Theme: Creating Space

**Set Up & Organisation:**
- This Lead practice focuses on building play from the defensive third into midfield third with Blues playing with 3 defenders and 2 midfielders, against 3 midfielders and 1 striker for Oranges.
- Blues must look to finish into mini goal one touch, whilst if Oranges win possession they must have an attempt on goal in 10secs. With a 5 v 4 overload, you must coach Blues to exploit space whilst managing Oranges to defend effectively & provide challenge.

**Progressions & Constraints:**
- Observe and adapt depending on success of your attacking team to increase or decrease challenge.

**Key Coaching Points:**
- **2 v 1** | If Blues do not naturally identify where overloads exist (wide areas), then focus on creating this overload through quick passing & encouraging Blues to be positive with their passing or dribbling in 1 v 1s to commit defenders.
- **Quick Switch** | If Oranges appear to be organised in their defending and have balance in their pressing and covering positions, then we will need to identify how to switch play quickly from Full Back to Full Back to create a 2 v 1 or 3 v 2 overload. Central Midfielder here is the pivot to switch 1 or 2 touch, with the safer option to switch through central defender (5).
- **MF Rotation** | To develop movement o ff the ball further and increase chances of being able to penetrate defensive lines quickly, players coached non verbal cues and possibly pair or group players to encourage this rotation.
**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.

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**Player Pairs initials**

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**Player Trios initials**

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**Player Units initials**

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**Post Session Outcomes**

**What went well?**

**What did we learn?**

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**Absentees: initials**

**Big Game Question**

How will we apply this session to a game situation?
Session Date: [Blank]
Team: [Blank]
Coach: [Blank]

Session Objective/s: [Blank]

Detail all Individual player objectives for the session and provide an evaluation on progress made

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<th>Evaluation</th>
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