

Coach Name:

Club:

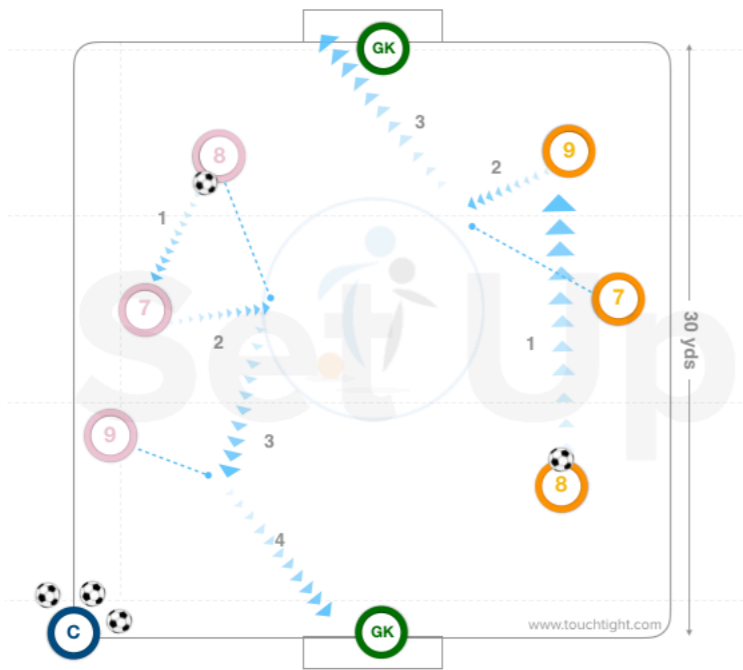
Age Group:

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 Technical Passing

Practice Detail / Notes:

This practice area is in a 30 x 30 Yard square, with a GK at each end keeping goal and 2 groups of players at the side of each goal to combine to score. 3 Cones positioned for each group (CB,WM,ST), with 1 player on each to begin. See combination shown between players to get a shot off on goal or for cross to be delivered. Players must move to the next station once shot has been taken.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

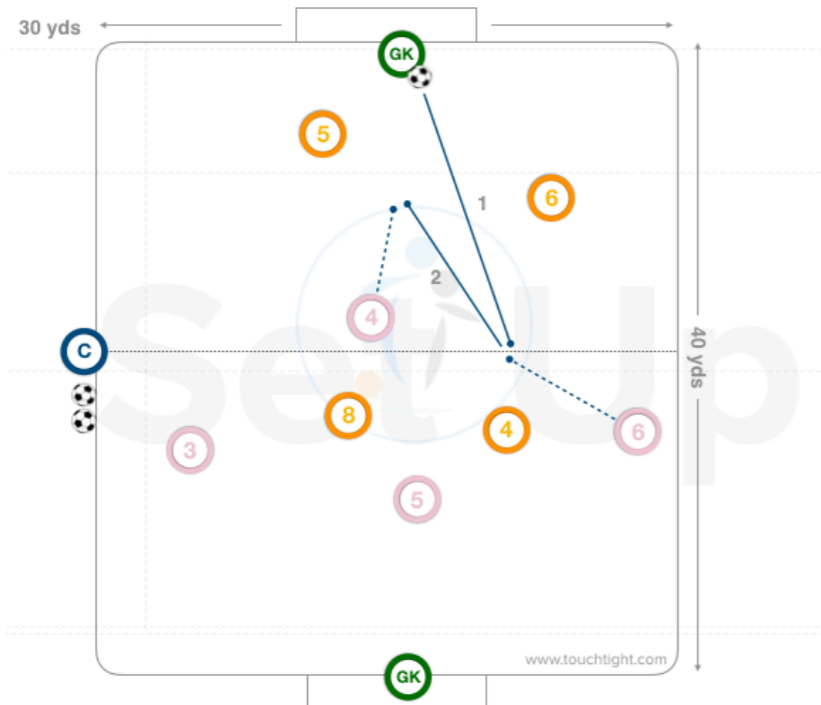
- 1.
- 2.
- 3.

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:

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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.

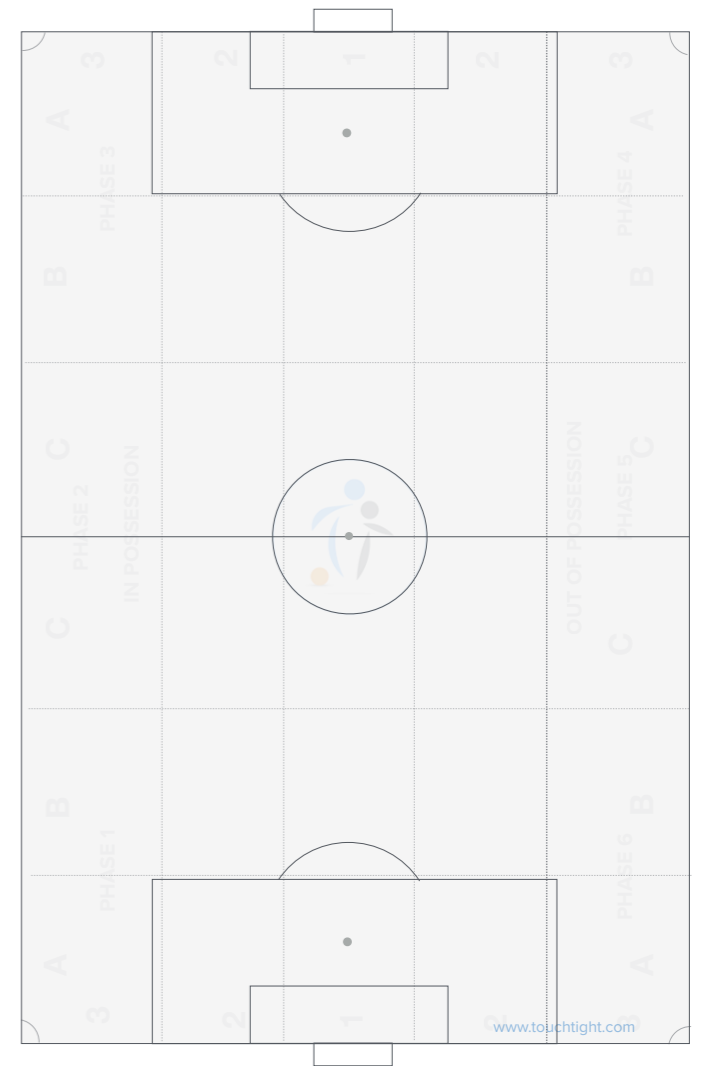
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

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?

