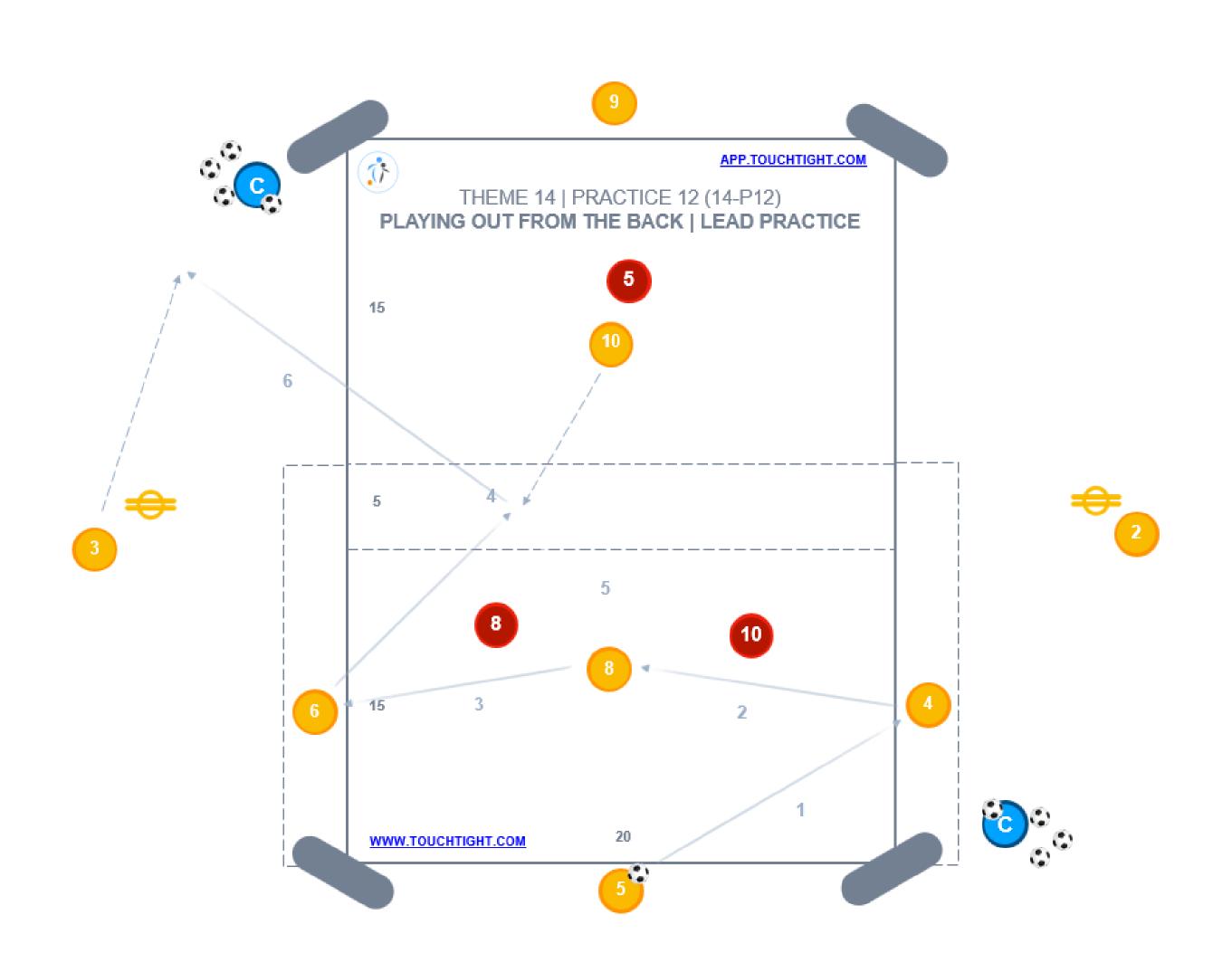
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players





Organisation	Key Coaching Points
Practice 8 of our Coaching Theme Playing out from the back is a Wave practice and focuses on our back 3 combining to build play, with 2 wing backs and 2 forward players to support. Set up with your back 3 and single midfielder against 2 pressing defenders in the first zone, with wing backs positioned wide. Objective is to combine with the midfielder before or after a connection with our CAM (10,) who drops into the central channel to connect before playing through to the end striker.	 Movement to connect off the shoulder of defenders Timing of movement for forwards to drop into space vacated. Speed of though and passes to progress play quickly
Progressions	Player Questions
Finish Opposite End Progress to allow attacking team to finish in one of 2 mini goals after connecting with the advanced striker on one touch. Rotation between 9 and 10 We can now allow 9 and 10 to rotate from out to in, yet our striker (9) must receive the ball within 3 seconds of dropping into space or players must switch again.	 Where is the space for our Deep midfielder to connect and how are 2 opposition defenders pressing? Is the single defender marking our striker tightly and if so how can we counter this to build play? Can our Right and Left Central Defenders connect somehow with our wing backs as they would in a game and how?

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