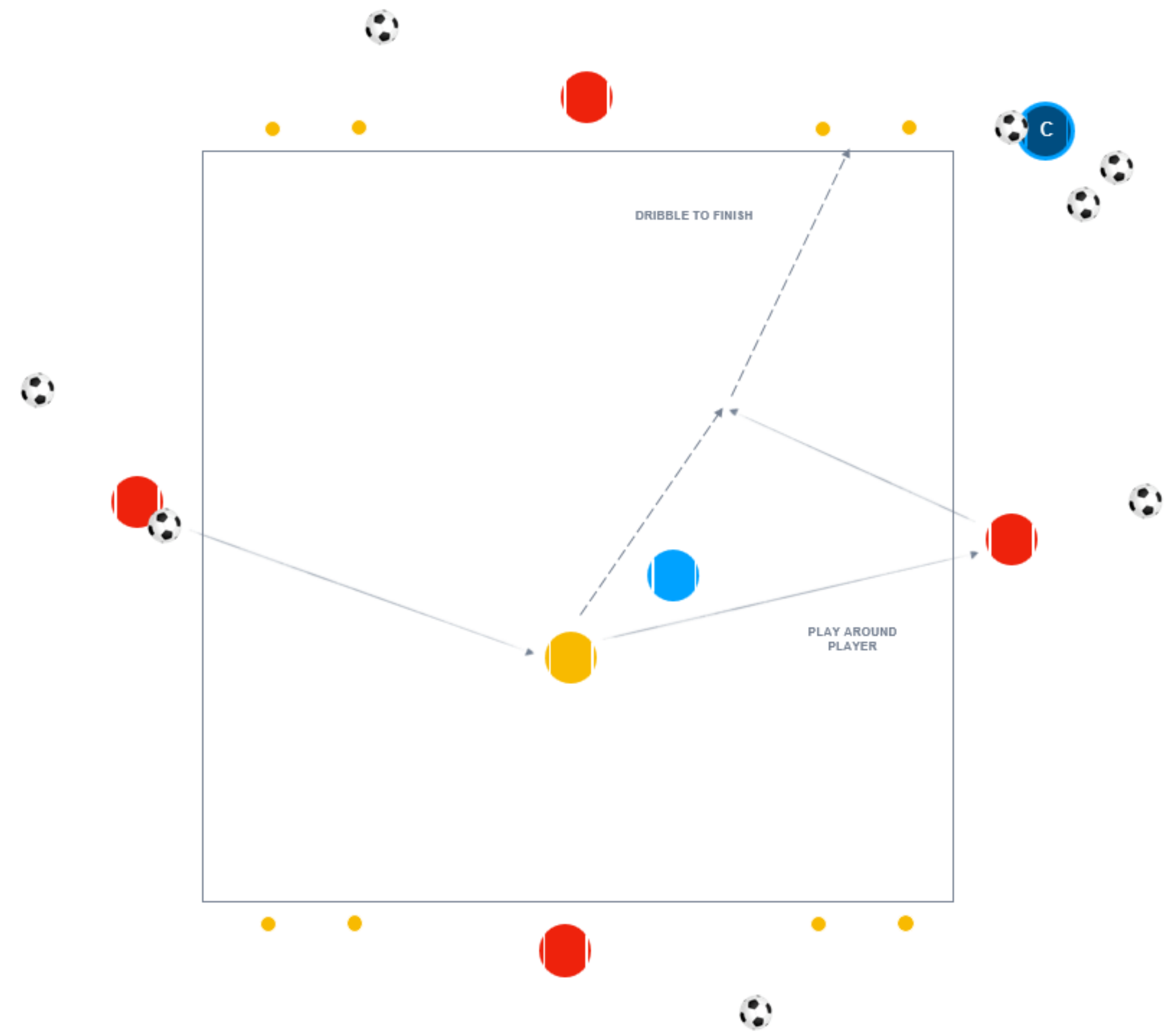


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
<p>Practice 3 of theme 29 works on a 1 v 1 practice with 4 floating players and mini goal areas for players to dribble into on beating their defender. The area can be adaptable, but we can work off a 20 x 20 yard space for players aged 12+. To win the game they must beat their defender in any 2 different ways. This can be dribbling past the defender and through the gates, combining off the side players or the end players. Monitor time players are competing as this can be strenuous, especially for younger players.</p>	<p>Positivity in possession Attack at pace into space Well weighted passes to combine with side players who are on one touch Timing of runs to get beyond opposition</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