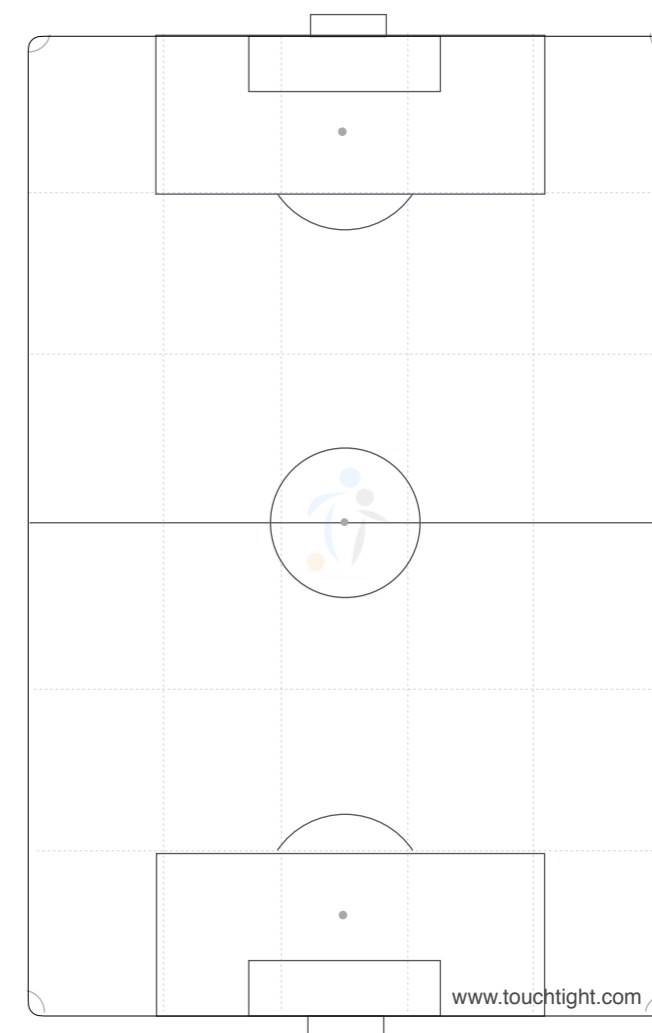
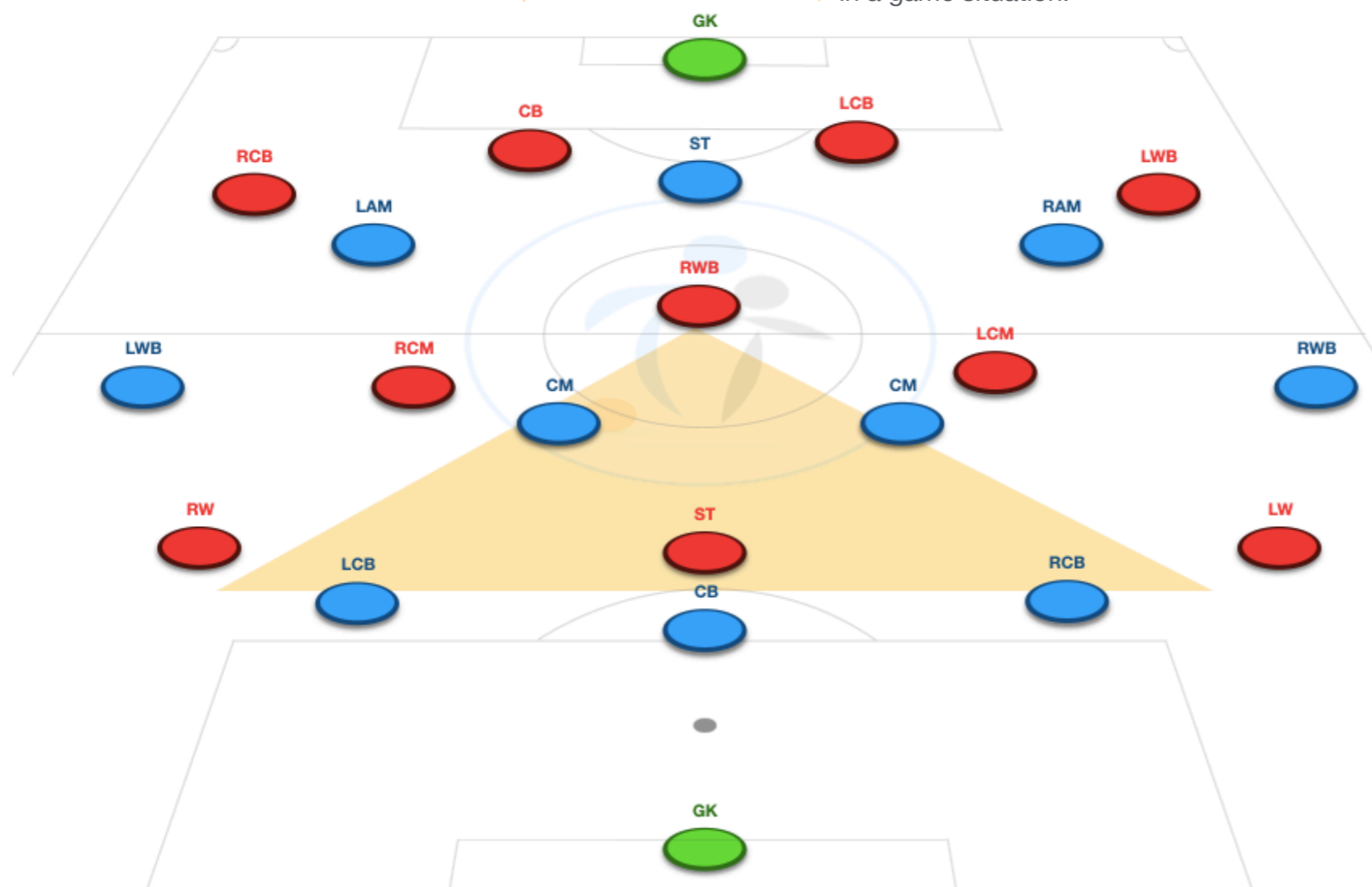




