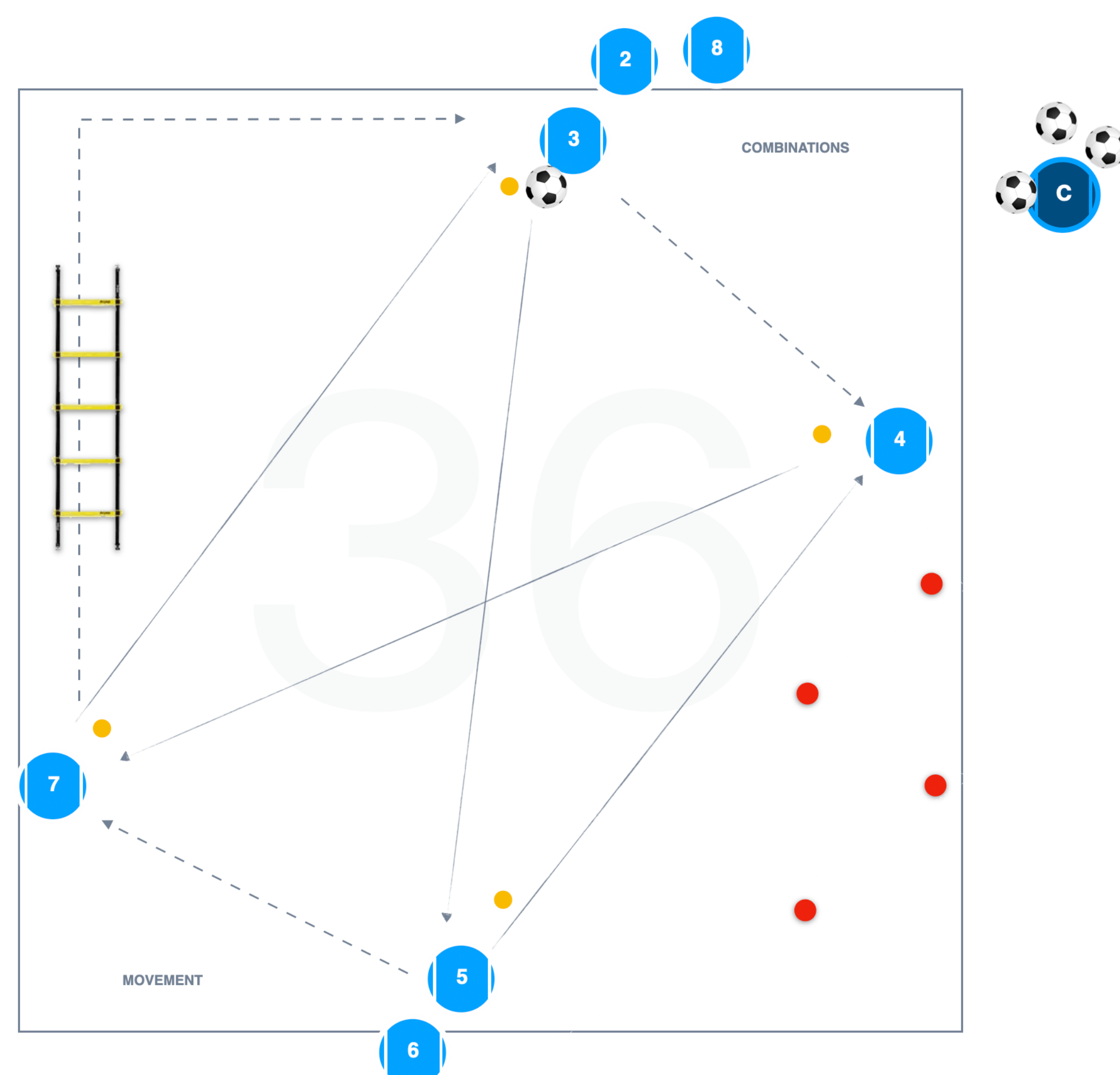


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
Practice 4 of theme 36 midfield combination play, is a technical exercise and works on passing in a 20 x 20 yard area and physical exercises in between. With 4 players set up on separate cones, player 1 must play a direct pass into player 2 who must then set onto player 3 who plays across the area into player who 4 who sets the ball back to the start. Player 2 and 4 must then complete a physical exercise such as ladders or shuttle runs before joining the end group. End players move to the next cone to continue the next practice.	Weight and accuracy of pass Touch to set players or themselves for next pass Quick feet and speed on physical exercises				
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