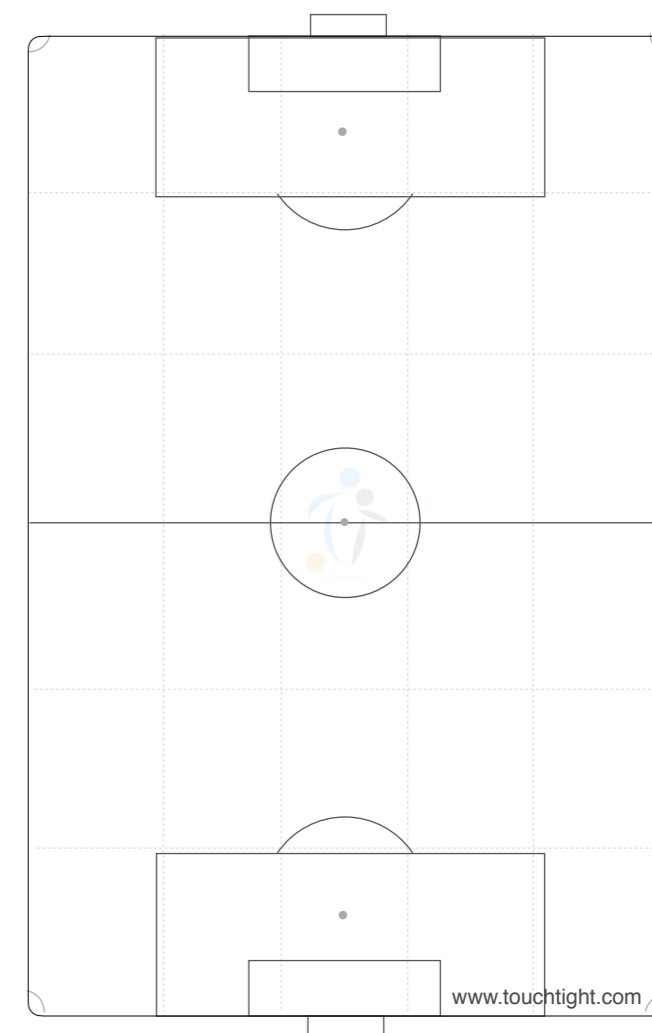
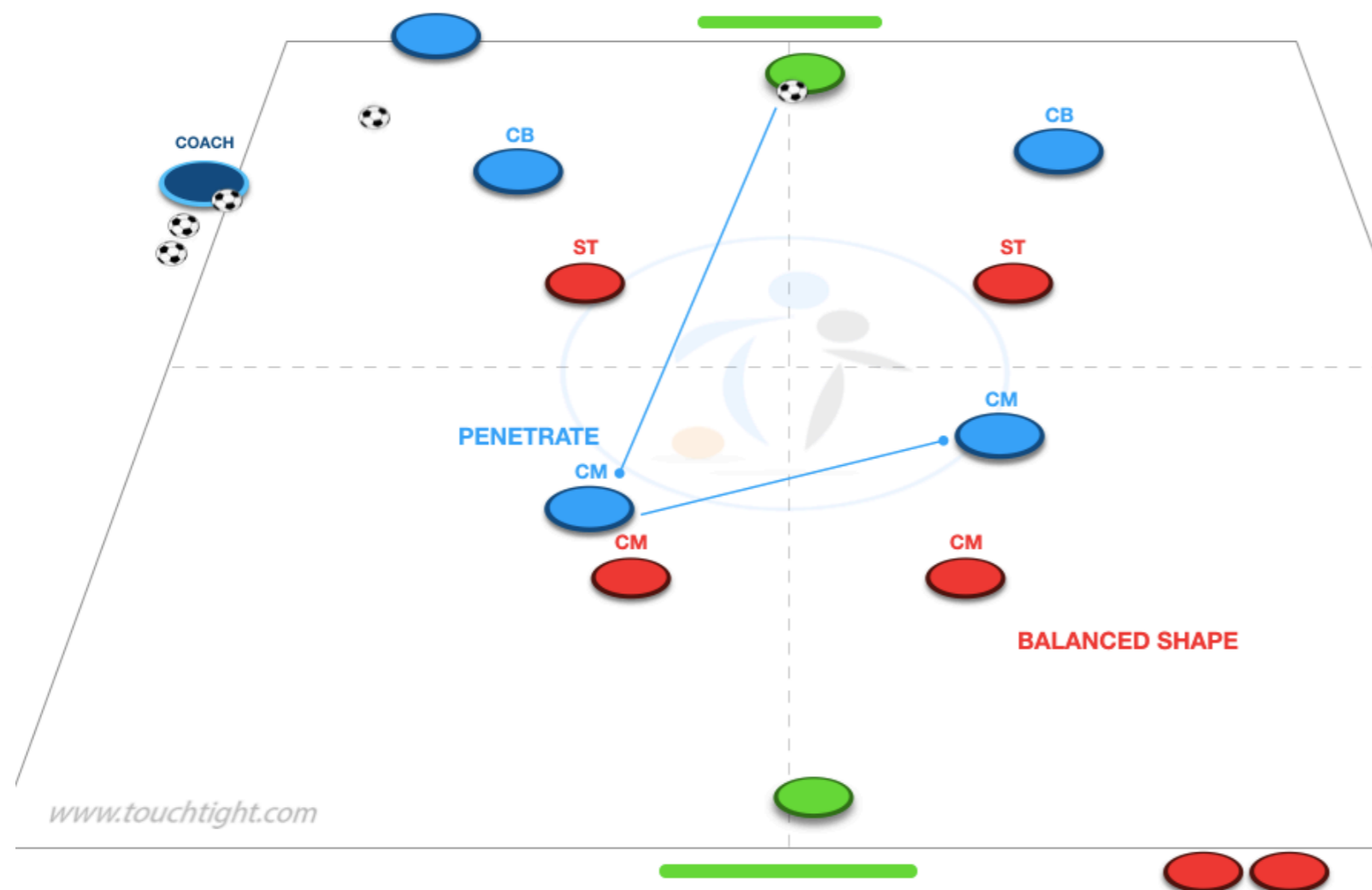