Type: 11 v 11 Practice

Area:

Team Objectives: Focus on the movement of more advanced players that builds on Lead Sessions in a game situation.



Set up / Organisation:

- This full 11 v 11 practice focuses on players attacking centrally, managing one team in a 343 and coaching the other in a 442 diamond.
- This practice can be used as a follow up to many other sessions such as Lead, Phase, Functions and Small Sided Games

Key Coaching Points:

- 11 v 11 Conditioned practice, focus on creating 3 v 3 in final third, manage opposition to attack with both full backs in 343.
- Coach positioned to add a ball during the transition (e.g. after shot), to develop 3 v 3, focus on width to create space inside.
- Develop supporting runs from midfield 2 (7 & 8), decisions on who goes at what time and support of defensive midfielder (4).
- Relationships between wide midfielder, CM & FB, playing on different lines to exploit space left.

Progressions / Constraints:

- Blues have 10 seconds to win possession
- Reds must finish 1 touch
- Zone areas to maintain width leaving space centrally.

Questions & Notes:

- Observe how Blues press to see where space opens up. Manage Blues initially to drop or press depending on what you want to get out of these first stages.
- Encourage Reds to be creative in their rotation to play out, provided security is in place this will develop player understanding of their roles and covering positions.
- How and why does game tempo increase the higher up the pitch players progress? Recognise how defenders positioning and attackers intent contributes to this factor.

Work / Rest Ratio:



mins

sets

Session Date:

Team:

Coach:



Session Objective/s:

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

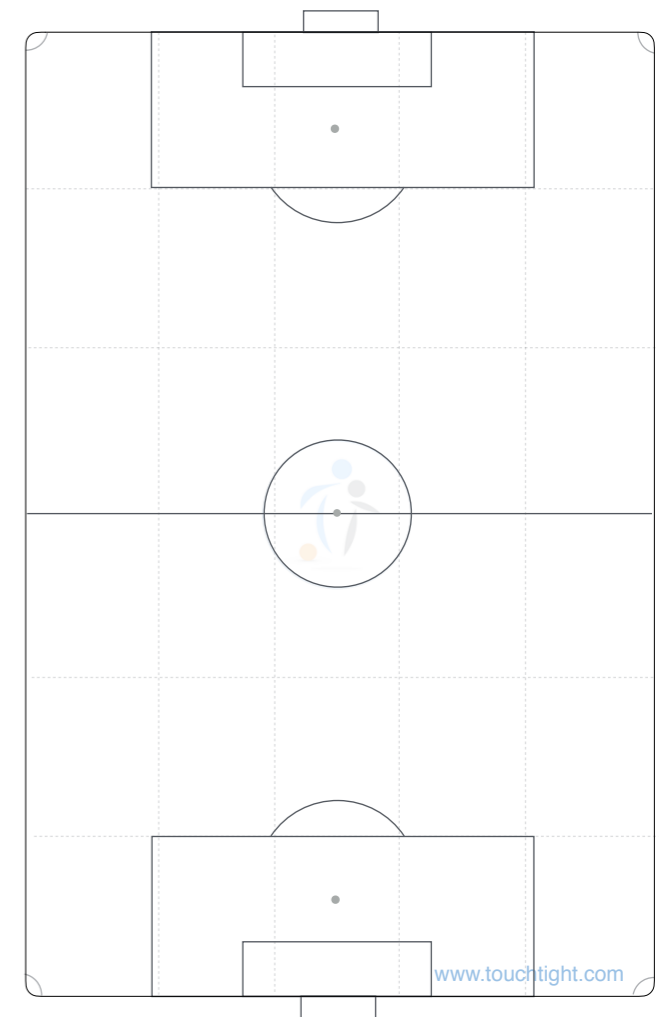
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

