

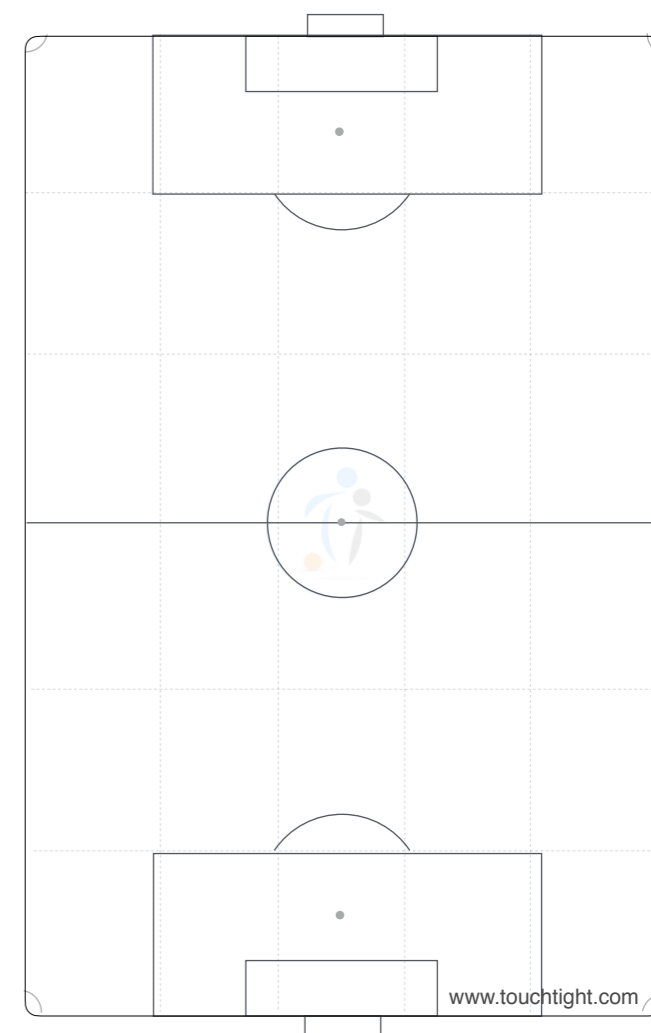
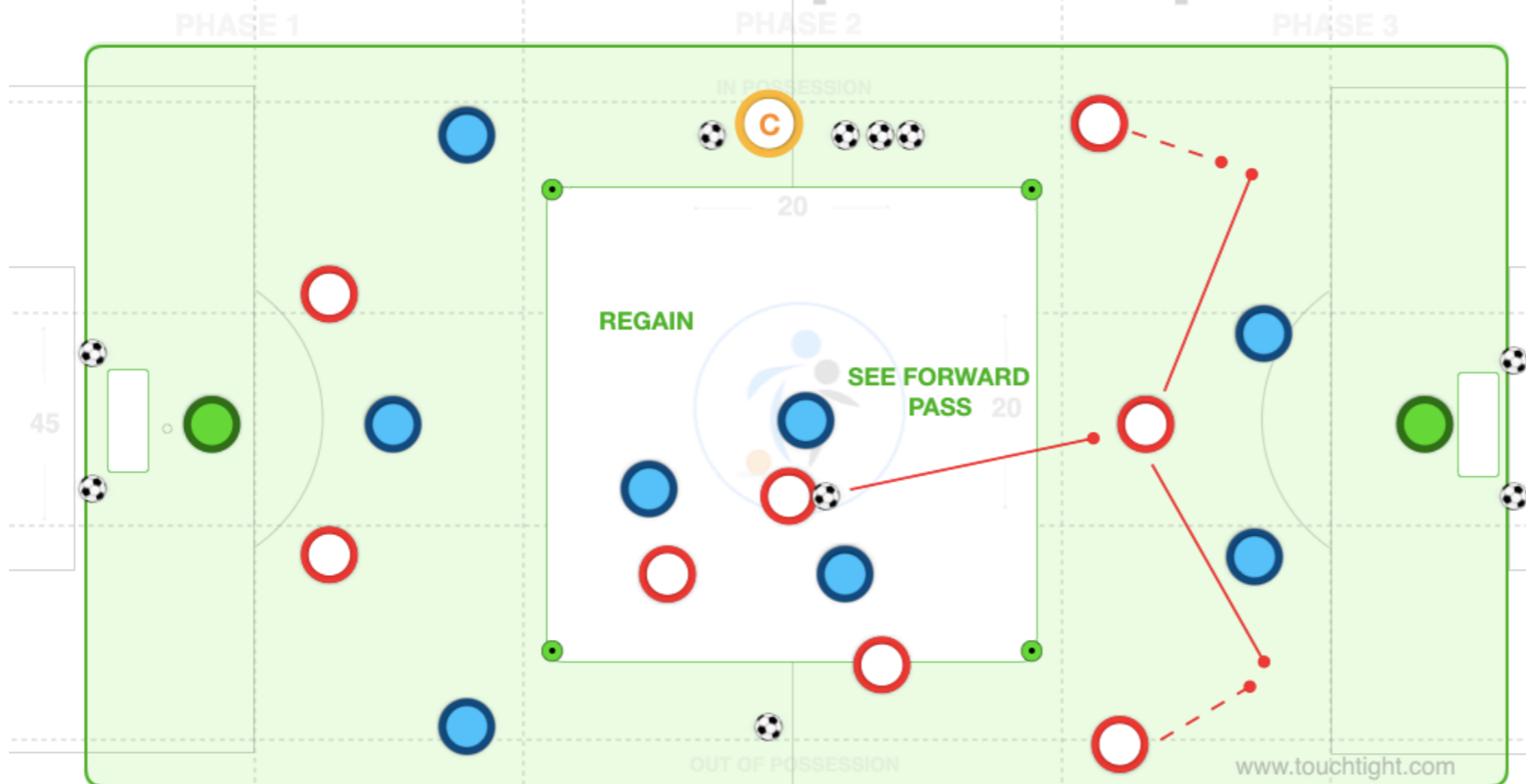


Type: Directional Practice

Area:

Team Objectives: Encourage teams to regain possession quickly and counter-attack as soon as they can.

A Vision - Head up to see pass



Set up / Organisation:

- This 3rd practice of 14 in Theme 11: Winning possession in MF Third focuses on developing 3 v 3 situations within a 20² yard area, encouraging counter attacks on winning possession, creating an initial 3 v 2 overload in the attacking third.
- Players must work together during defensive pressure phase and on their regaining, showing the vision to see attacking players available in an overload situation and execute their forward pass.

Key Coaching Points:

- Defensive organisation to win possession as a 3
- Speed of transition crucial to avoid losing the ball after winning it
- Being clinical in final third situations (3 v 2)

Progressions / Constraints:

- .Single player can join in the attack creating a 4 v 2, before allowing a defending player to recover creating a 4 v 3.
- .On winning possession an attacking player can drop into the zone from one end to create a 4 v 3 overload in central area.

Questions & Notes:

- We can view the area of the pitch in which this session would be positioned, with a focus on our midfield 3 players in and out of possession and our forward 3 to break against the 2 opposition defenders.

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

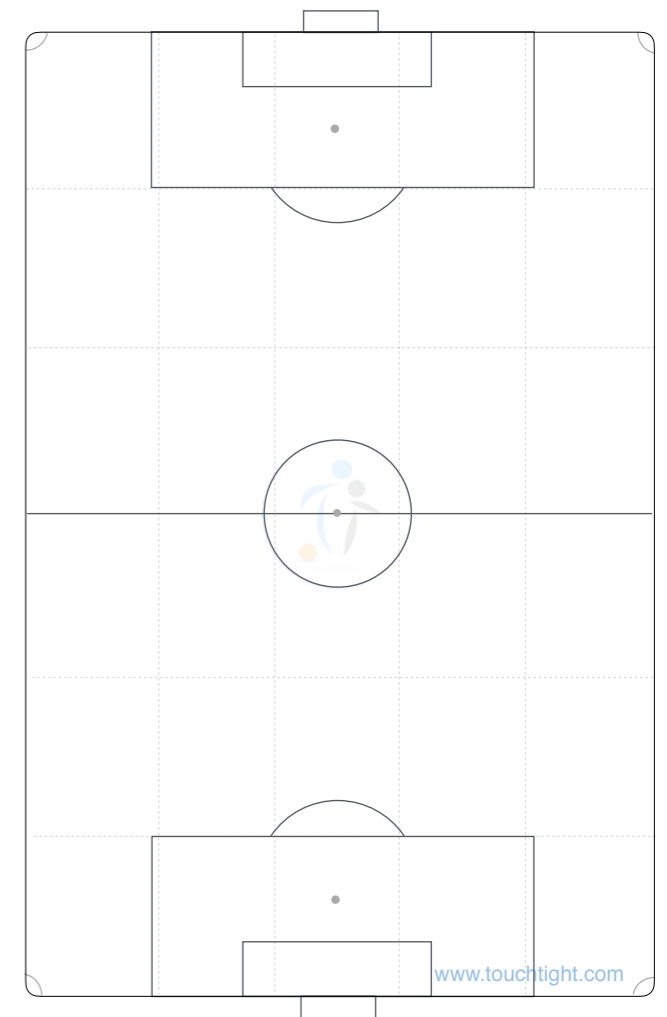
Player Trios initials	Objectives

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?

