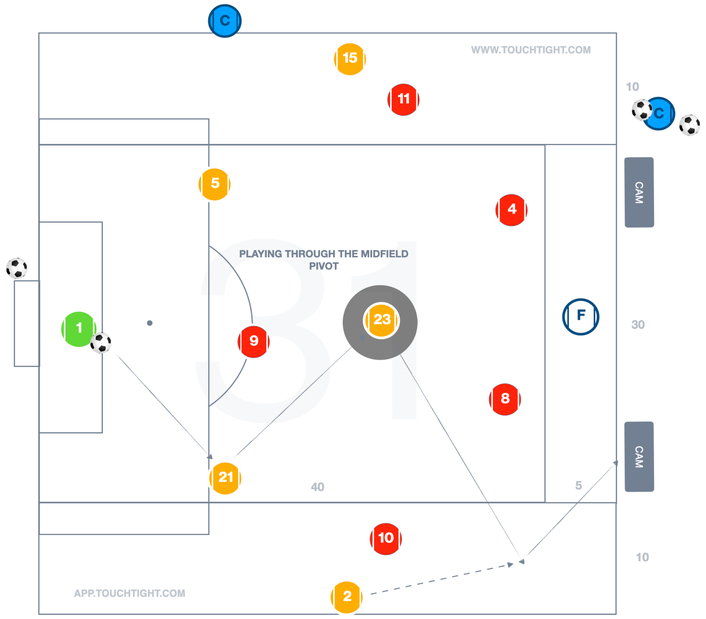
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This is Practice 12 of Theme 31 Building through the midfield thirds (CDM) is focused specifically. On the movement of our defensive midfielder and their ability to connect play in the defensive half. In an area less than half a pitch in length and 5 yards in from each side of the pitch. Objective is for a team of 5 outfield players plus the goalkeeper (set up in a 41) to play through and finish in one of 2 mini goals, with the option to connect with an end floater against 5 defenders set up in a 23 (replicating a 433).	Spacial awareness for self and teammates Body shape to be able to see play behind and see spaces to turn into One touch around the corner Connecting in one and two touches Being able to remain calm under pressure
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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