



THEME 14:

PLAYING OUT FROM THE BACK

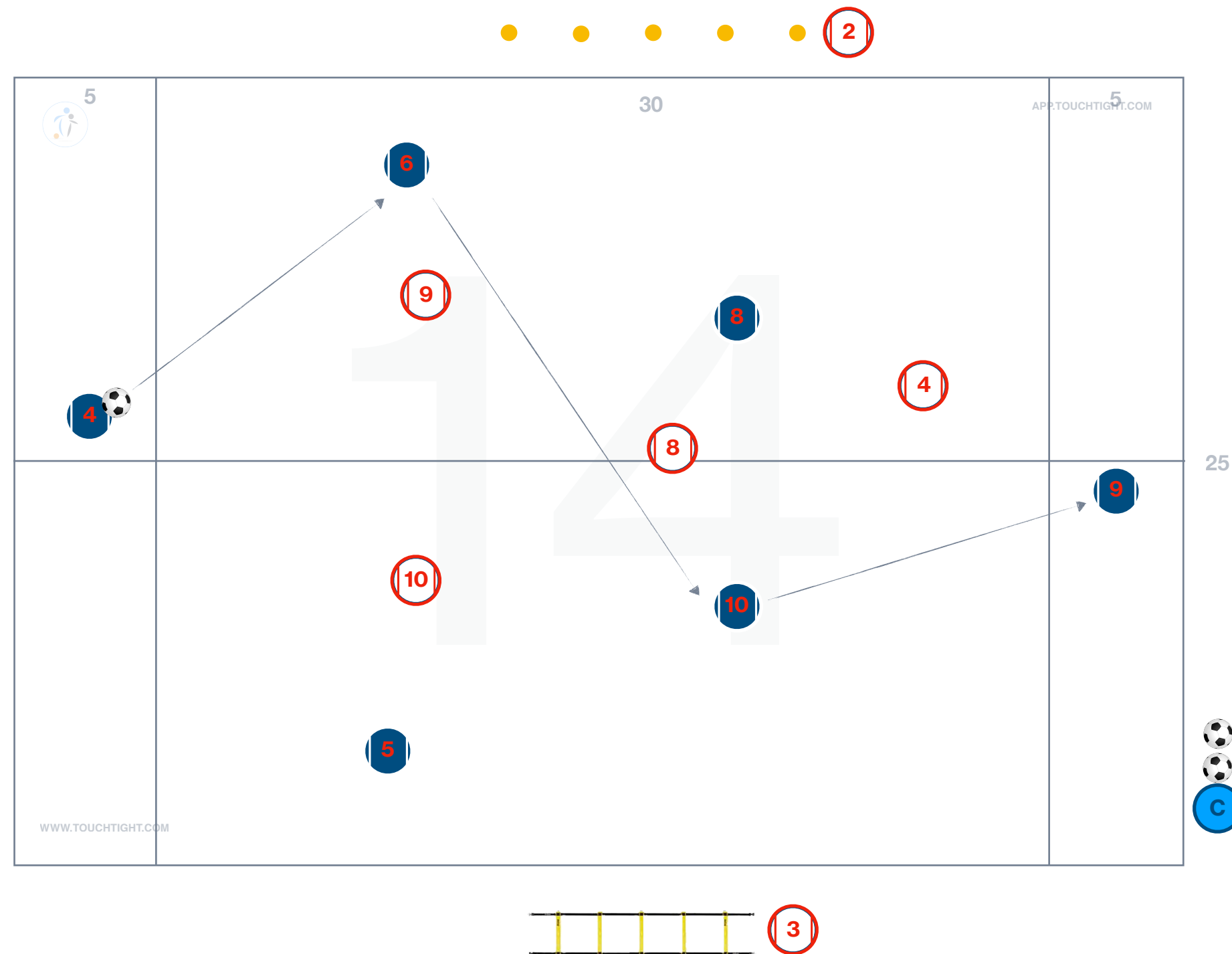
PRACTICE 11: MEDIUM SIDED GAME

AGE GROUP: 12+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO BUILD WITH A 6 V 4 OVERLOAD



ORGANISATION:

This practice is number 11 in theme 14 'Playing out From The Back' and is focused on the 1321 formation analysis discussed previously. This is also linked closely to the 343 formation as the video shows. 2 opposition players must be working during this activity on the outside, whilst our 4 (Sweeper) and 9 (Striker) play as end players that the 4 possession players must work the ball to. We move between 6 v 4 and 6 v 6 when 2 players return for 30 seconds, as we change the balance of challenge depending on player success.

