



THEME 01:

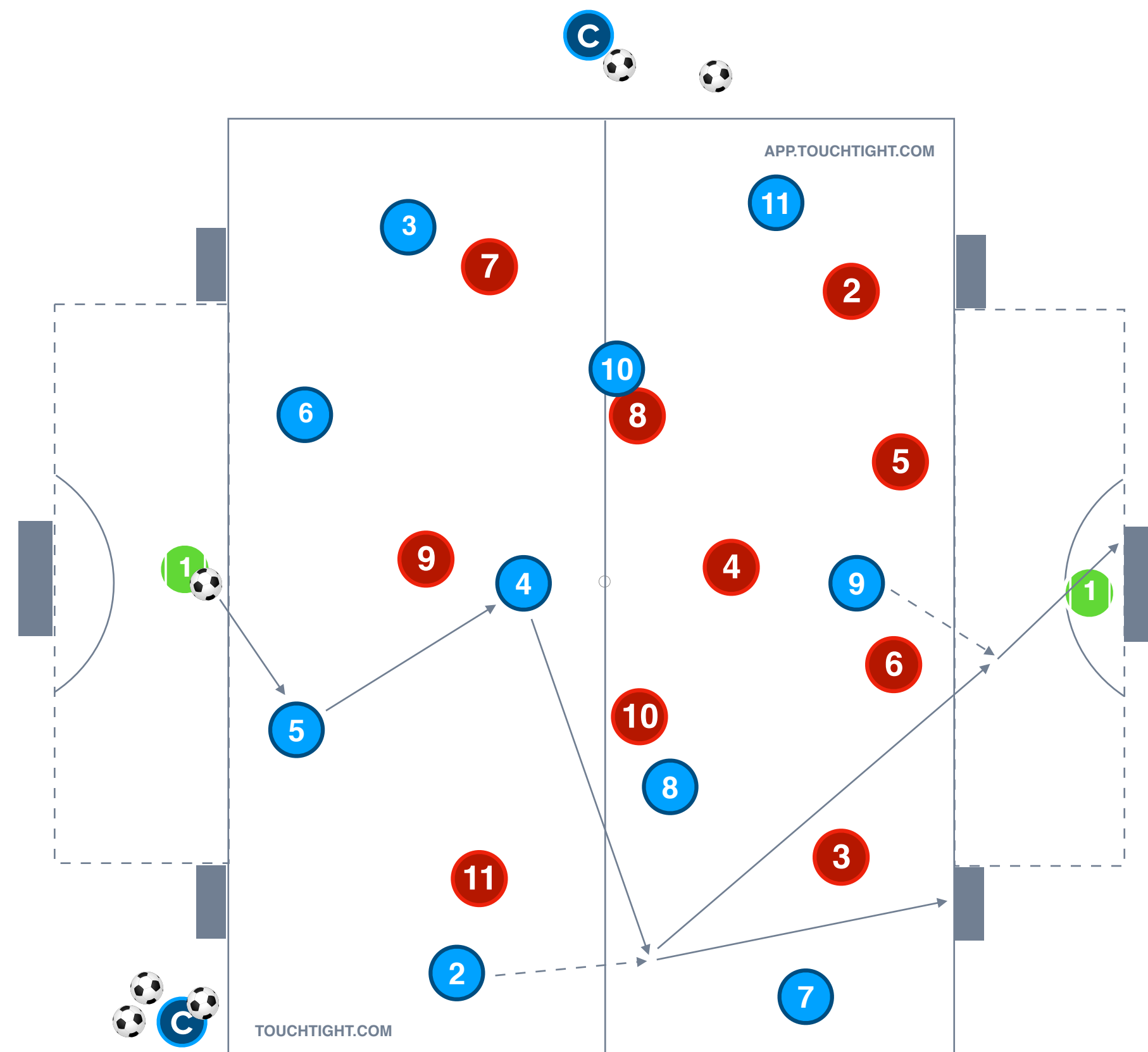
ATTACKING CENTRALLY

PRACTICE 14: 11 v 11

AGE GROUP: 14+



Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

Practice 14 of theme 1 Attacking Centrally is an 11 v 11 and is focused on integrating all of the features from this theme into a full game situation. The playing area is positioned centrally, 40 yards in length and a full pitch width. We also have an extra 15 yard zone the width of the 18 yard box for the attacking team to break into unopposed against the GK to finish. The attacking team must work possession to finish in one of two mini goals or to play a through ball for a finish in the larger goal.

KEY COACHING POINTS:

- Move opposition around to create space to exploit
- Switch play to create space to attack
- Forward runs to create overloads in the final third
- Final pass and finishing quality in 1 v 1 situation



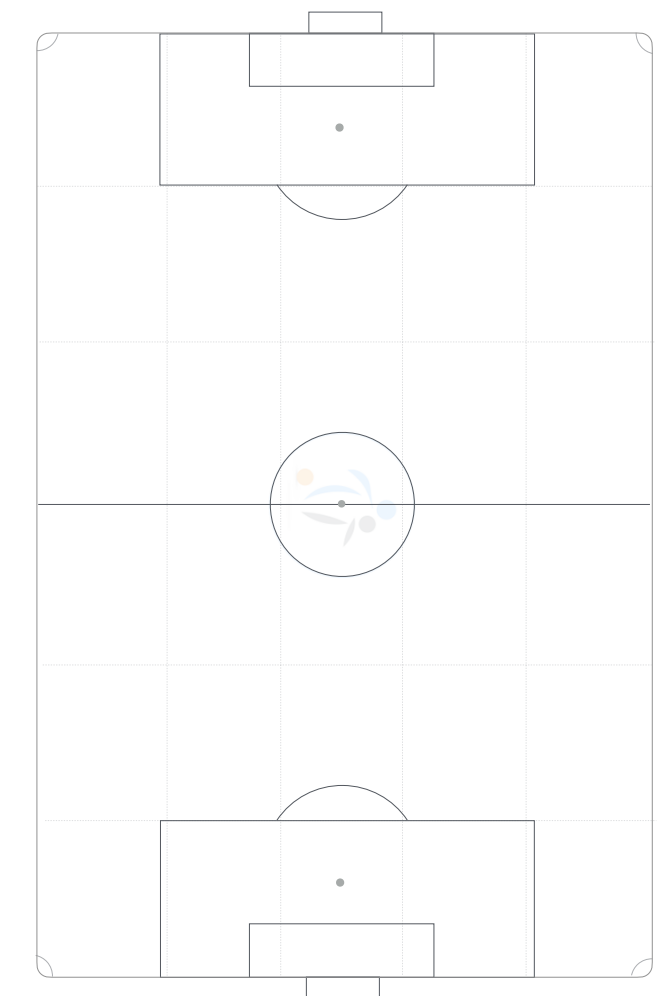
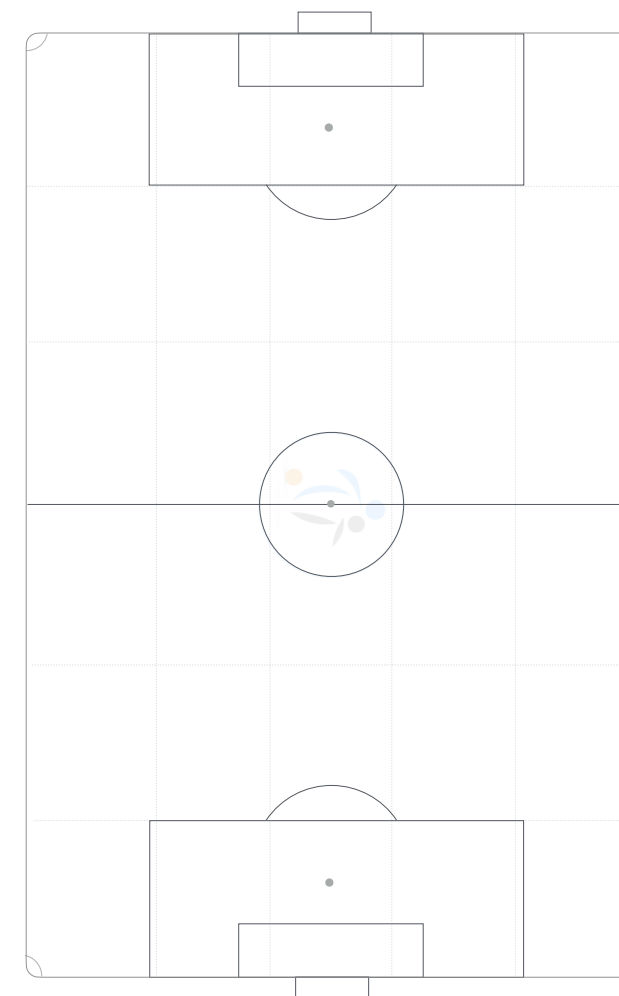
PROGRESSIONS:

