



THEME 29:

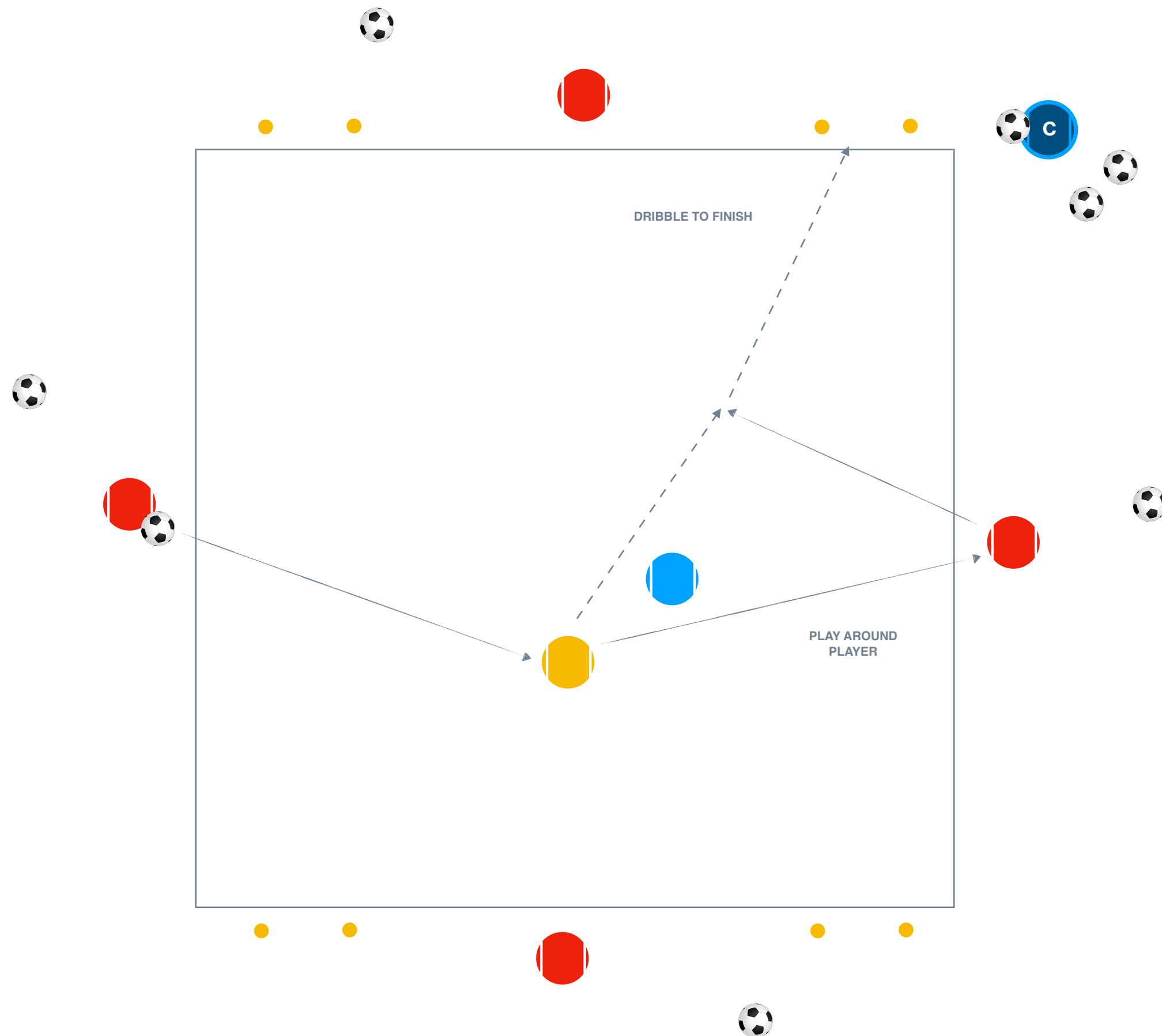
COMBINING IN MIDFIELD POCKETS

PRACTICE 3: 1 V 1 WITH FLOATERS

AGE GROUP: 9 TO ADULT

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO BEAT PLAYERS WITH SUPPORT



ORGANISATION:

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.

