Part Practice

Theme: Attacking Centrally

Type: Wave Practice

Team Objectives:

• Speed of Central Attack (passing weight and runs).
• Hold up and combination play between strikers.
• Forward Runs, beyond striker.
• Final ball (Magic Pass).
• Set targets for clinical finishing (e.g. 8 out of 10 must be finished realistically).

Questions & Notes:

• How should forwards be working together in these situations?
• Can you provide immediate support for your teammates?
• What combinations can you create moving into the attacking third?
• Can you be creative in the final third? How?
• Can you create clear opportunities?

Set up / Organisation:

• This Wave Practice can take place in an area 50 (L) x 40 (W). 2 players begin with the 1 person in possession of the ball at one end, who passes ball into 1 of 2 forward players. 2 supporting players must then make forward runs to create 4 v 1, and combine to get shot on target.

• Play then begins from the opposite end, maintaining fluidity in practice, encouraging many magic passes and finishing.

Key Coaching Points:

• Can you provide immediate support for your teammates?
• What combinations can you create moving into the attacking third?
• Can you be creative in the final third? How?
• Can you create clear opportunities?
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**

<table>
<thead>
<tr>
<th><strong>What went well?</strong></th>
<th><strong>What did we learn?</strong></th>
</tr>
</thead>
</table>

**Absentees:** initials