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

ADDITIONAL INFORMATION

COACH PLANS



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

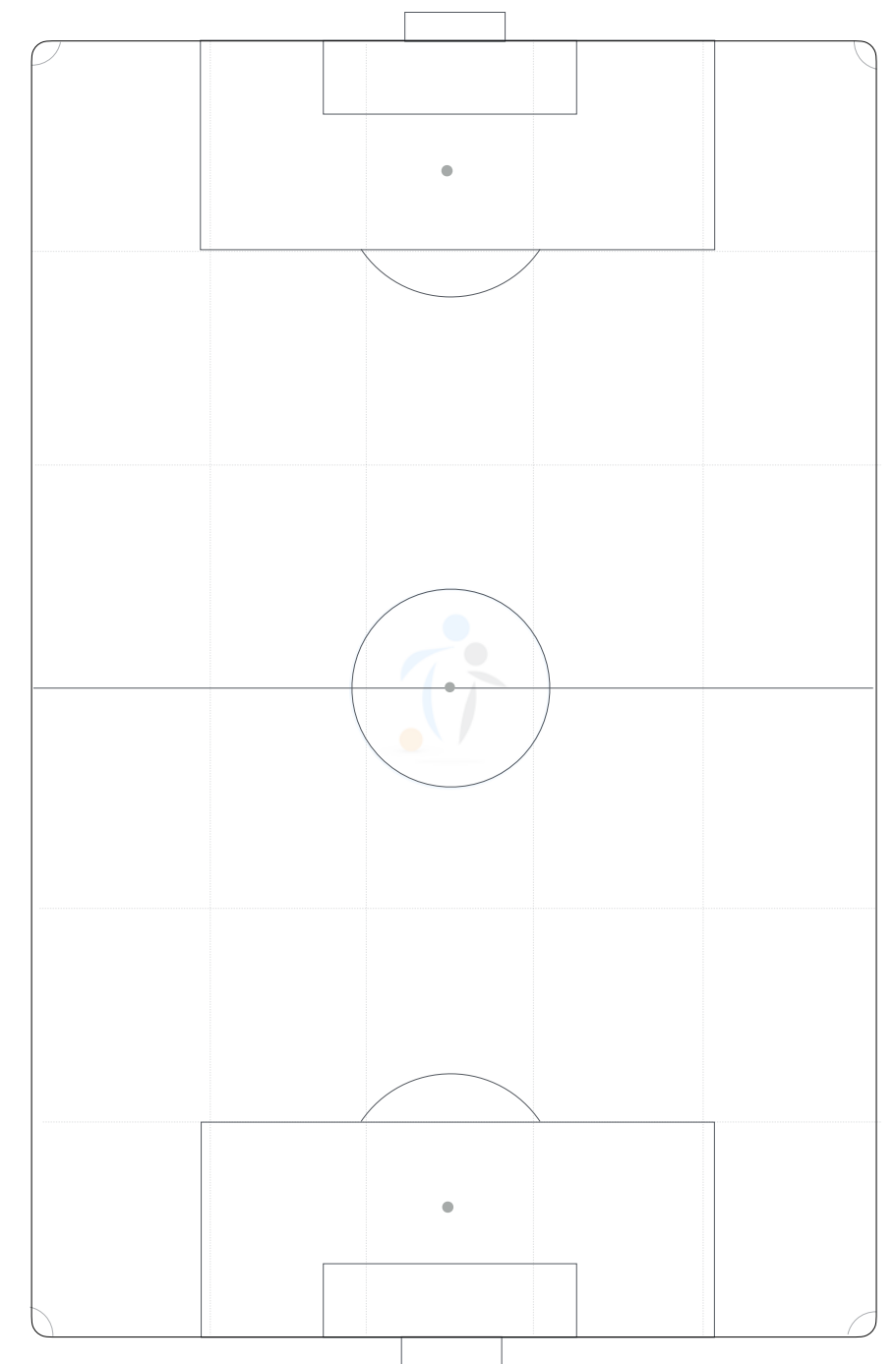
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

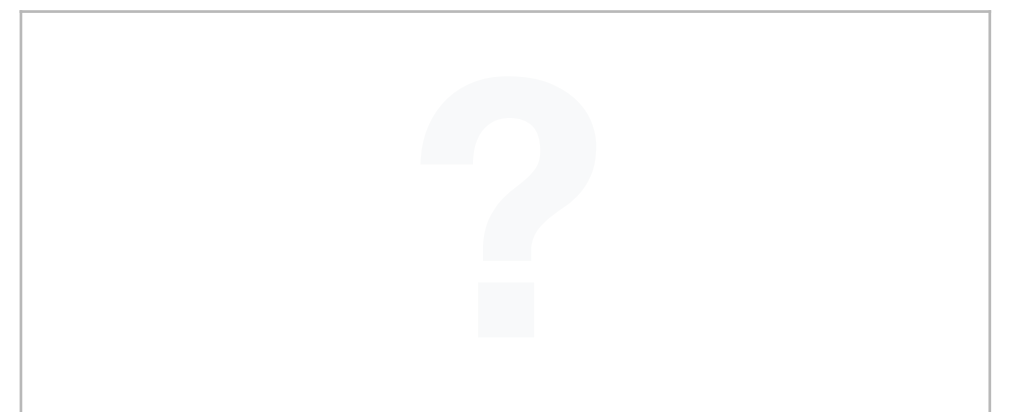
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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