



THEME 01:

ATTACKING CENTRALLY

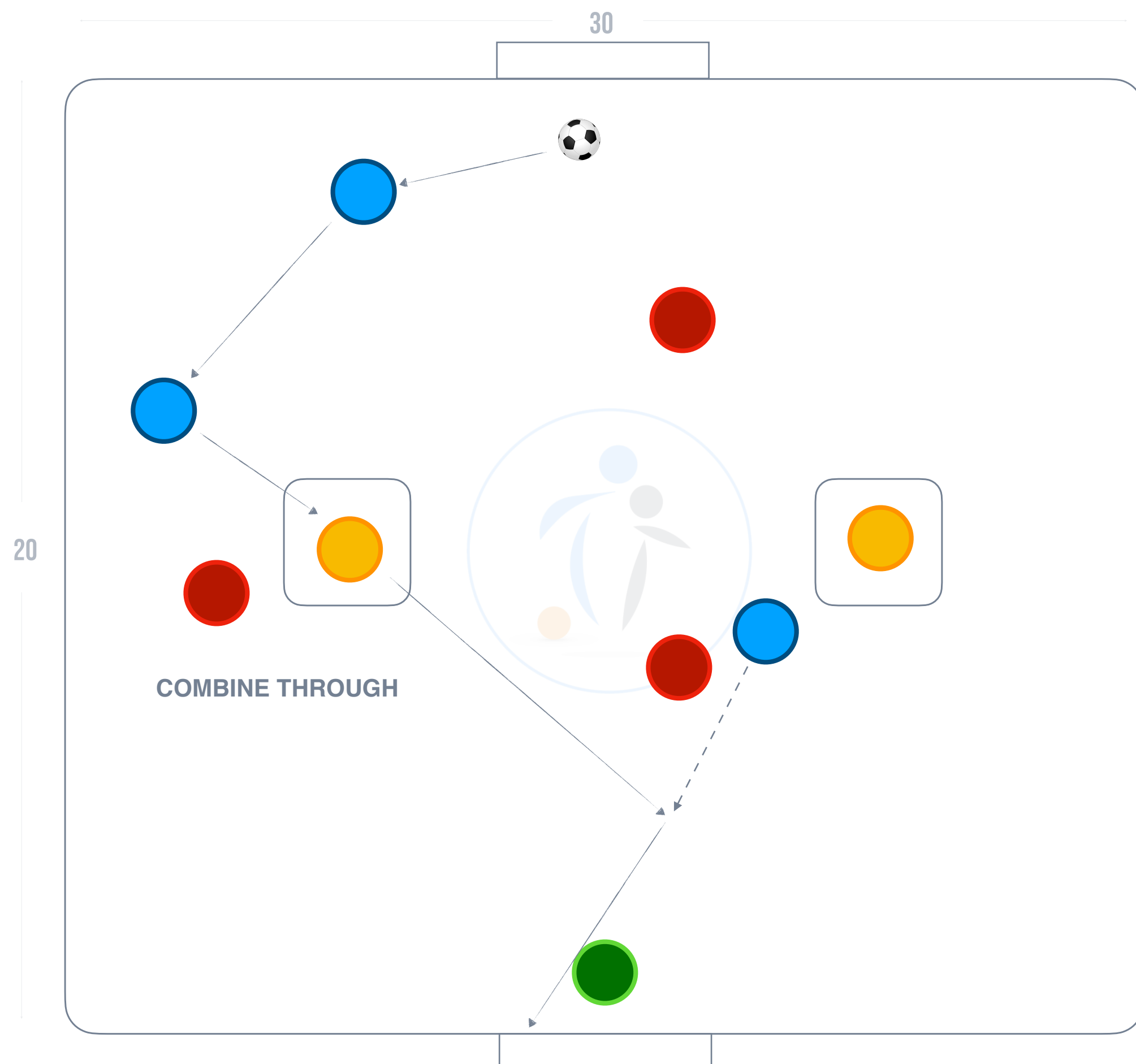
PRACTICE 01: OPPOSED GAME

AGE GROUP: 9+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO ATTACK CENTRALLY IN TIGHT SPACES



ORGANISATION:

Practice 1 of theme 1 Attacking Centrally is played in a 20 by 30 yard area depending on player age group. In a 3 v 3 outfield situation plus a goalkeeper, players must combine with one of two central target players to score with a quick combination. The 2 target players are positioned in a 5 by 5 yard square, where target players must play 1 or 2 touch combinations leading to a finish.

KEY COACHING POINTS:

We progress the practice by allowing rotational movement between central players, with one player on each team.

Our final progression, allows the central target player to drive out of the square on one touch, encouraging quicker attacks.

