

Coach Name:

Club:

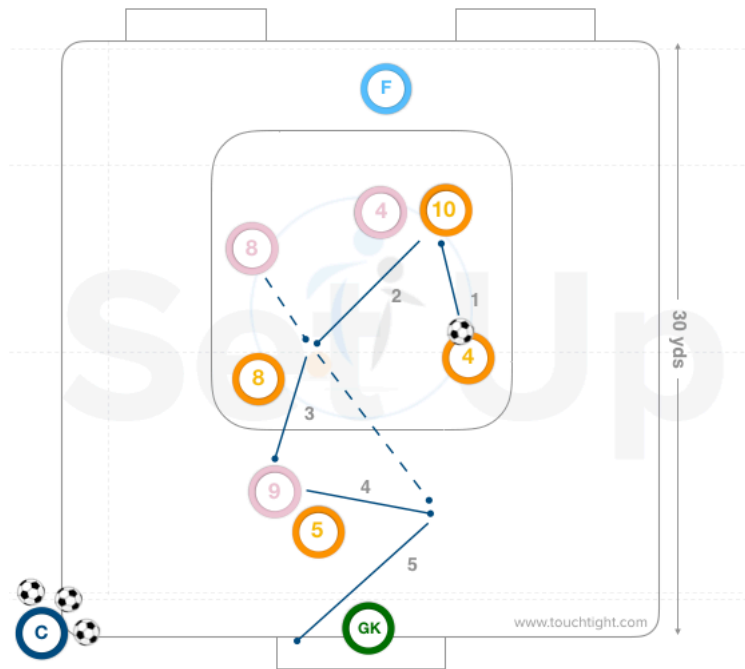
Age Group:

Theme:

Duration:

Objectives

- 1. Recognition of forward runs to penetrate defenders
- 2. Incisive forward runs to break defensive lines
- 3. Combine quickly with sort passes to break immediate pressure



Additional Notes

**Practice Title:** Counter Attacking Possession

**Practice Detail / Notes:**

This Counter Attacking Practice is set as shown, with a 30 x 30 Yard area in which to work, as well as a 15 x 15 area at the top of the pitch for players to keep possession. There are 3 goals, 1 main goal protected by a goalkeeper and 2 mini goals for players to score into. We have a floating player from which possession team can bounce ball into to score quickly. Objective here is for 3 Oranges to make 10 passes before breaking out via floater to score and for 2 Pinks to regain possession to pass into ST (marked by a DF) and break out to combine and score in a 2 v 1.

**Progressions / Constraints**

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

**Key Coaching Points**

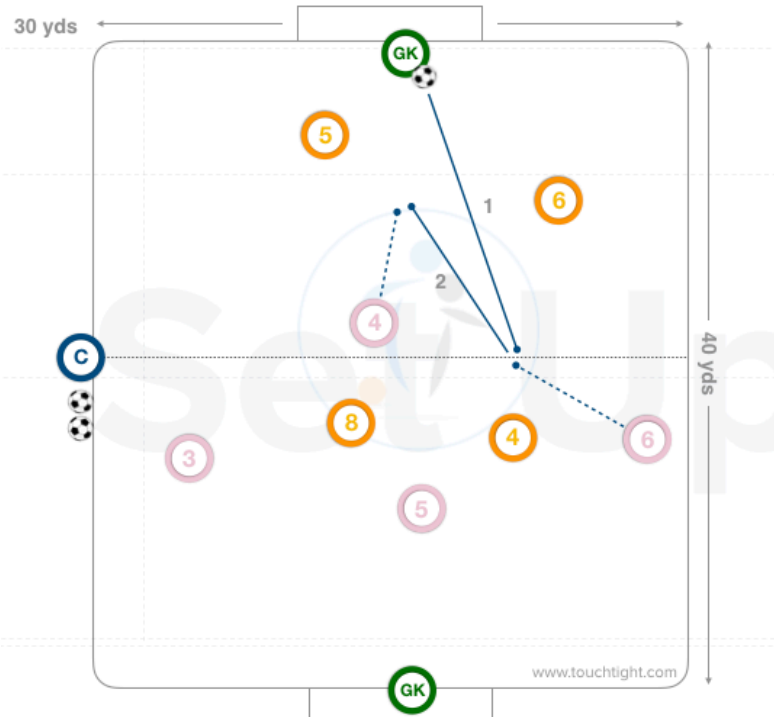
- 1.
- 2.
- 3.

