

Coach Name:

Club:

Age Group:

Theme:

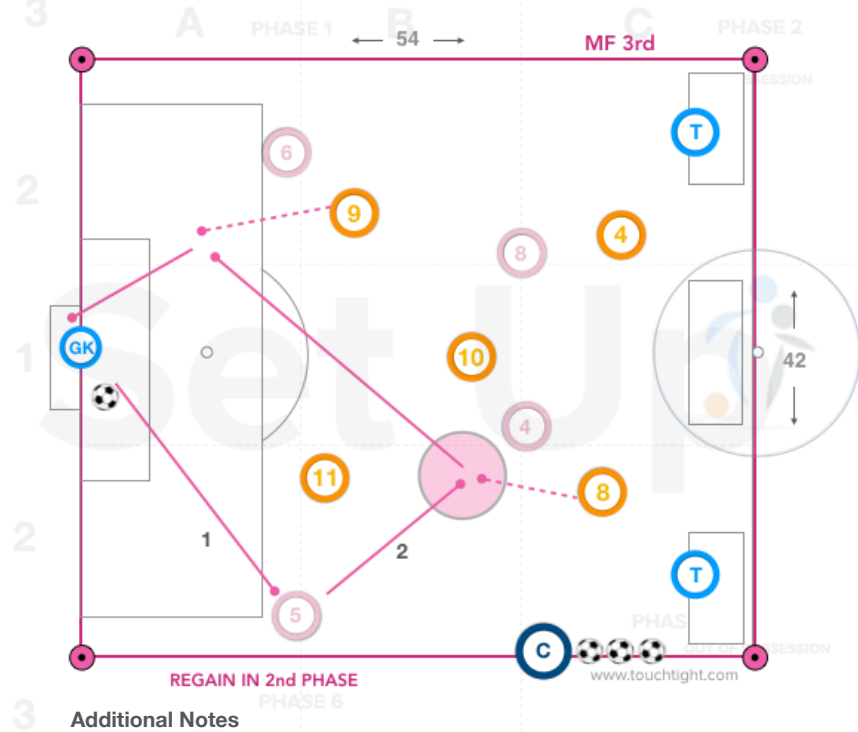
Duration:

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 Function

Practice Detail / Notes:

This Counter Attacking Function is played in a 54 long x 42 wide area with an end goal to counter attack against. 4 Pinks play out in a 22 (central defenders and midfielders in a 442) against Oranges in a 212 (possible attacking 442 diamond), who must defend and counter quickly on regaining possession. Pinks must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal. Focus on positioning to regain quickly and provide immediate support for regain player.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

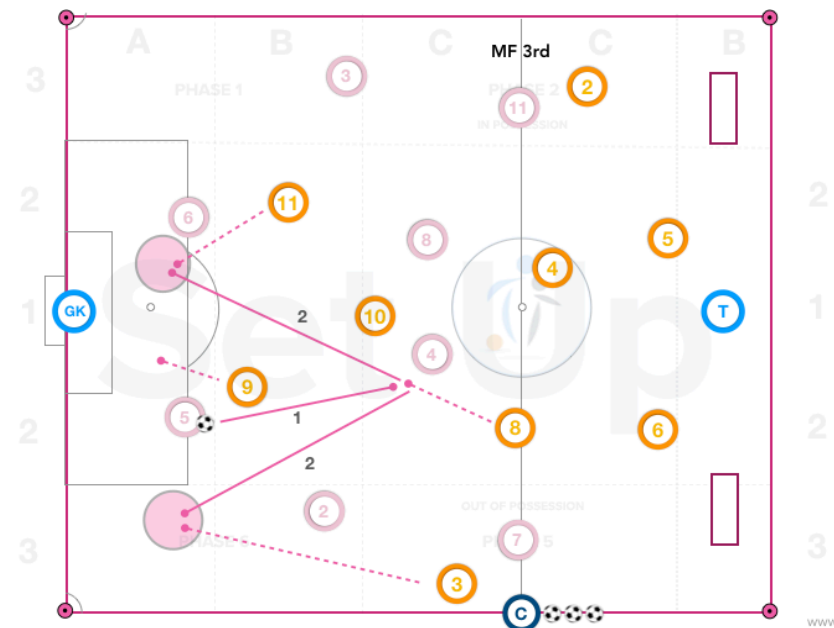
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Counter Attacking Phase of Play

Practice Detail / Notes:

This Small Sided Game is played in an area 50 x 60 Yards. Reds attack in a 322 (simulating a 433) against Blues in a 232 (simulating a 343). Reds must simply create opportunities through combining in central areas, with Blues aiming to provide challenge defending as normal. This can be seen as a bridge between Level 2 Small Sided Games (4 v 4) and full 11 v 11 games.

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.



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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.

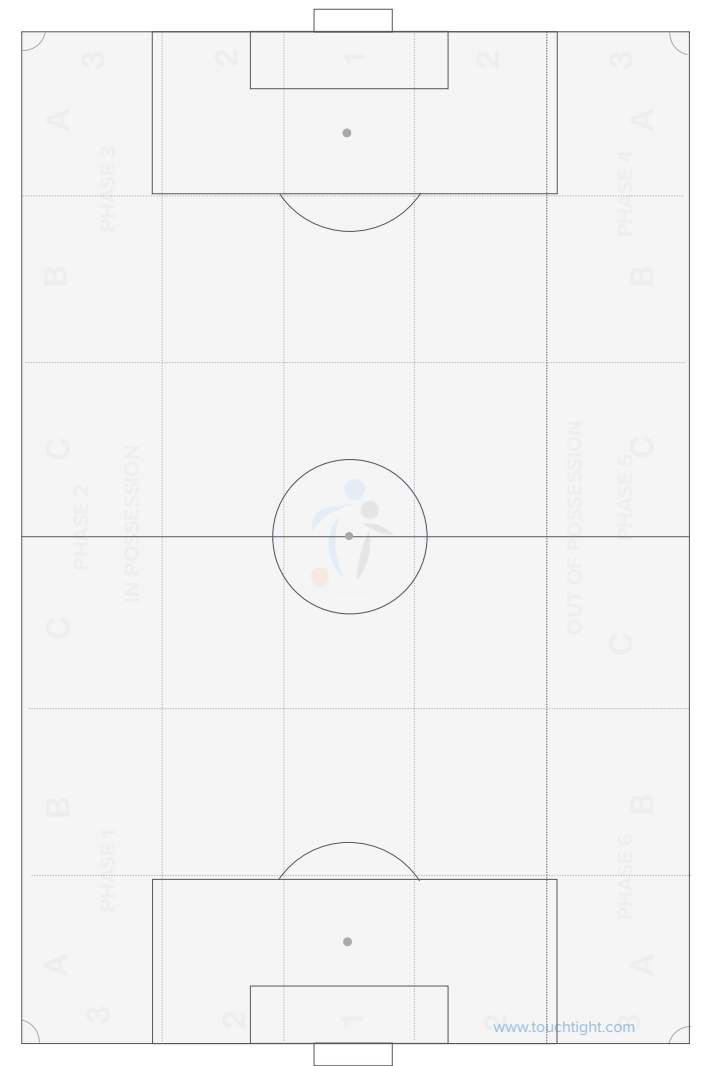
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

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?

