



THEME 04:

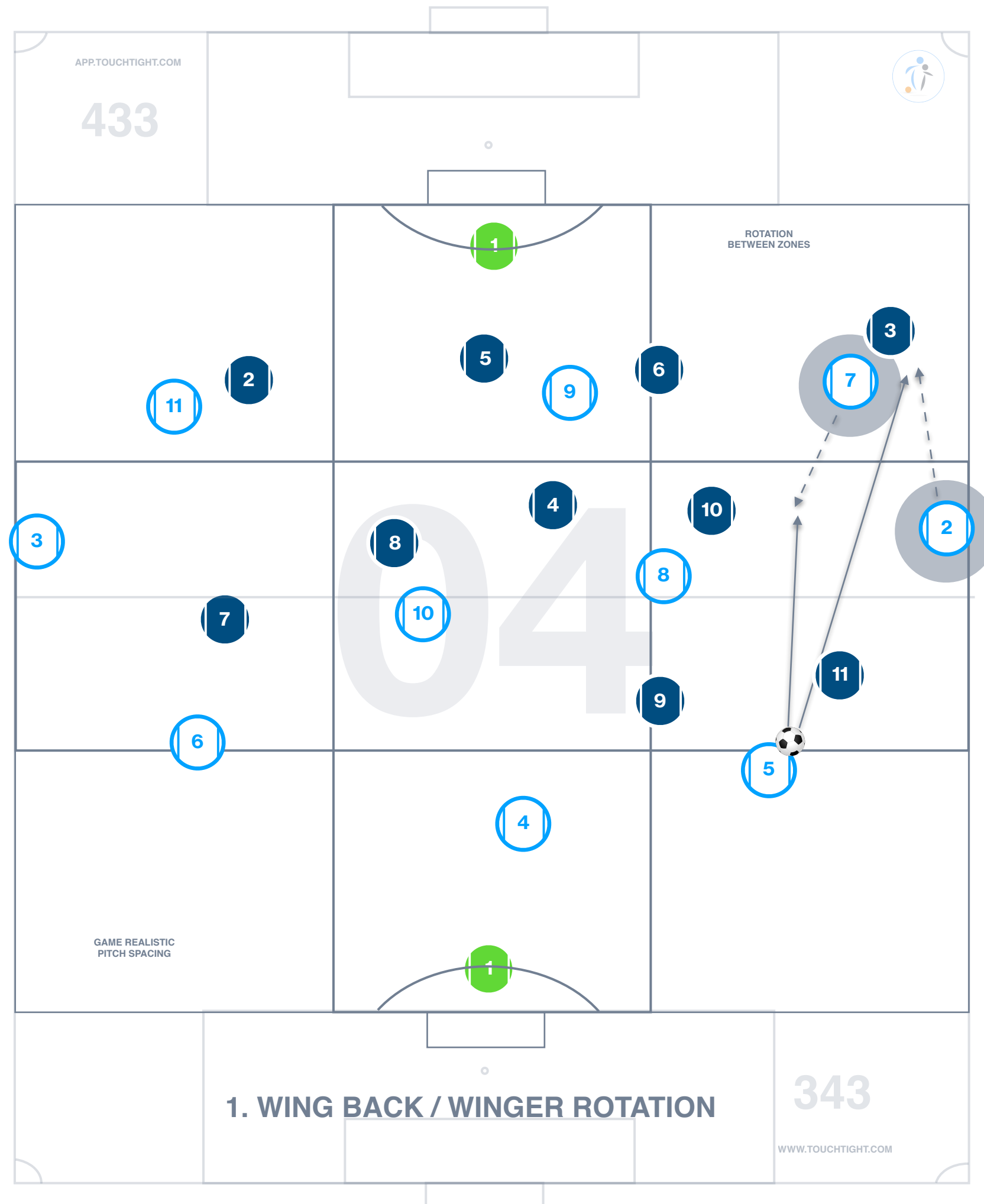
INTERCHANGING POSITIONS

PRACTICE 14: 11 v 11 GAME BASED

AGE GROUP: 14+



Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

This 11 v 11 squad practice looks at how players can interchange positions to create overloads in more advanced areas.

We focus on 4 specific areas for the coach to embed learning and create pictures that players can take from practice to the game:

1. Wing Back / Winger rotation
2. Winger / Striker Rotation
3. Wide Advanced Triangle (WB / ST / WG)
4. Deeper Triangle Rotation (CN / WB / WG)

KEY COACHING POINTS:

Player to player understanding

Recognition of space to create these pictures

Speed of movement to exploit this space

Player on the ball to recognise movement pattern to execute pass

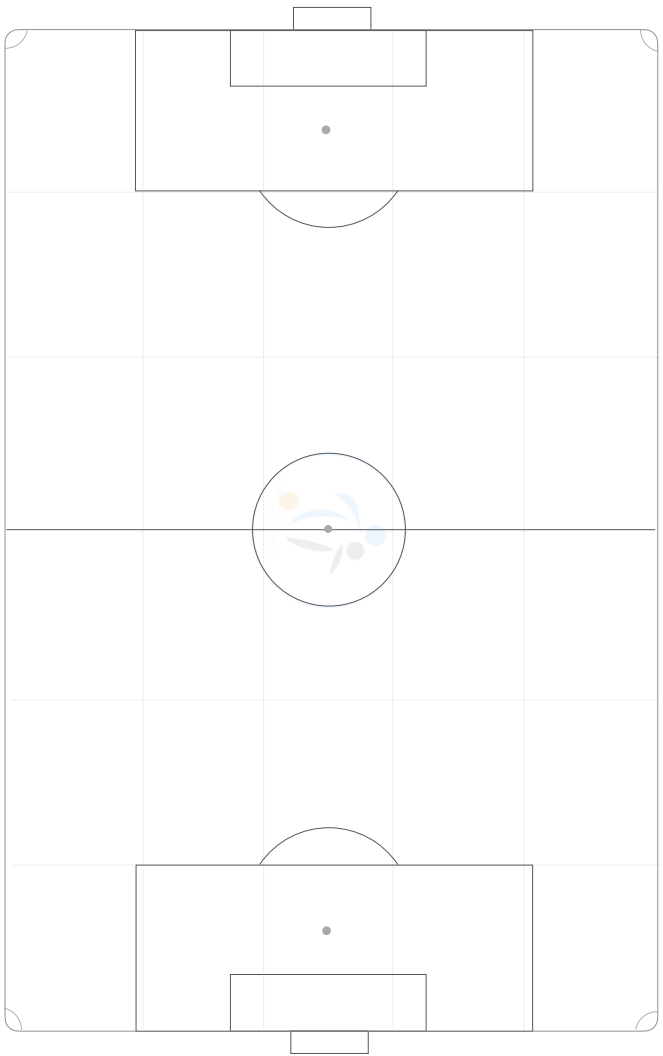
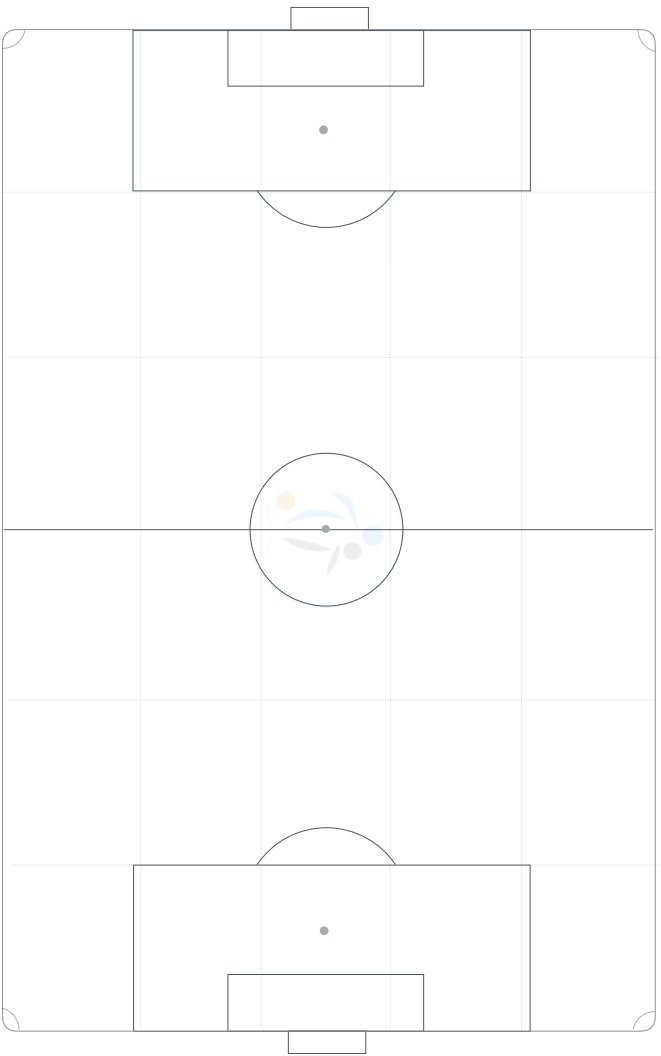


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

COACH PLANS



ADDITIONAL INFORMATION:

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

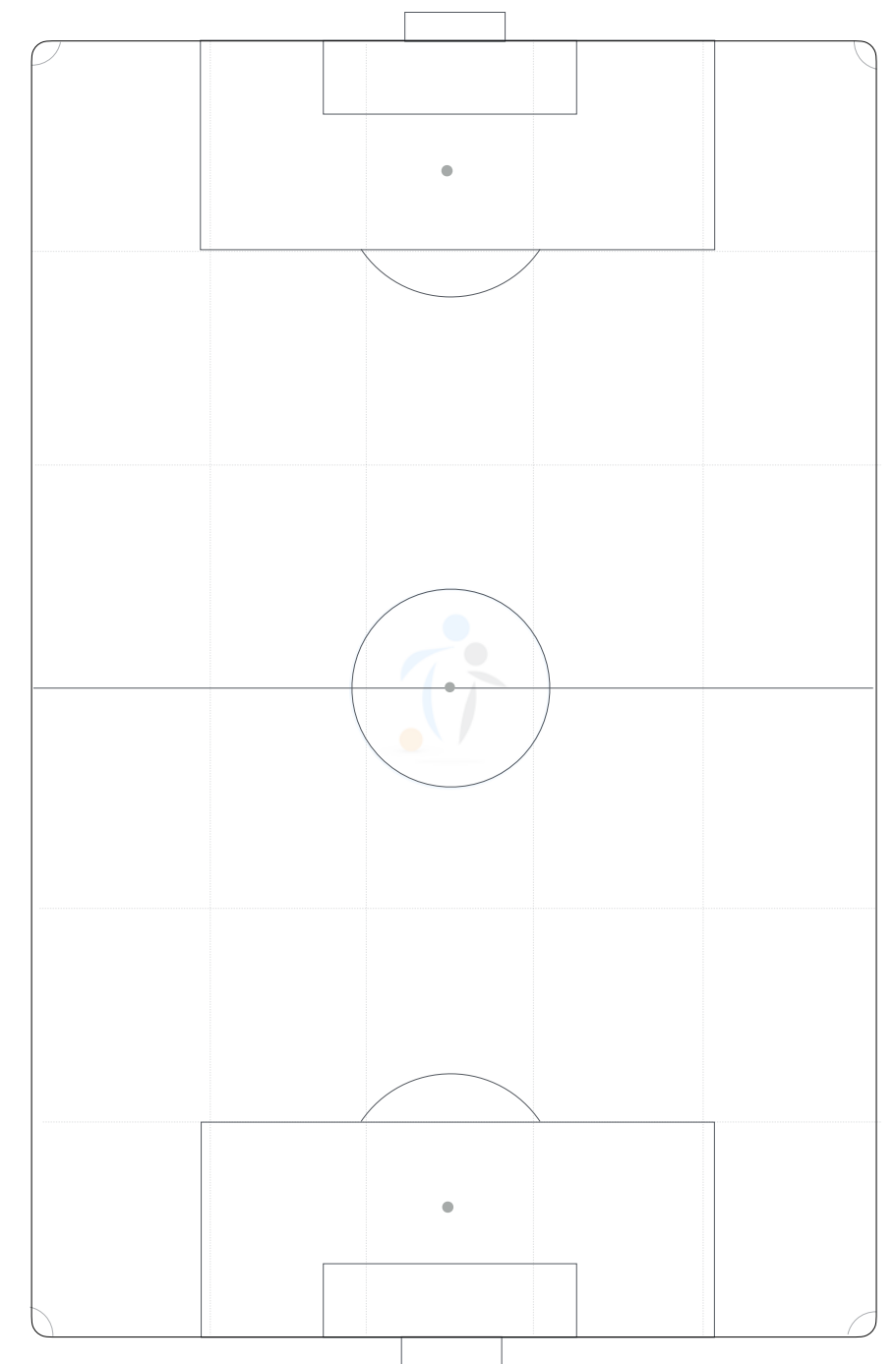
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

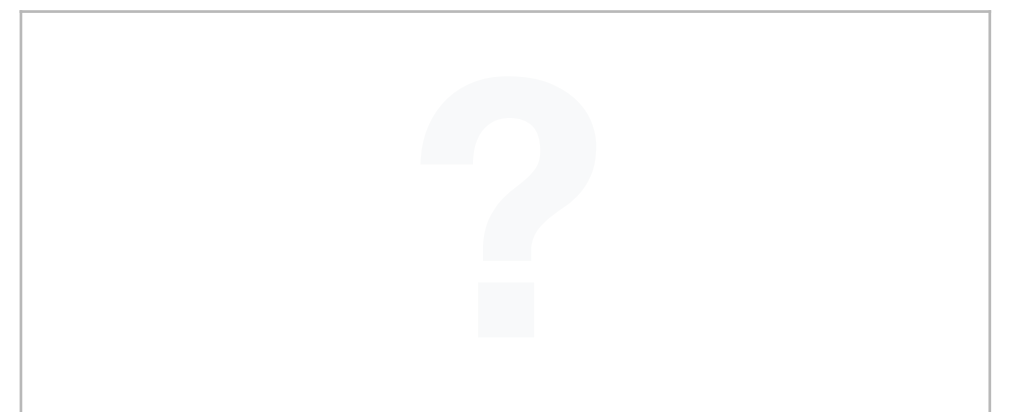
What went well?	What did we learn?

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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