**Individual Challenges**

- 1.
- 2.
- 3.

**Player & Coach Questions**

- 1.
- 2.



Additional Notes

**Practice Title:** Counter Attacking SSG

**Practice Detail / Notes:**

This Small Sided Game is played in a 40 x 30 Yard area, with a goal and Goalkeeper at each end and 4 v 4 in pitch area. Objective is for players to develop quick counter attacks through effective defending and then make full use of overloads and space created. Could encourage immediate counter through start position, or allow to free flow and focus on coaching Pinks to press high and Oranges to keep possession.

**Progressions / Constraints**

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

**Key Coaching Points**

- 1.
- 2.
- 3.

**Individual Challenges**

- 1.
- 2.
- 3.

**Player & Coach Questions**

- 1.
- 2.

**Coach Name:**

**Club:**

**Age Group:**

**Theme:**

**Duration:**

Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing within each session element.

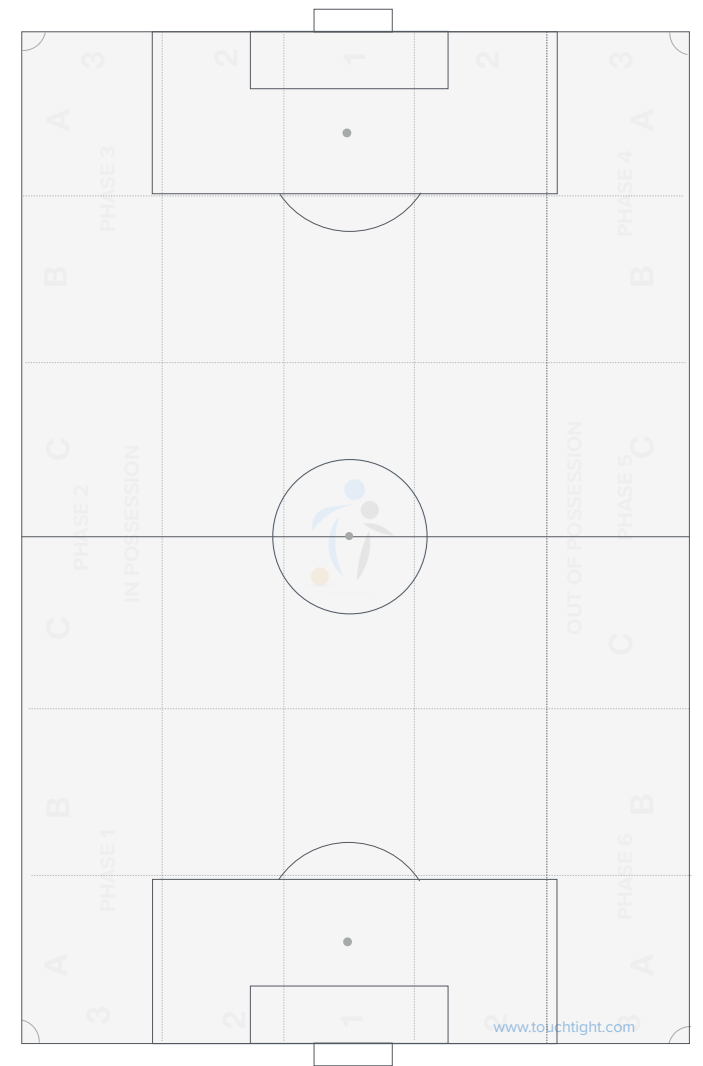
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

Player Pairs	Objectives
1.	
2.	
3.	

Player Trios	Objectives
1.	
2.	
3.	

Player Units	Objectives
1.	
2.	
3.	

What went well:	Even better if / Future Changes:



**Big Game Question**

How will we apply this session to a game situation?