KEY COACHING POINTS:

- Angle Creation to get on the ball
- Play on the back foot to allow to play forward
- Look to move forward and penetrate as the first thought - positive
- Decision making on how to penetrate depending on defenders decision to press



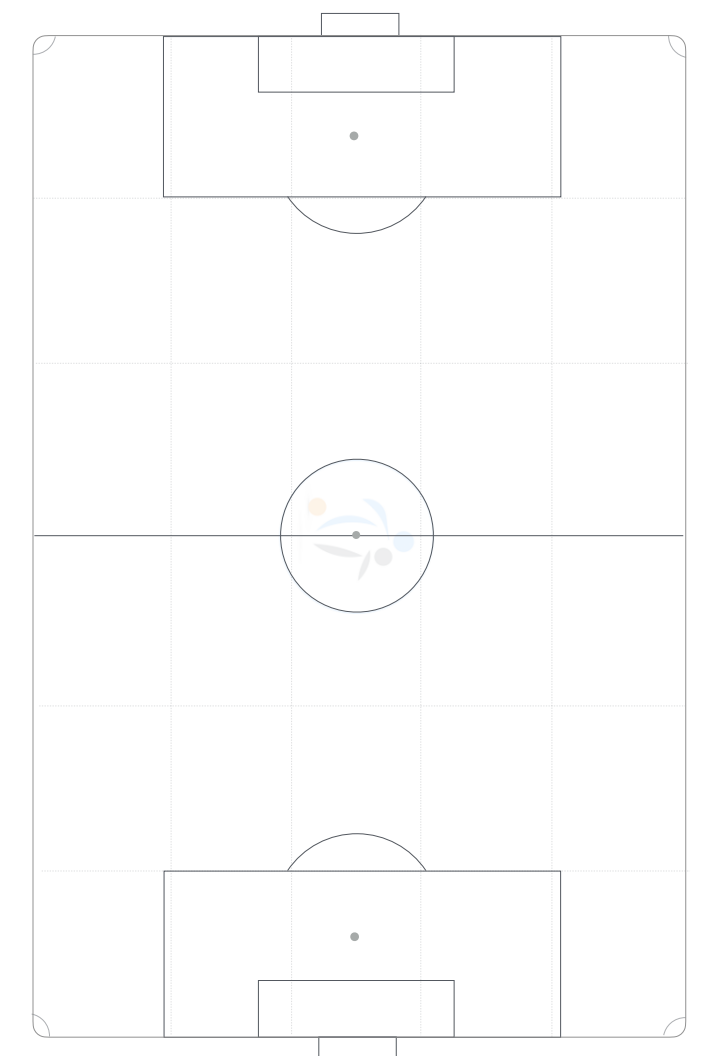
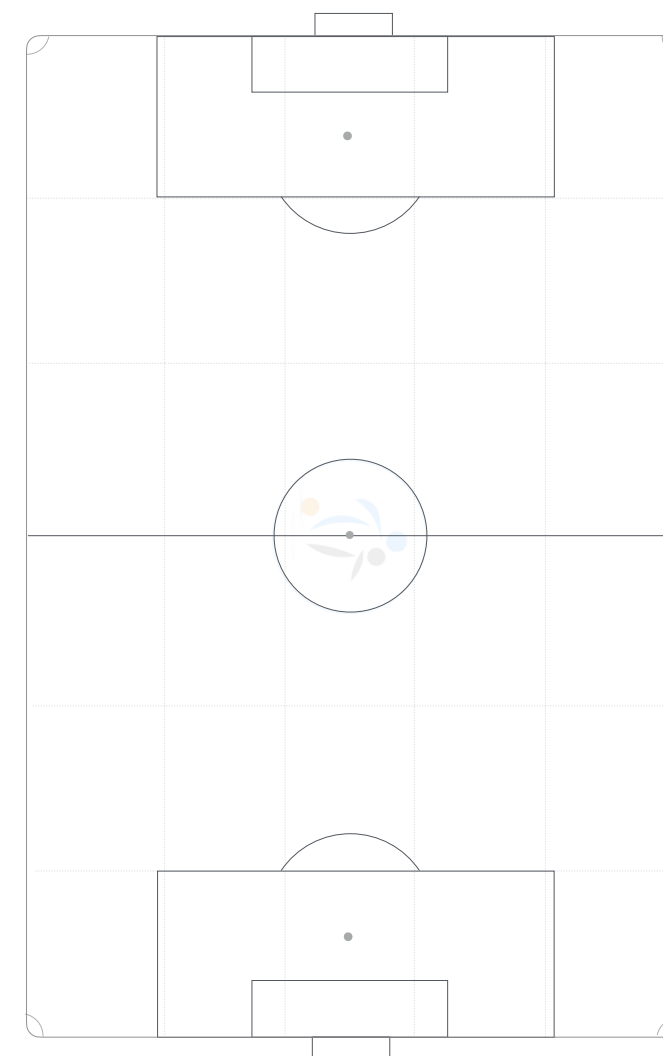
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

