



Type: Skill Practice

Area:

Team Objectives:

Session Date

Season

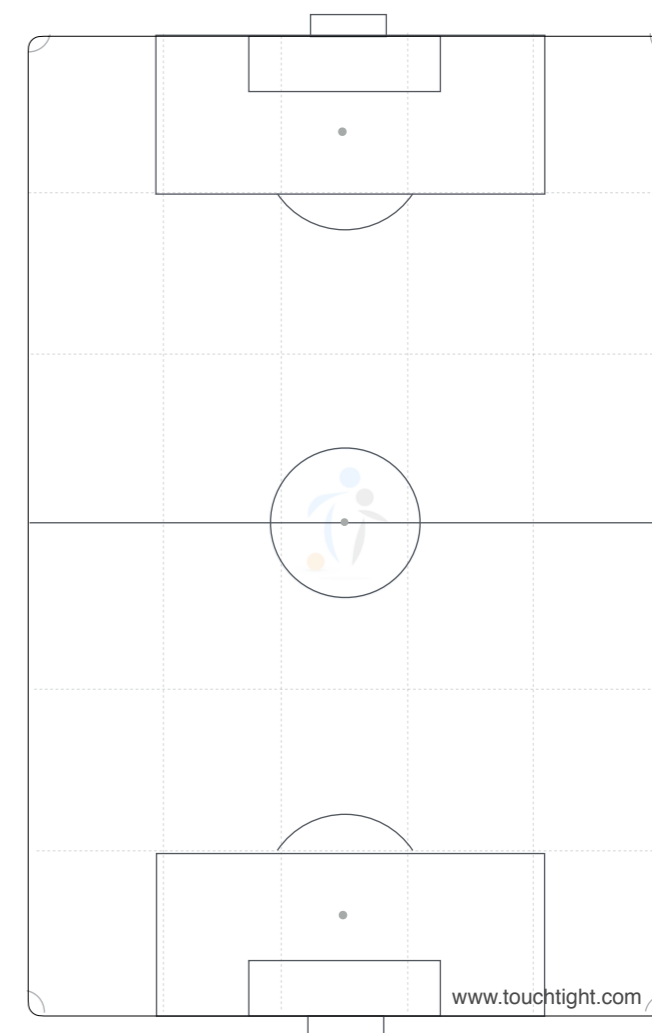
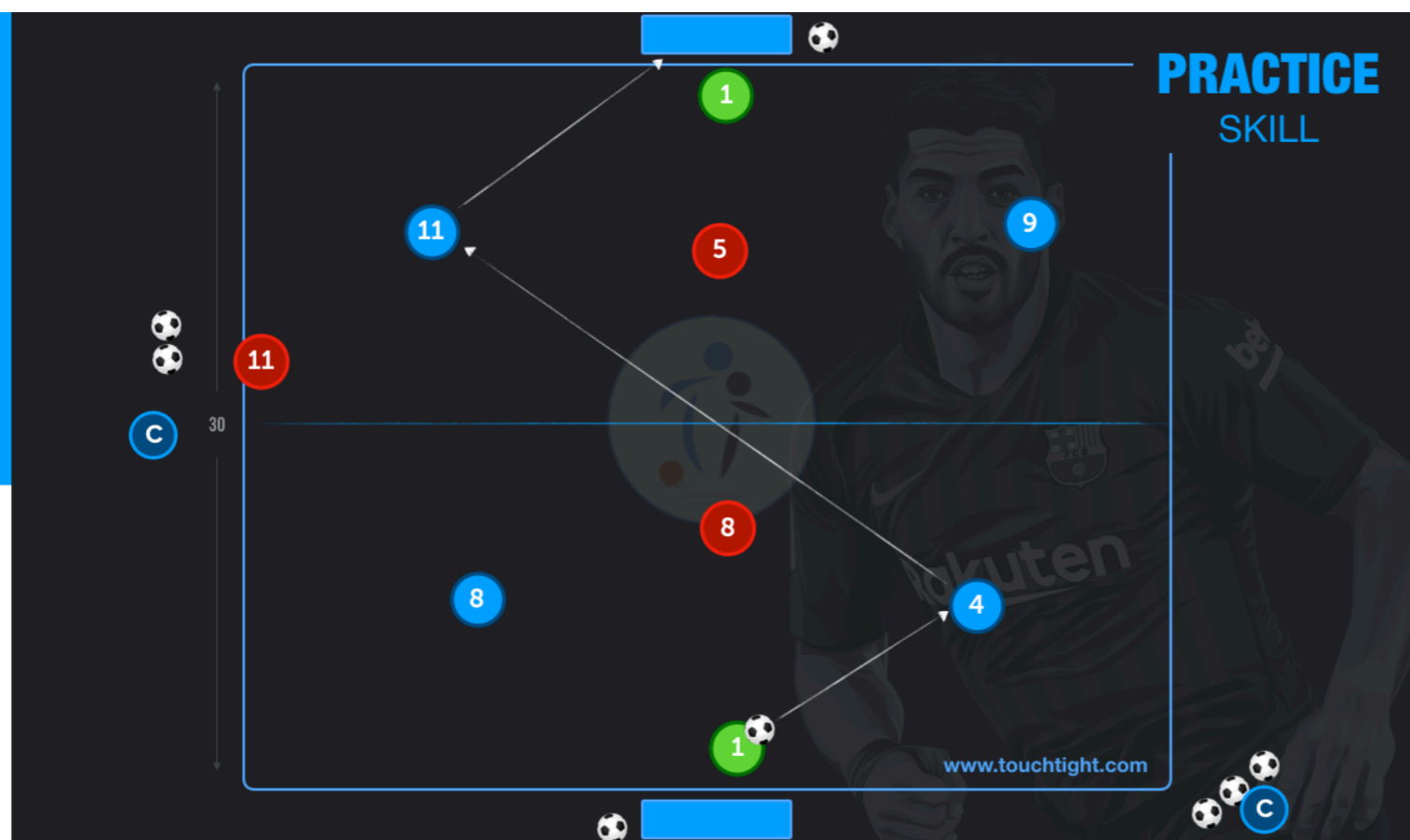
Age Group