KEY COACHING POINTS:

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



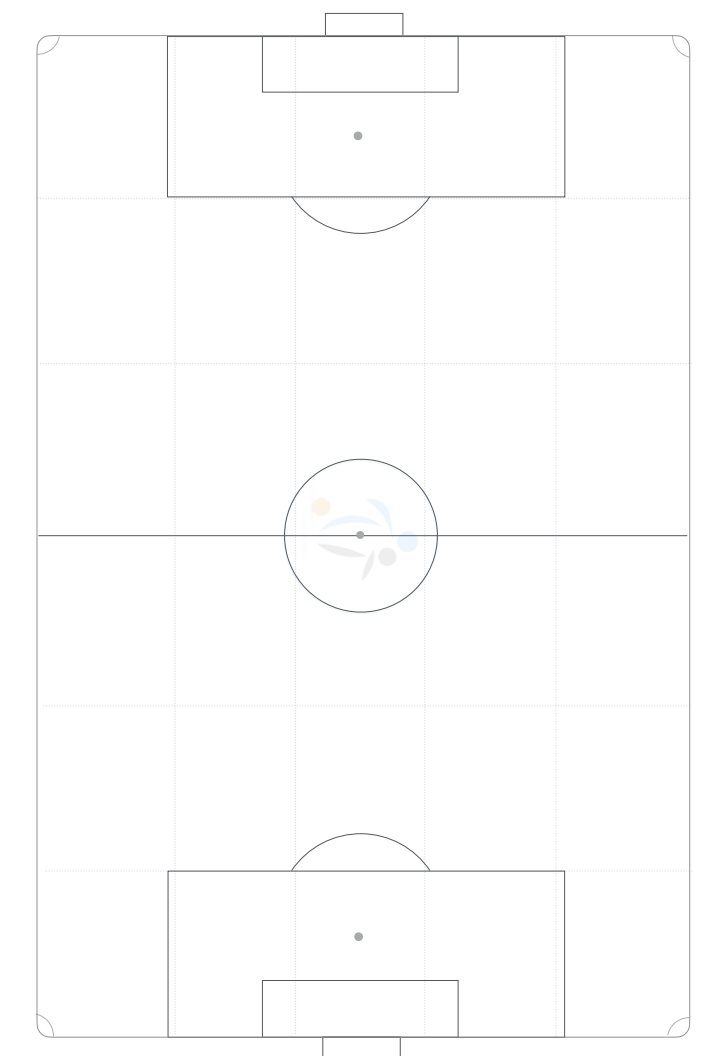
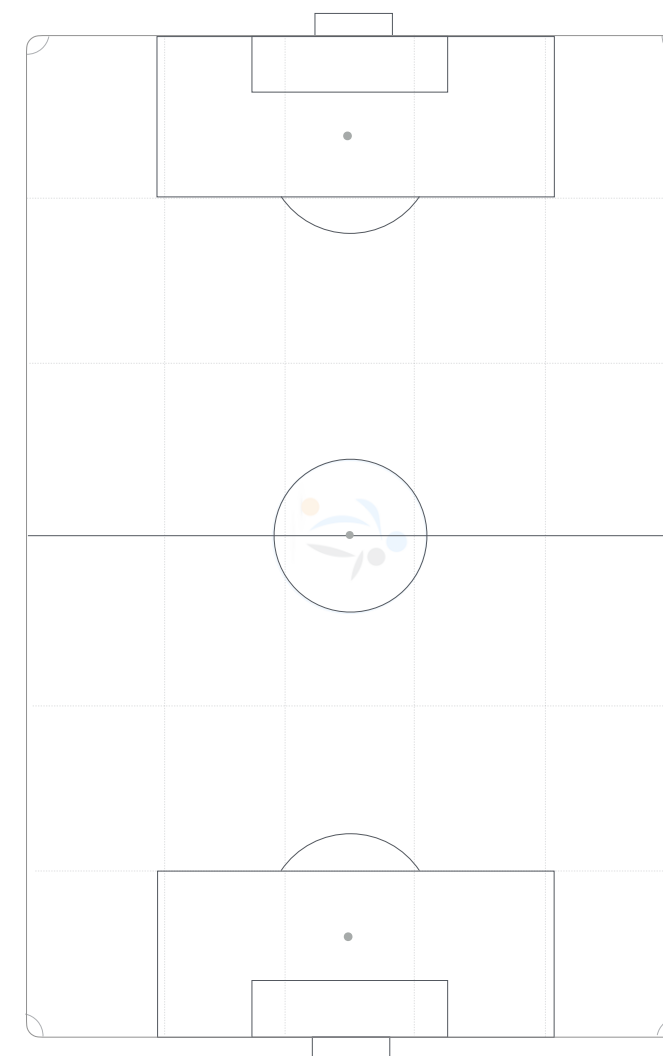
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

