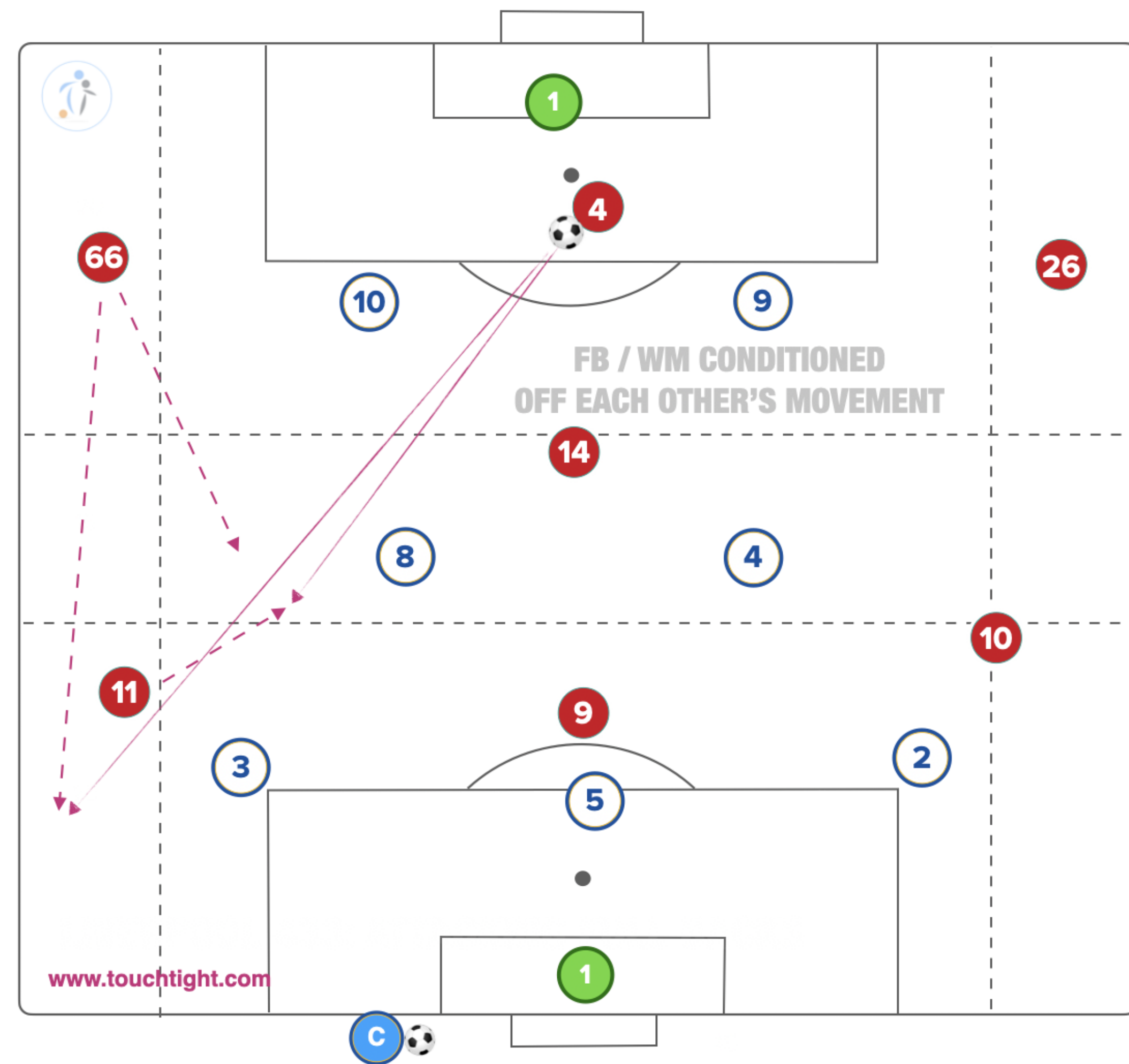


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



<b>Organisation</b> 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.			<b>Key Coaching Points</b> Player to Player understanding Timing of movement (Go & Show) Communication to improve timing of movement in the final third		
<b>Progressions</b> Defending team kept engaged with 2 mini goals to score into within 10 seconds of regaining possession. Work the opposite side to engage both full backs and consider how challenges to individual constraints can increase or decrease challenge.			<b>Player Questions</b> Can you be confident in taking on players in 1 v 1s? What can you agree with teammates as triggers? How can you develop overloads and maximise these in your play?		
Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

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**EVALUATION**

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

<b>Coach (Self)</b>
<b>Session Organisation</b>
<b>Players (Motivation / Engagement / Learning)</b>
<b>Action Points</b>