Players

Duration

ATTACKING CENTRALLY

THEME 01 | PRACTICE 05

**Set up / Organisation:**

- This 30² yard practice is used to develop the player's ability to build attacks in central areas with overloads to begin possession build. Set up has 2 goals each with a Goalkeeper in to protect and attacking team (Blues) has 4 players against 2 defending Reds.
- Area is split into halves to begin with and a restricted 2 v 1 overload for Blues in each half, objective is to play through and combine to score. If Reds regain, they can pass through, or finish first time opposite end.

Key Coaching Points:

- Player Focus - Creating space to play forward - Combinations - Clinical Finishing
- Freedom to create own combinations, developing different combinations to encourage players to attempt different ways to attack in central areas.

Progressions / Constraints:

- Ability to create space with overloads and with progressions identify how players vary their ways to attack, e.g. must dribble from one area to another.
- Allow extra attacker and defender to recover creating a 3 v 2 overload

Questions & Notes:

- How are your players gaining success in the overload (Passing or individual)?
- Which players take their first touch forward, forcing quicker decisions?

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

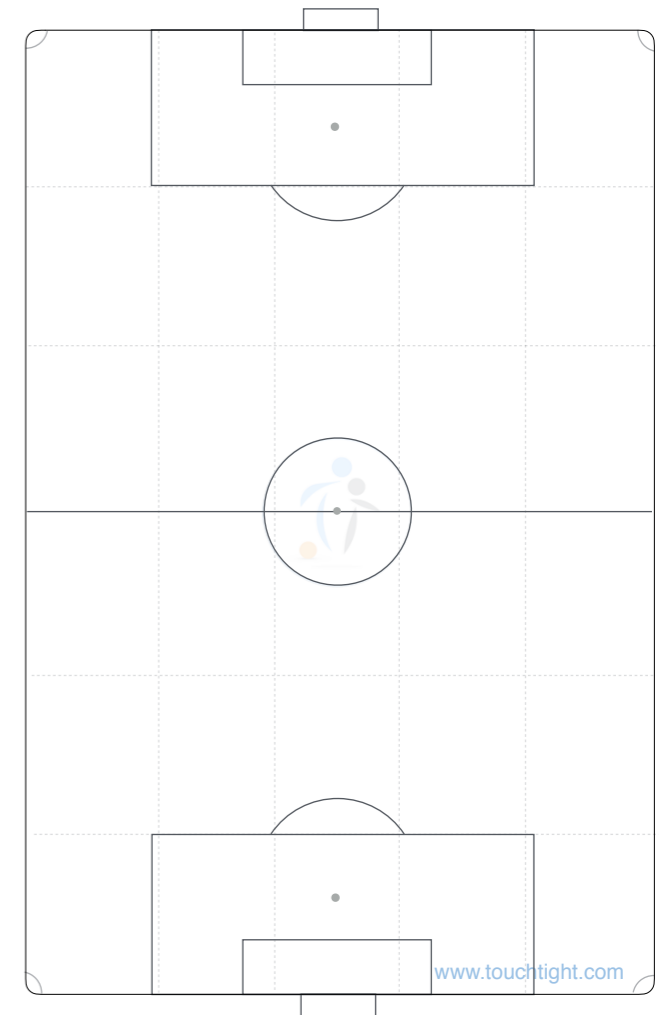
Player Trios initials	Objectives

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?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation