



THEME 27:

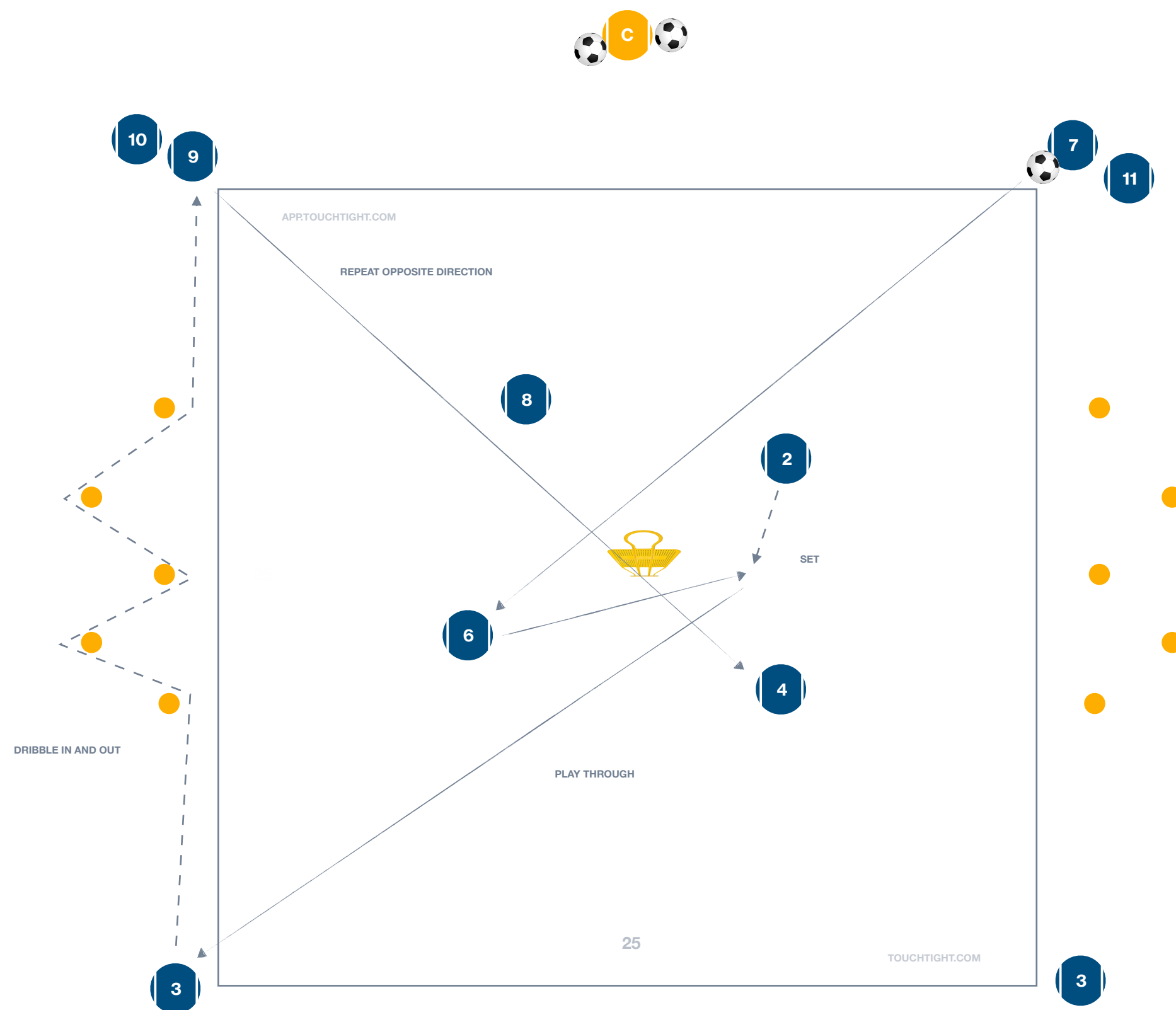
RETAIN POSSESSION TO ATTACK

PRACTICE 7: TECHNICAL PATTERN

AGE GROUP: 12+



Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

Practice 7 of Theme 17: Retain Possession to Attack is a Technical Pattern that encourages midfield players to combine in one and two touches to play through. In a 25 x 25 yard area, we position a player in each corner, with an extra player at the top end for the next sequence.

With a pole or mannequin in the centre of the pitch, 4 players will be positioned, with 2 players working in a single direction at any one time. Player 1 must pass the ball into player 2 who sets player 3 and plays diagonally for player 4 who combines with a 1-2 with Player 2. Player 4 must then dribble through cones before playing through to the corner for the sequence to begin again in the opposite direction.

