



Session Date

Season

Age Group

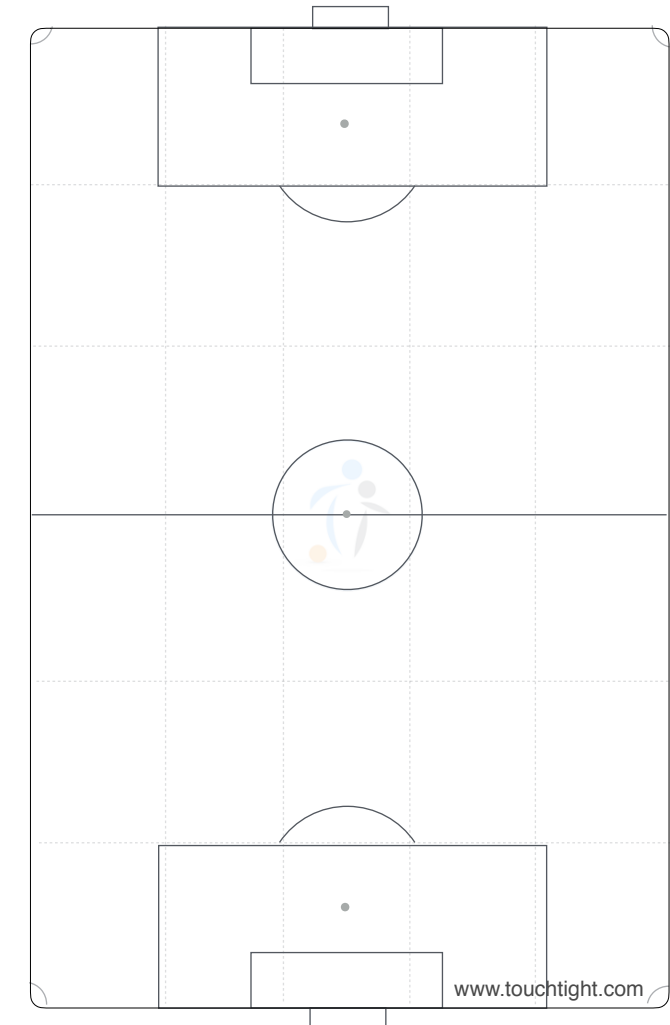
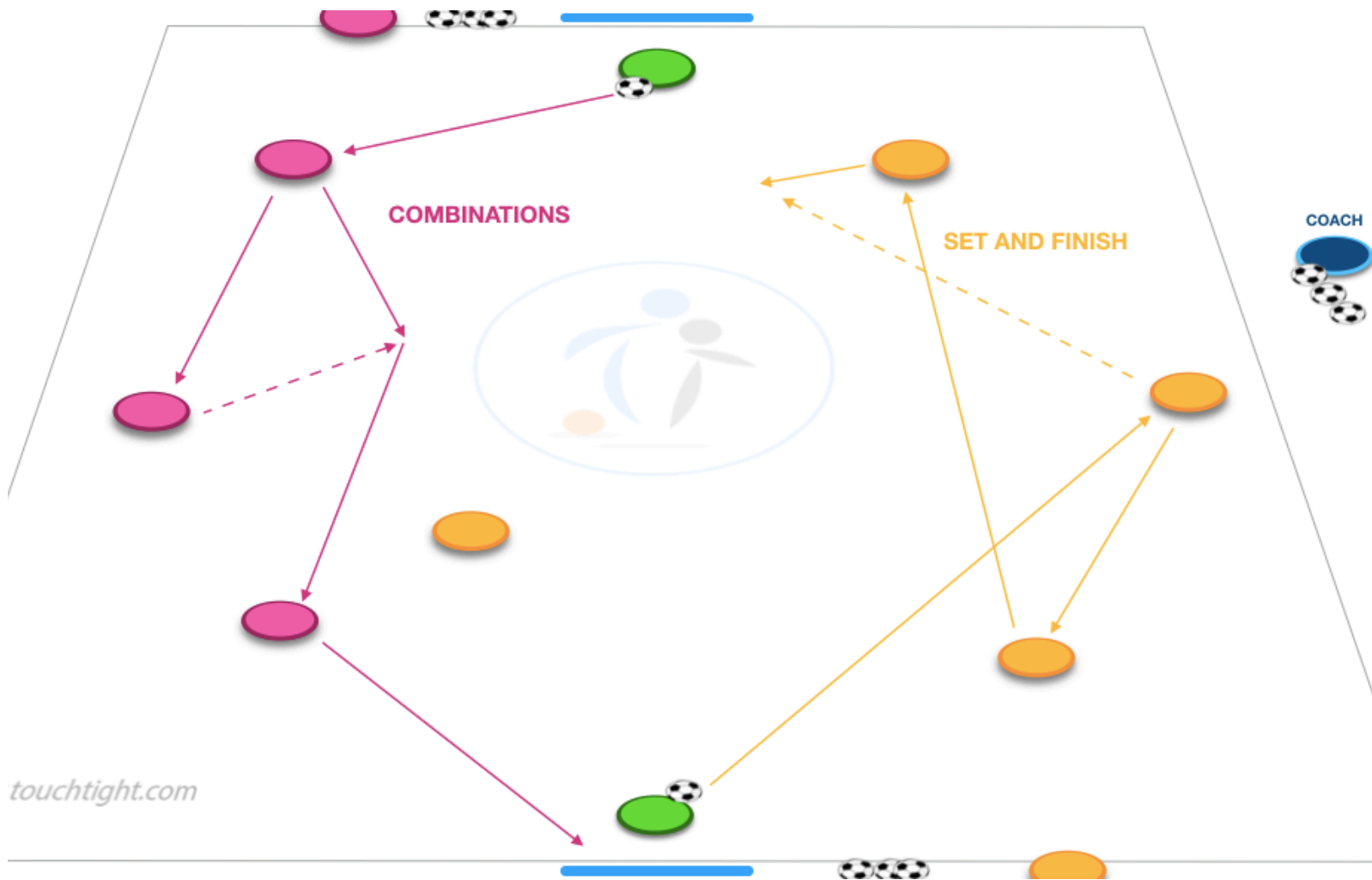
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



