



Session Date

Season

Age Group

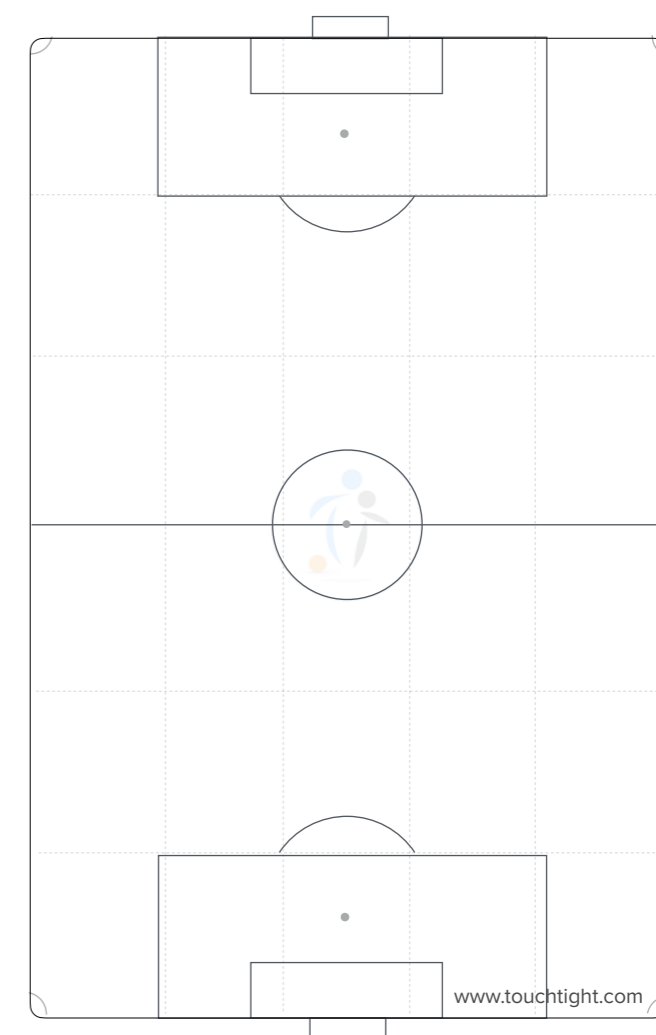
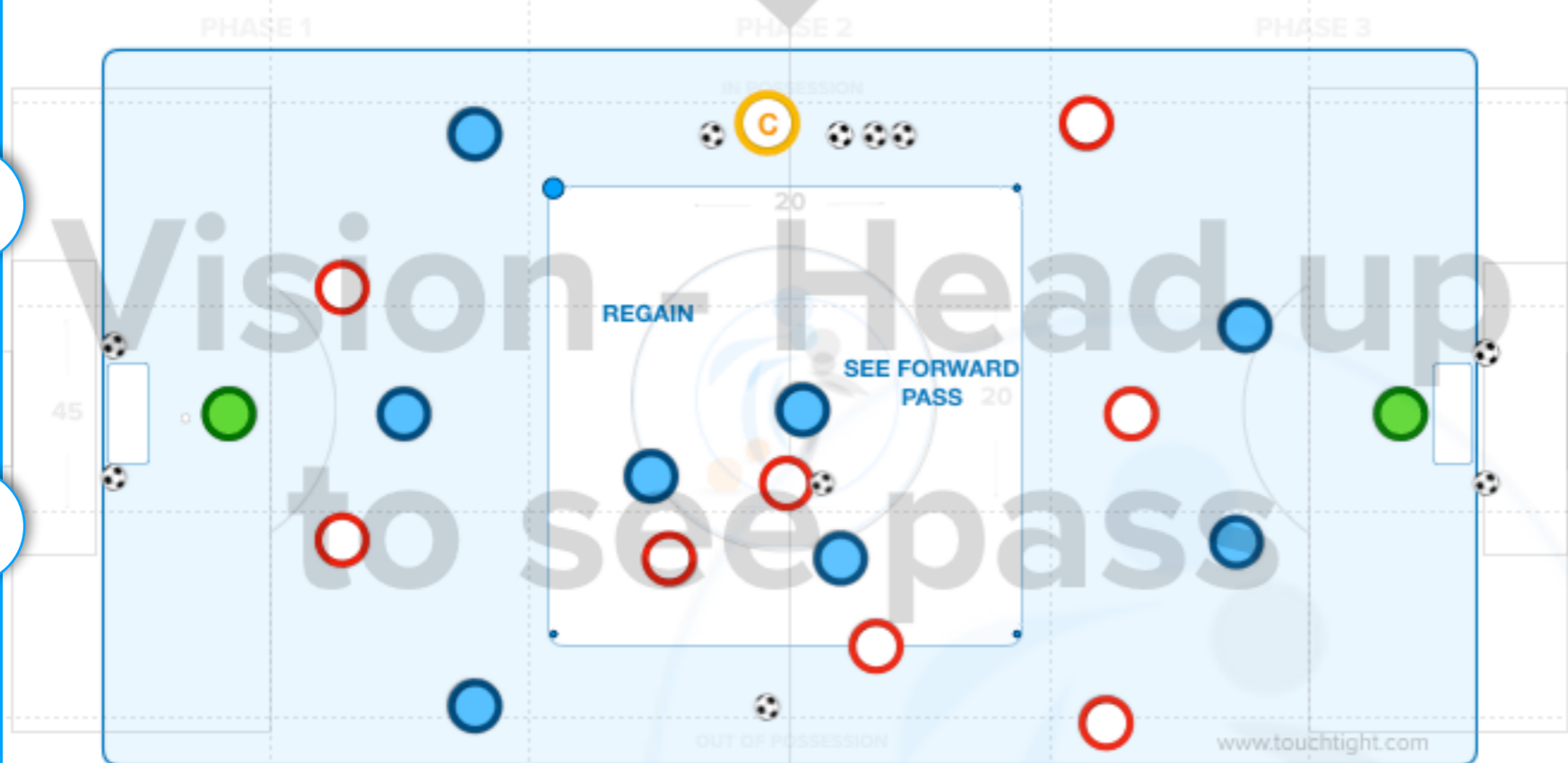
Players

Duration

Type: Opposed Skill

Area:

Team Objectives:



Set Up

2 teams of 3 keep possession in a 3 v 3 within a 20 x 20 Yard area. Objective, can team gaining possession play into attacking team within 3 passes to attack.

Key Points

How quickly can players see the attacking options when winning possession? Using overload effectively and being clinical in final third.

Set Up & Organisation:

- 2 teams of 3 keep possession in a 3 v 3 within a 20 x 20 Yard area. Objective, can team gaining possession play into attacking team within 3 passes to attack.
- With the 3 v 3 in central area, the prime focus is on working collectively to win possession and play into 3 attacking players who have a 3 v 2 overload to exploit space on the counter.

Progressions & Constraints:

- Single midfield player can join in counter attack to create a 4 v 2 overload
- First pass from midfield must be directly into attacking players to counter

Key Coaching Points:

- **Tactical** | How quickly can players see the attacking options when winning possession? Using overload effectively and being clinical in final third.
- **Technical** | Defensive pressure and tackling technique
- **Social** | Working together to limit gaps and press as a unit

Questions & Notes:

- How can teams work collectively to regain possession quickly?
- Where is the best place to counter and how we can ensure this is done effectively?

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

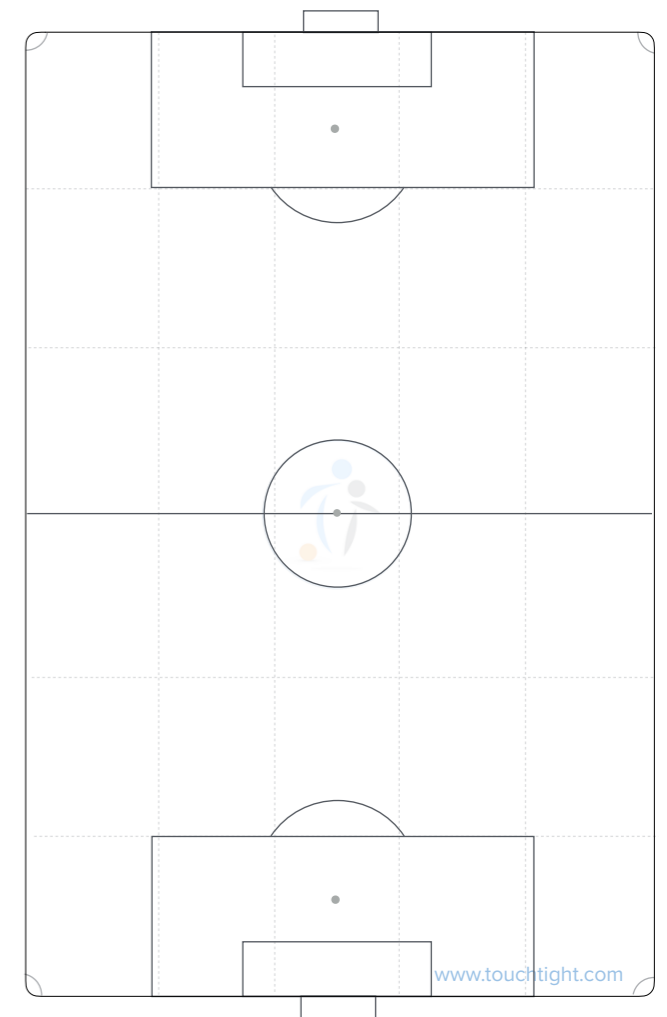
Player Trios initials	Objectives

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?



