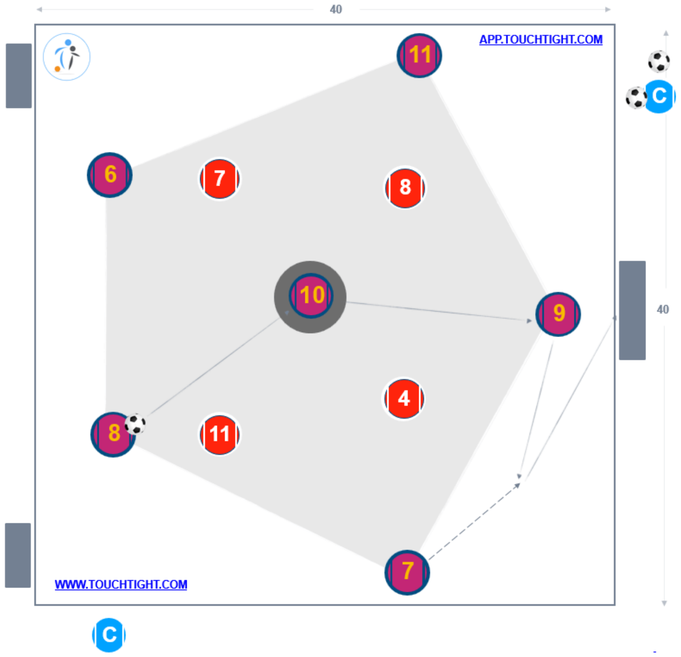
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This practice is based on the Pentagon shape and is focused on developing play in a 6 v 4 overload situation in a 40 x 40 yard area. 5 possession players must play outside of the shape shown, with the 10 combining in the central area. Objective is to connect with the 10 before finishing in the main goal. Objective of the defending 4 is to press and win possession to score in either of the 2 mini goals.	Movement to play on the half turn to play forward Well timed movement off the ball to advance Understanding of shape Awareness of teammates positions and adjust shape to maintain balance

Progressions	Player Questions

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

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