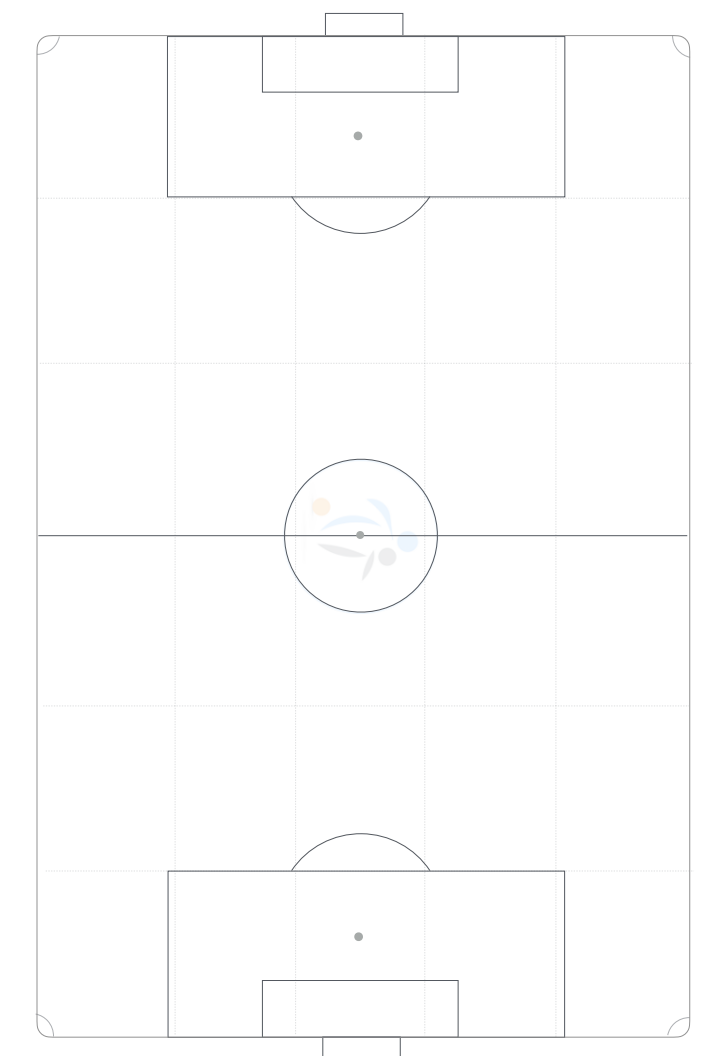
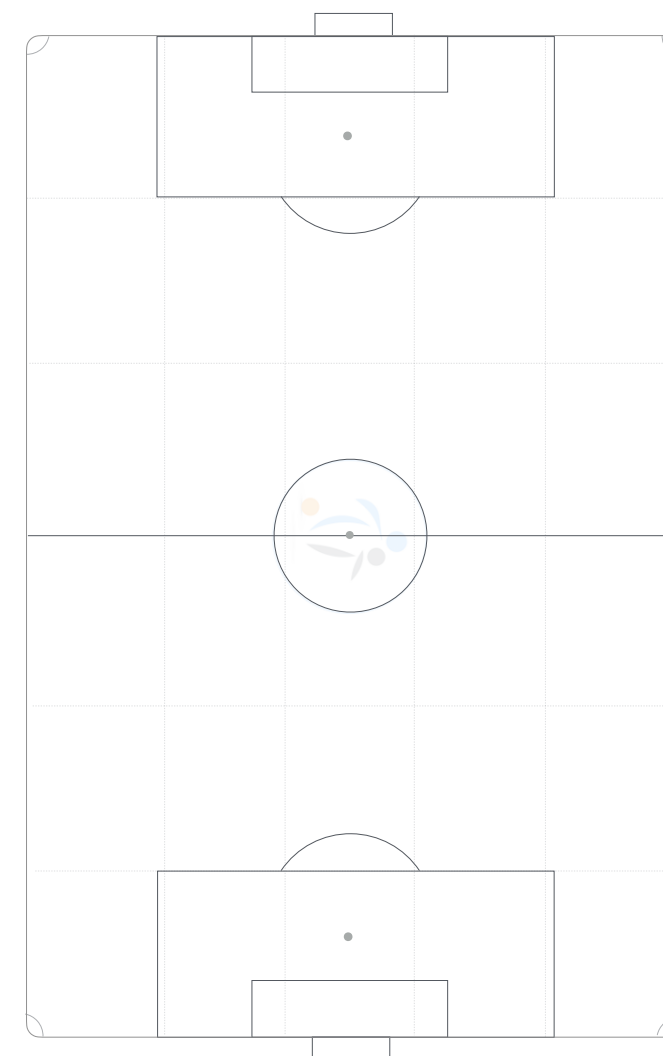
PROGRESSIONS:

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

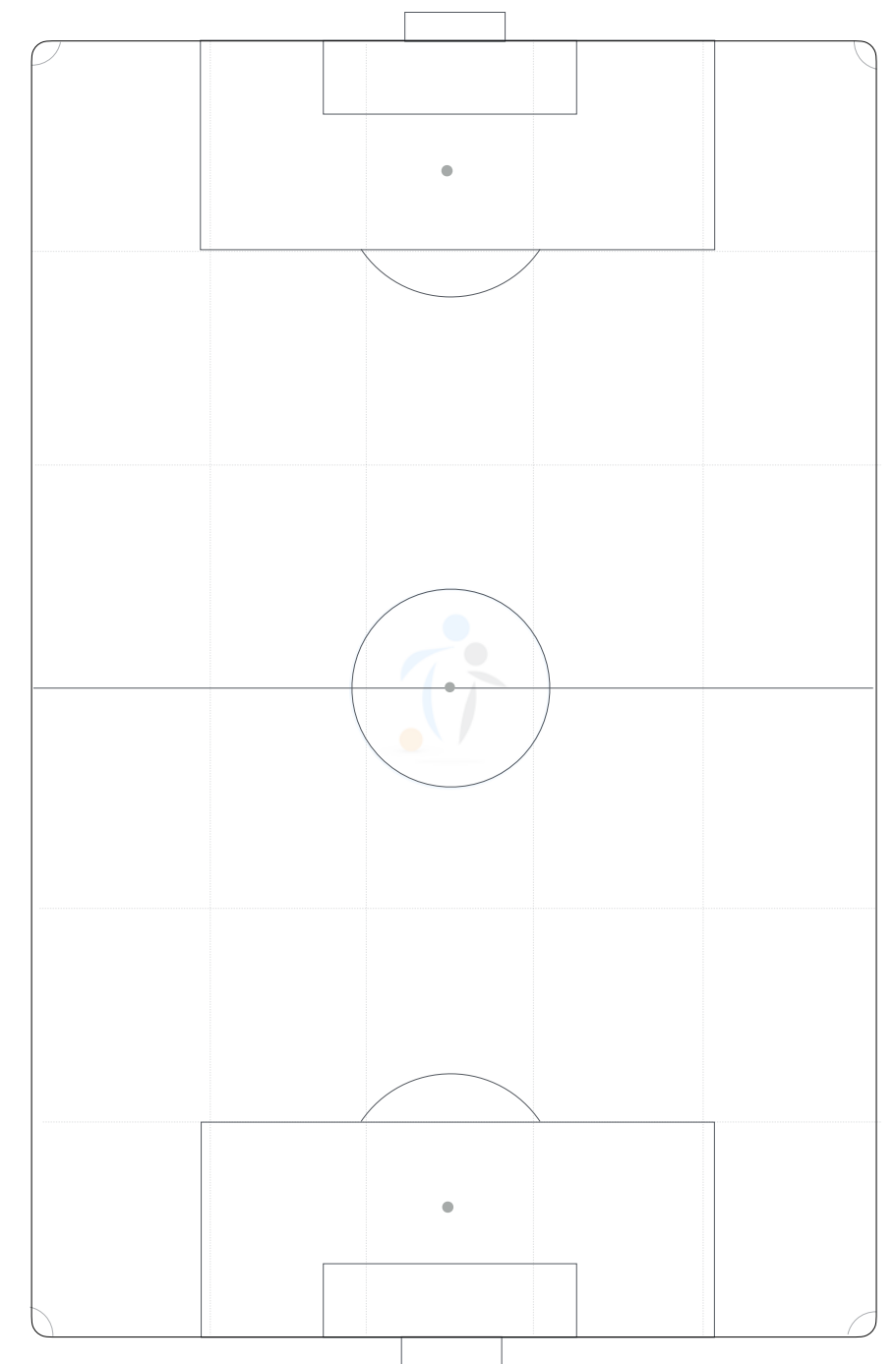
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

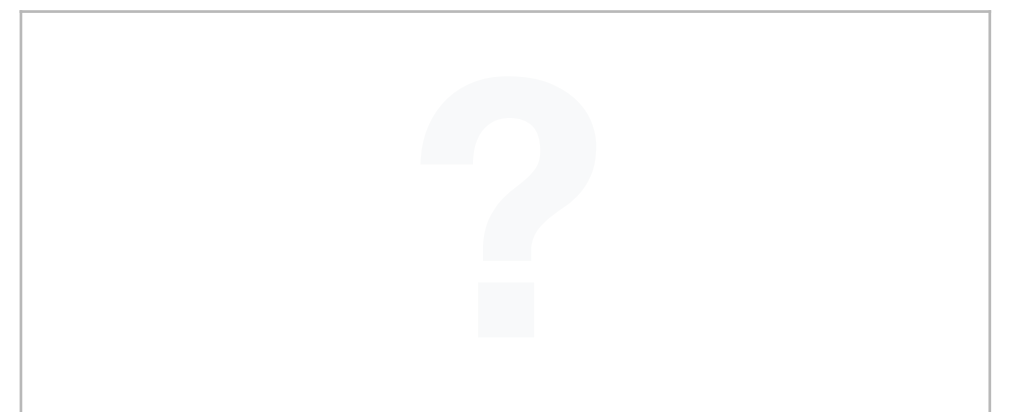
What went well?	What did we learn?

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



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation