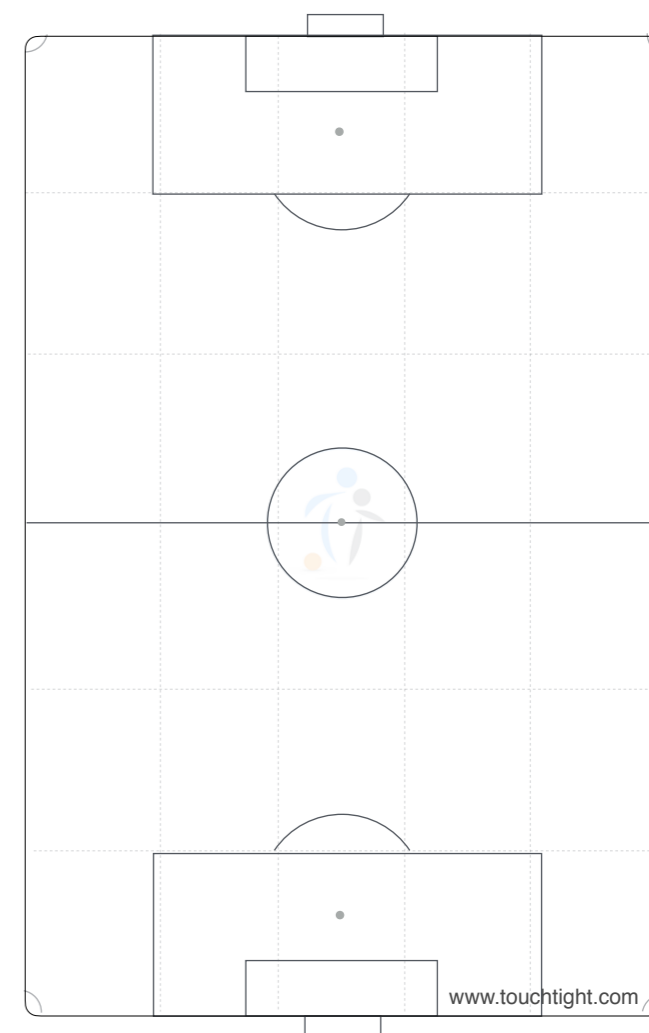
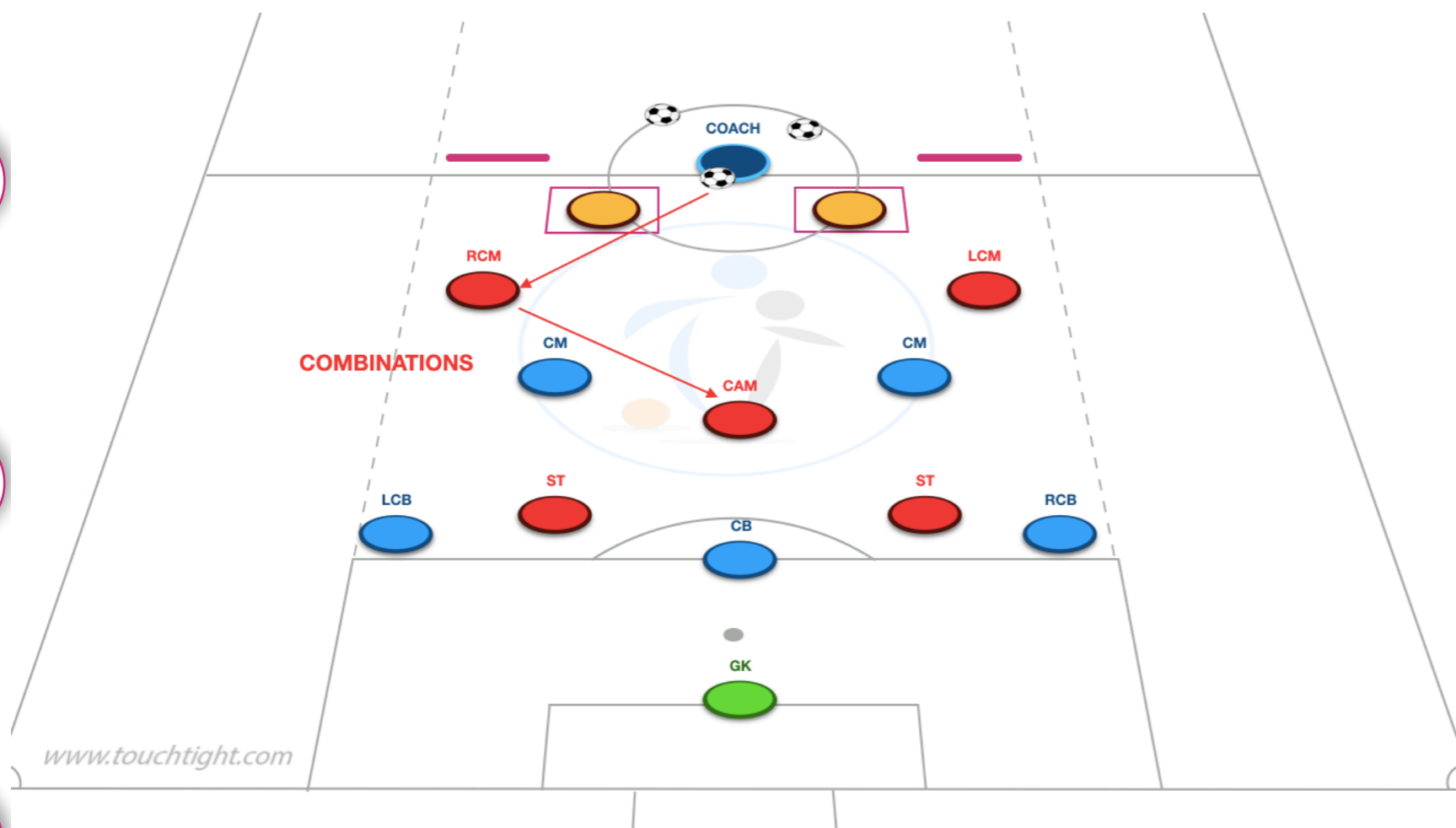




Type: Functional Practice

Area:

Team Objectives: For the development of your team's ability to attack in central areas.



Set up / Organisation:

- Played in a 50 x 40 area with an end goal to finish at the end of the attacking phase. 5 defenders in a 212 (possible defending 442 diamond) against attackers coached to attack in a 212 (possible attacking 442 diamond).
- Defenders must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal, whilst attacks as normal.

Key Coaching Points:

- Defending players begin by looking for direct balls into strikers from deeper areas.
- Develop counter-attacking situations, providing different pictures for deep passes into strikers in behind.
- Look for 2nd runners off initial movement, encouraging players to look further than initial pass.
- Striker combinations in central areas, developing one and two-touch passes, followed by runs off the ball in behind.

Technical Detail:

- Speed of Central Attack (Passing weight and runs)
- Hold up and combination play between strikers
- Creativity and movement off the Number 10
- Final ball (Magic Pass) & Forward runs from deep to get beyond
- Set targets for clinical finishing (e.g. 8 out of 10 must be finished realistically)

Questions & Notes:

- Are Blue defending resolutely offering a challenge for Red, and are Red attacking through the middle?
- Do you need to encourage combination play when you intervene?
- How creative can you be in final third, and how?

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

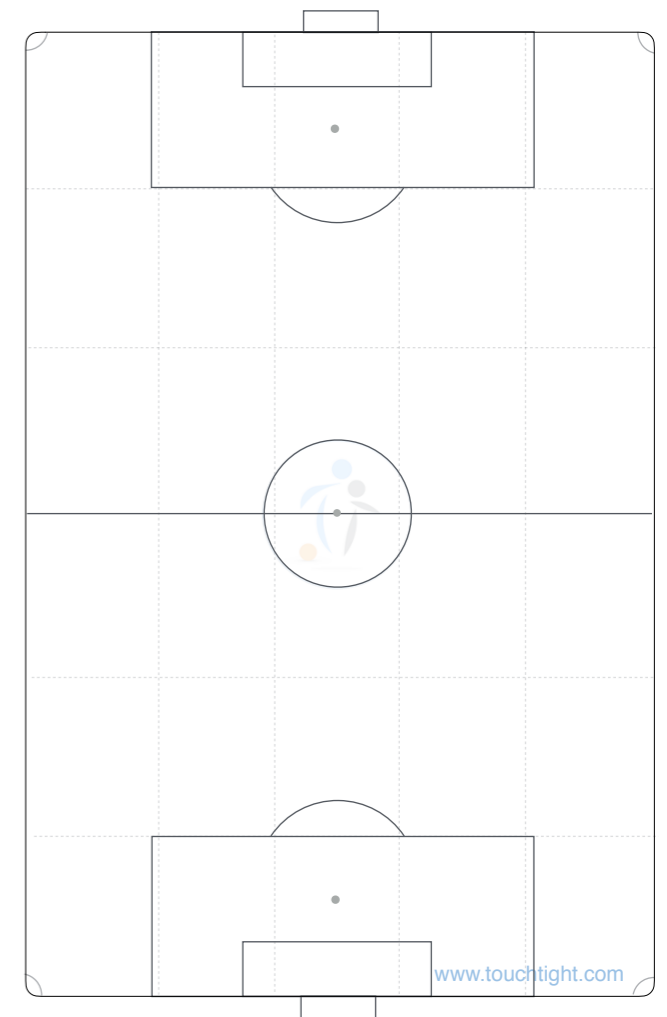
Player Trios initials	Objectives

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?