KEY COACHING POINTS:

Weight and direction of pass

Movement to create angle for set play and for one two

Control and balance through cones with the ball

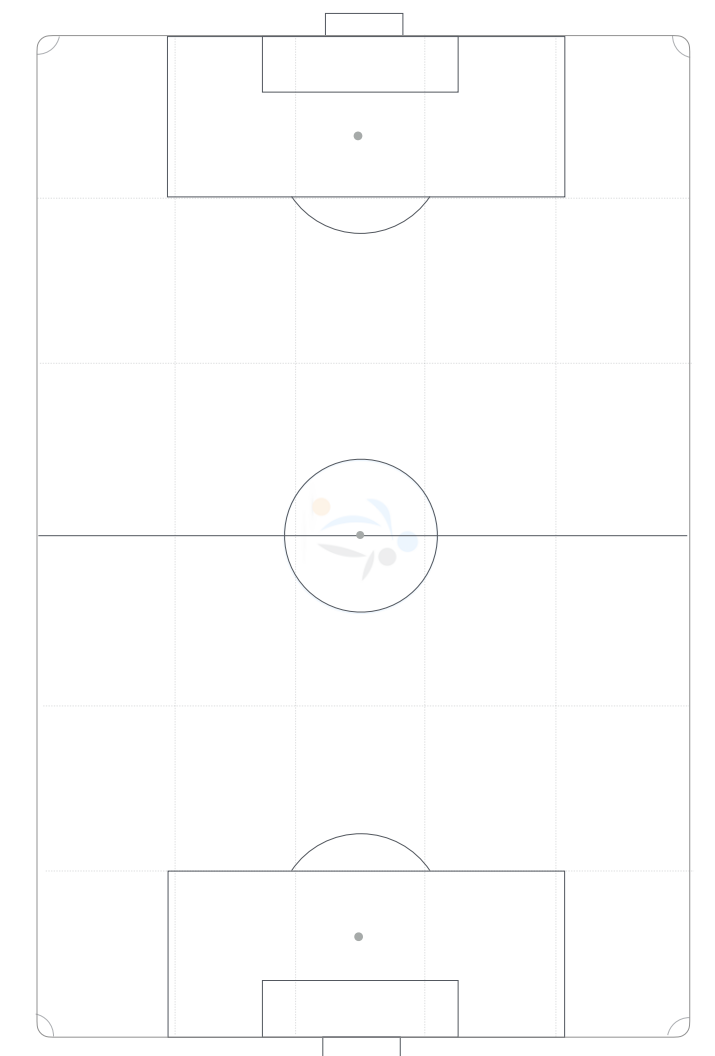
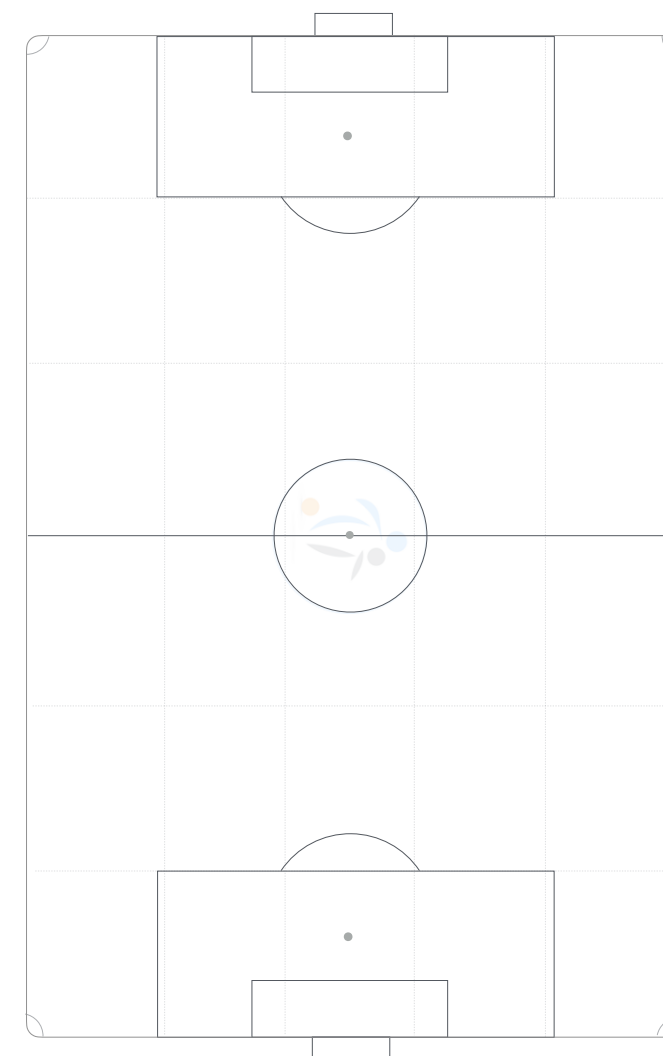
PROGRESSIONS:

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

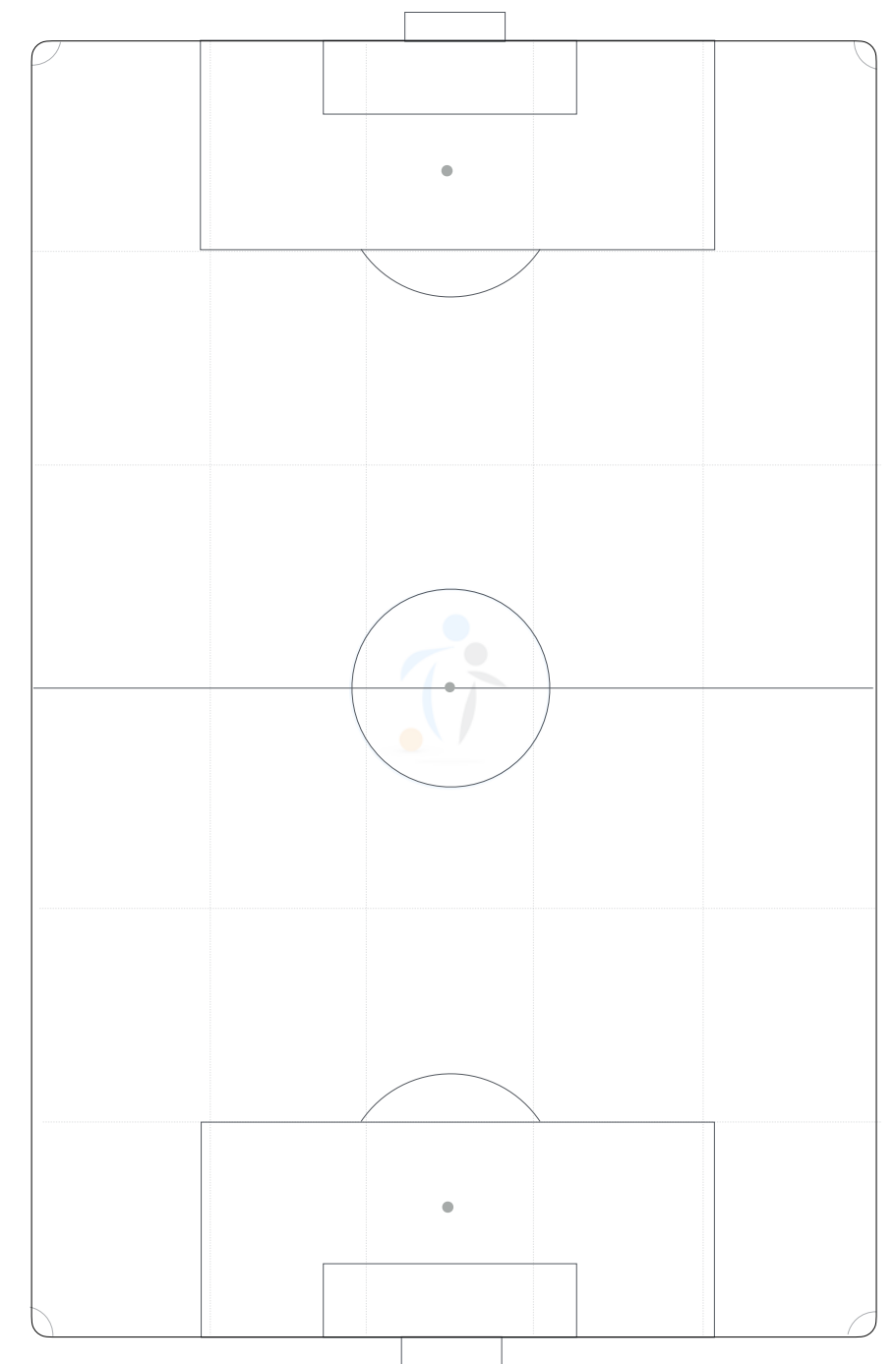
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

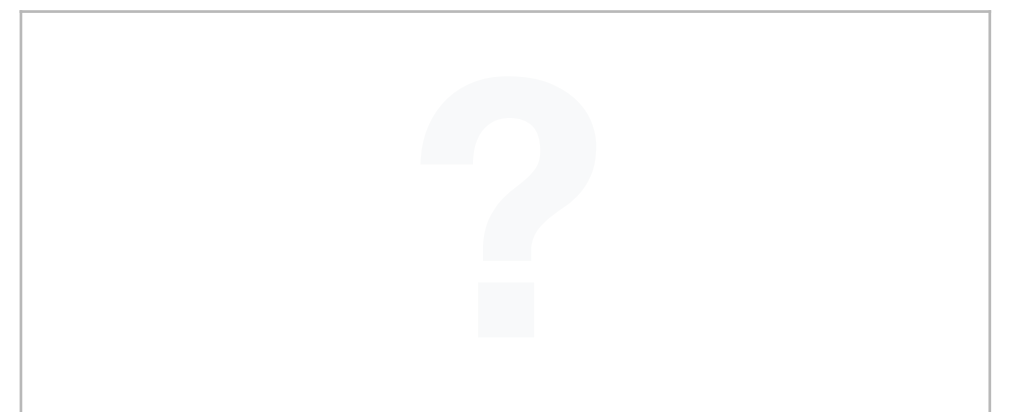
What went well?	What did we learn?

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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