Type: Small Sided Game

Area:

Team Objectives: Encourage players to attack effectively in central areas



Set up / Organisation:

- The playing area is 30² yards, with a goal at each end, plus 2 Goalkeeper's to protect.
- The pitch is split into 2 halves for you to recognise areas where players can build through with rotation to attack, whilst maintaining security. Coach Reds to combine centrally and manage Blues to defend as normal providing challenge and allowing freedom for players during the game.

Key Coaching Points:

- Player Focus - Create space by losing markers and developing overloads through thinking quickly away from the ball.

Progressions / Constraints:

- Goal can only be scored with an overlapping run or 3rd man to break into and beyond defensive line.

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Questions & Notes:

- Can attacking players play 1 touch when in and around goal, with supporting midfield runners creating quick overload?

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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

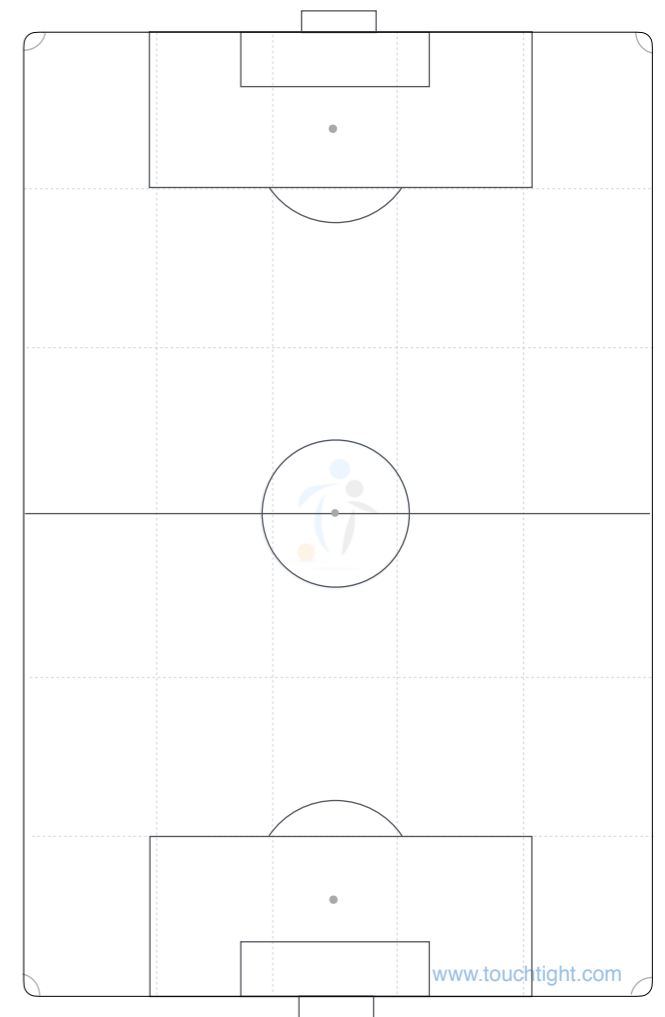
Player Trios initials	Objectives

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?

Large rounded rectangular box containing a large, light gray question mark, intended for the user's response to the Big Game Question.