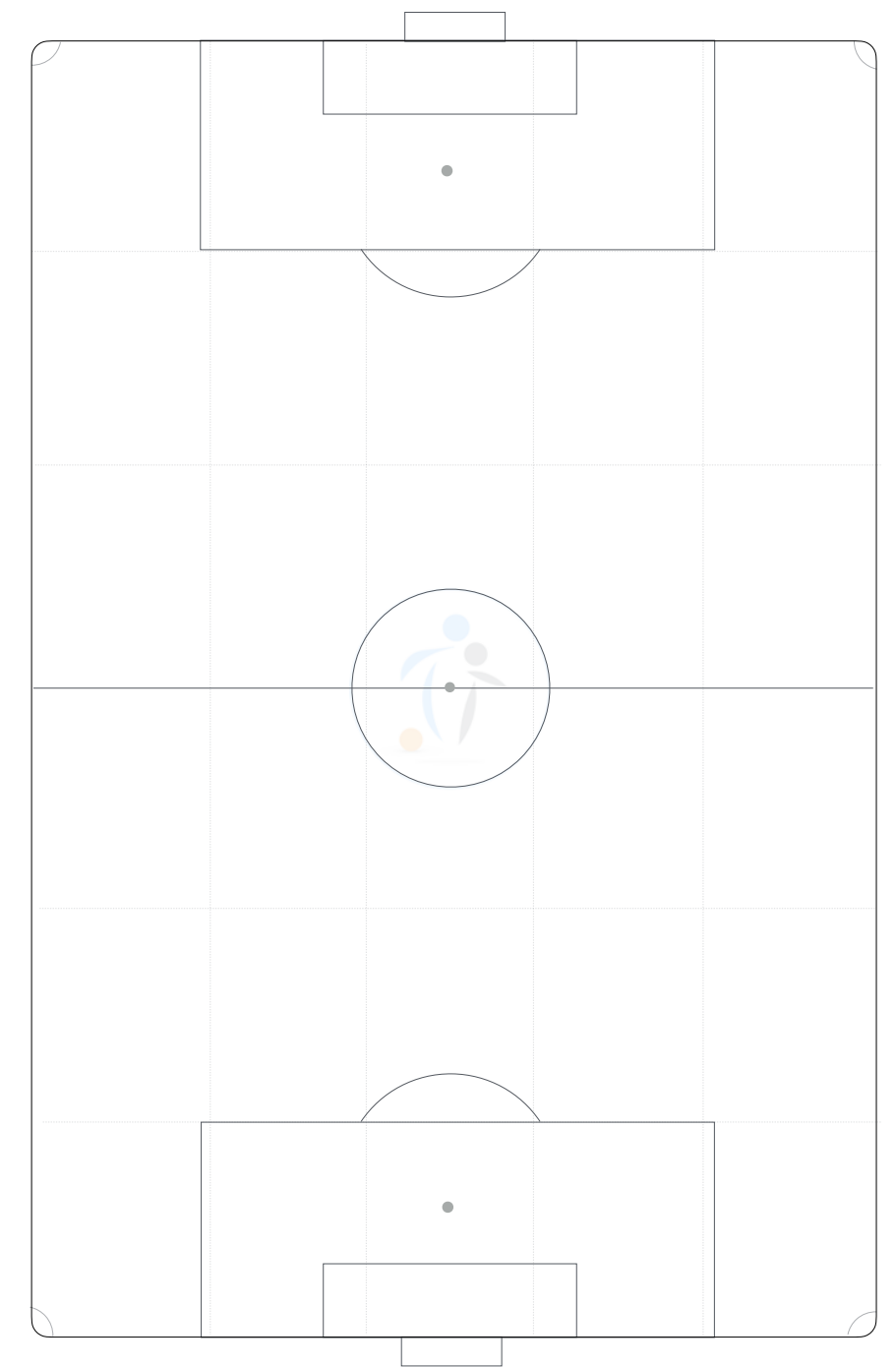
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

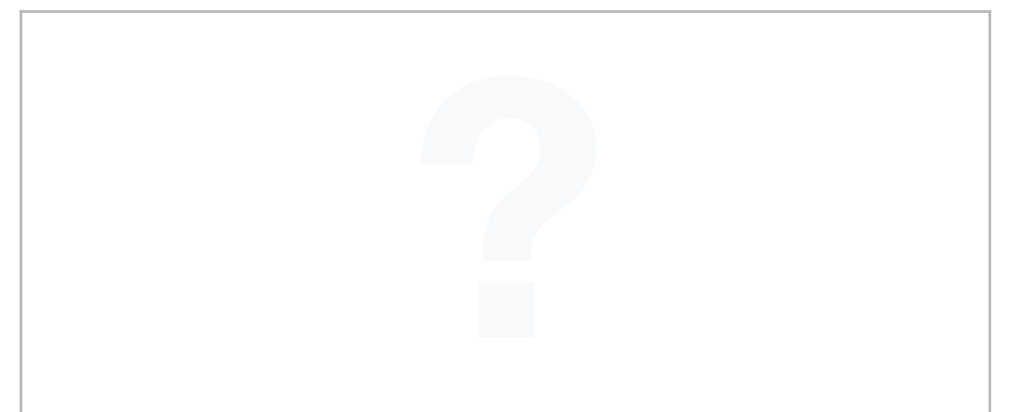
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

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