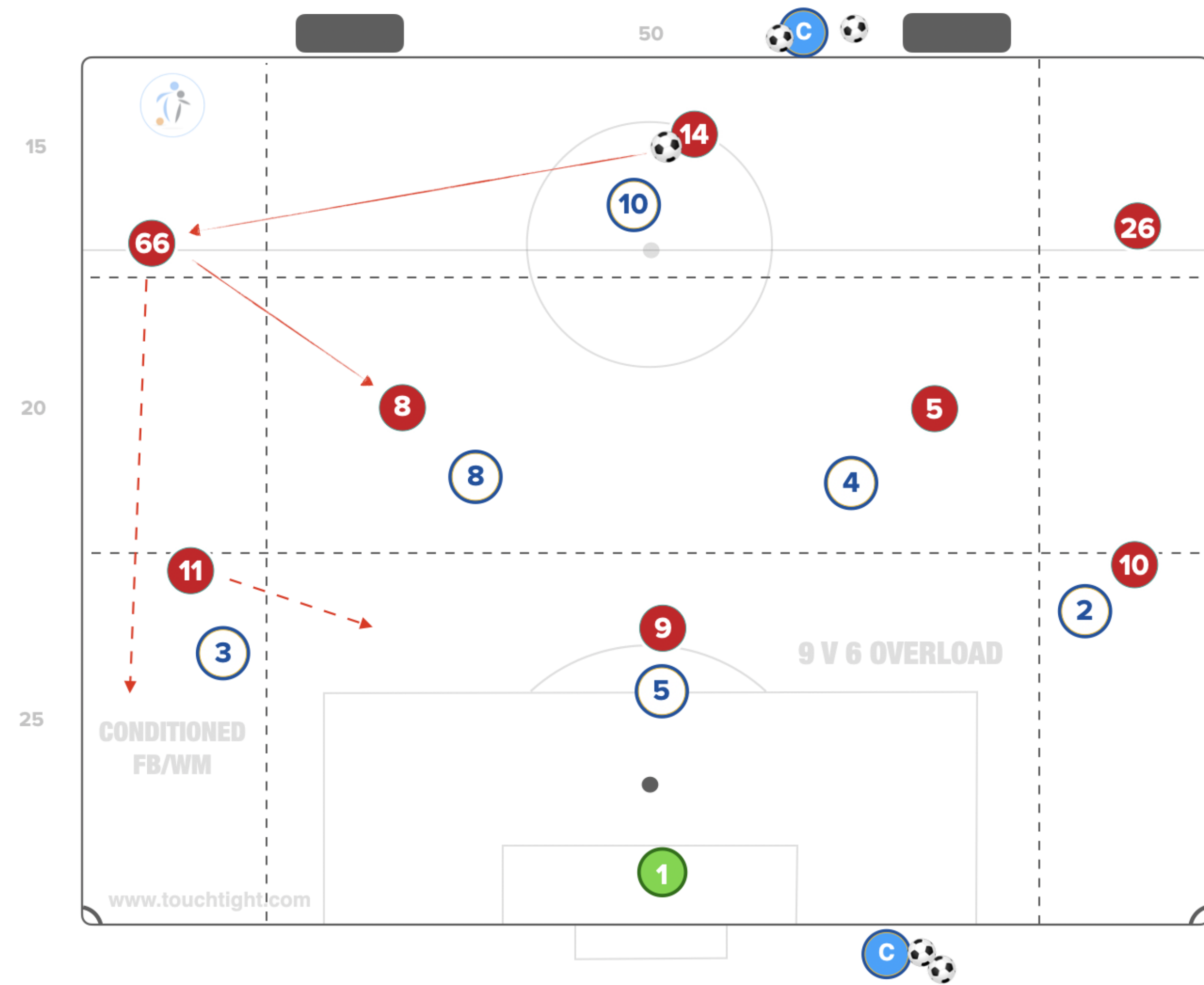


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
Practice 2 of our academy session is a 9 v 7 Phase of Play, that develops the combinations from practice 1 into a game situation with minimal challenge applied from 6 outfield players in this 2 player overload. The pitch is split into thirds, with full backs able to progress two thirds up the pitch and only allowed in the final third, if the wide midfielder plays inside, developing close player relationships.	Player to Player understanding Timing of movement (Go & Show) Communication to improve timing of movement in the final third				
Progressions	Player Questions				
Constrain individuals or task, for examples increasing challenge by giving one central midfielder on the defending team freedom to press anywhere Set the defending line as offside, so well timed forward runs are required to finish attacks.					
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