**Set up / Organisation:**

- This attacking practice area is in a 30<sup>2</sup> yard area, with a GK at each end keeping goal and 2 groups of players at the side of each goal to combine to score. 3 cones positioned for each group (CB, WM, ST), with 1 player on each to begin.

**Key Coaching Points:**

- Vary combinations between individual players, providing the opportunity for them to be creative and come up with their own combos.
- Encourage rotation through central areas to develop players awareness when obstacles (players) presented.

**Progressions / Constraints:**

- Players to get a shot off on goal, or for cross to be delivered. Players must move to the next station once shot has been taken.

**Questions & Notes:**

- Focus on passing weight/direction, timing of movement, and ability to move off teammates movement.

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

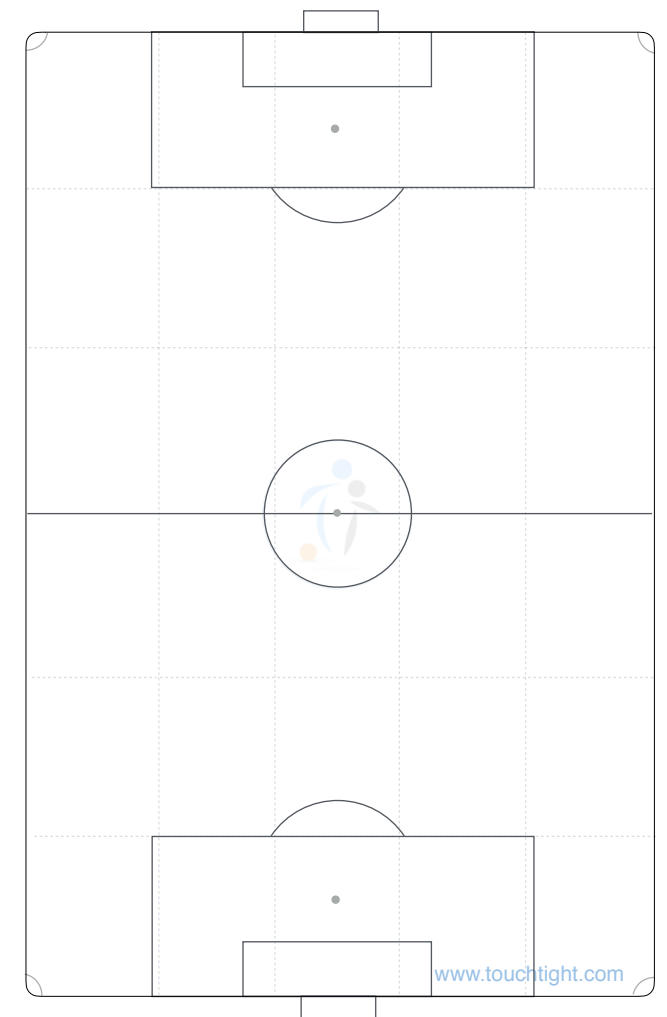
Player Trios initials	Objectives

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?

A large rounded rectangular box containing a large, light gray question mark, intended for the user to write their answer to the Big Game Question.