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

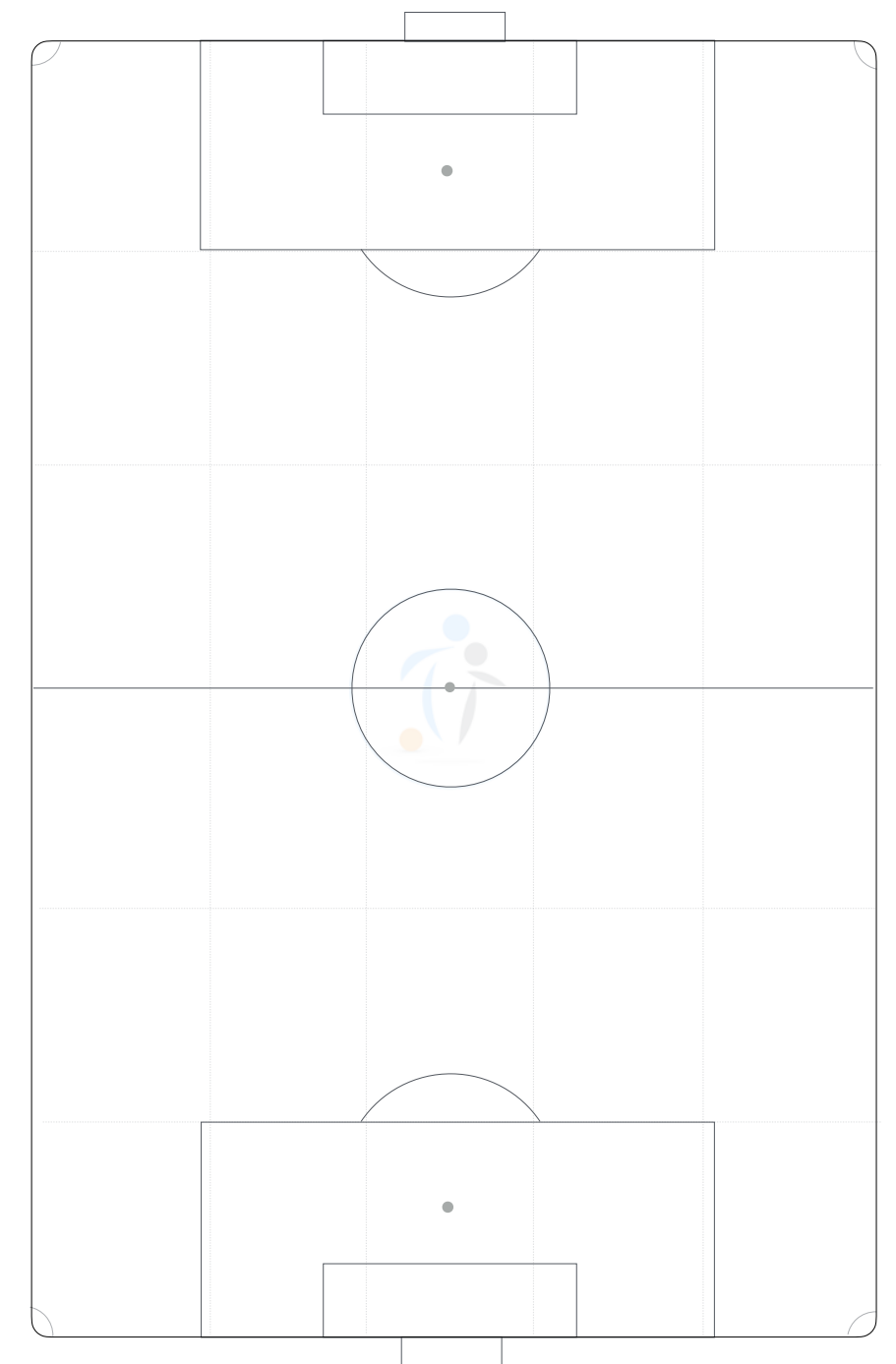
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

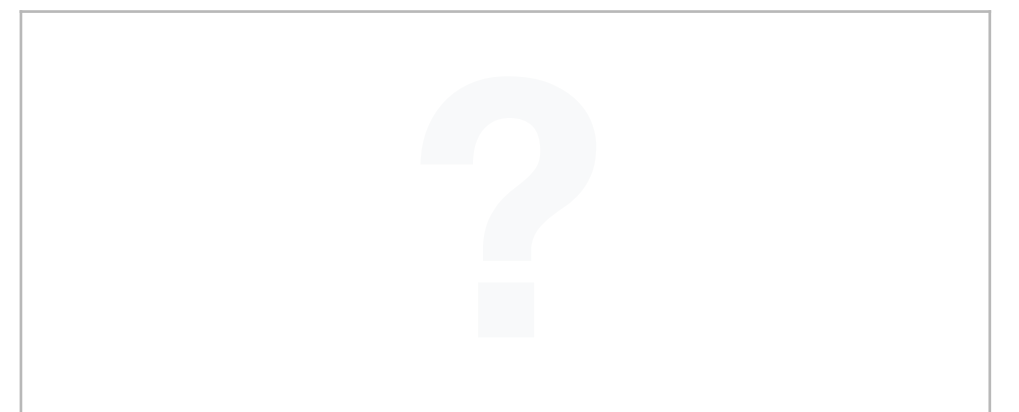
What went well?	What did we learn?

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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