



THEME 01:

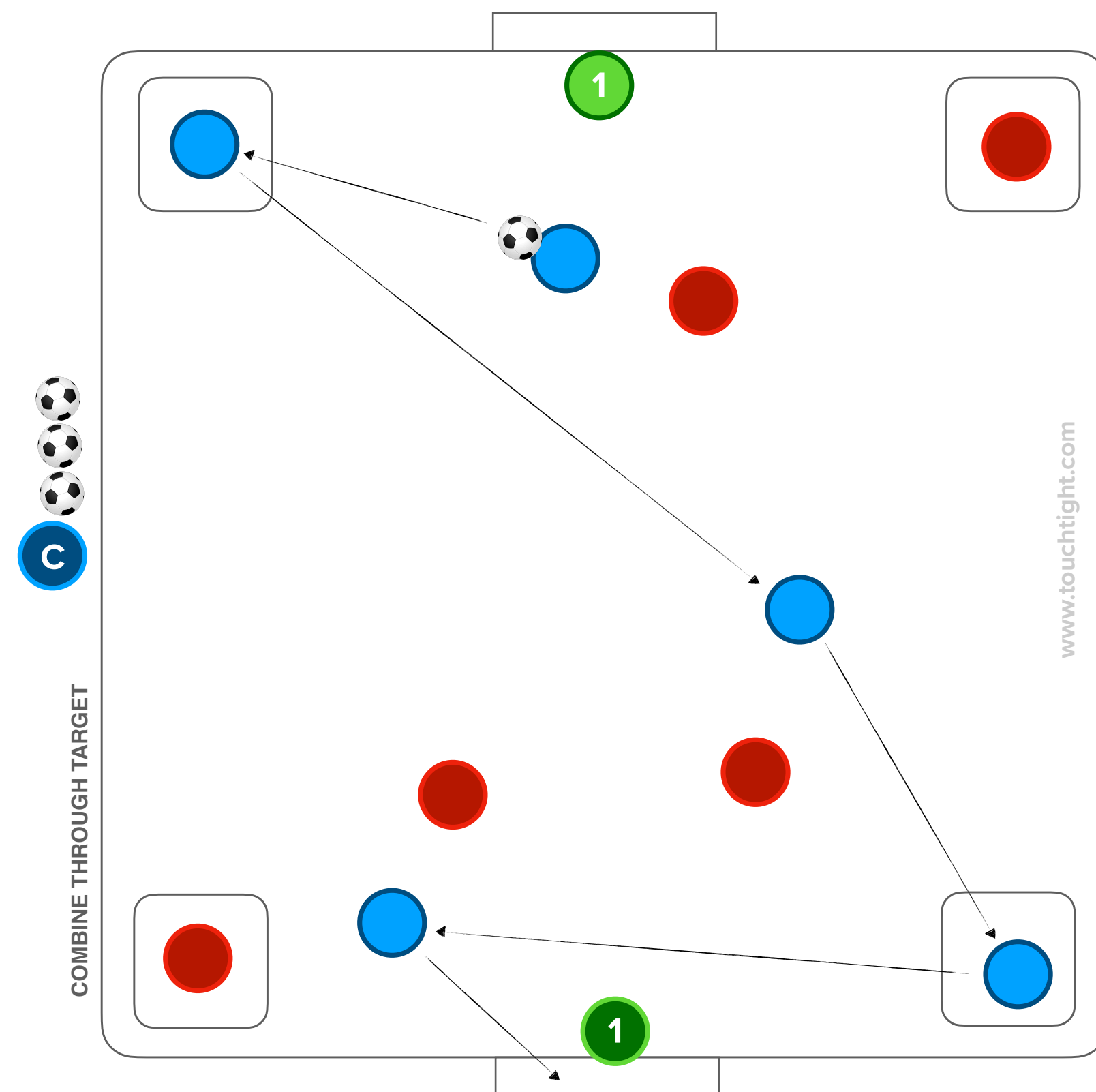
ATTACKING CENTRALLY

PRACTICE 02: OPPOSED SKILL

AGE GROUP: 11+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO SWITCH PLAY TO CREATE SPACE



ORGANISATION:

Practice 2 from Theme 1 Attacking Centrally focuses on developing attacking play through Defending players. With 2 target players in 5 x 5 Yard zones for each team to play through. Attacking team must combine with at least 1 target player during attack. With this 4 v 4 + GKs, target players will come into play and be replaced by existing possession player during build. 1 Floater in central area and 2 end zone players who team can combine with to finish..

KEY COACHING POINTS:

Awareness of space to switch play
Speed and angle of support to connect
Game understanding to adapt to practice progressions
applied increasing exercise complexity



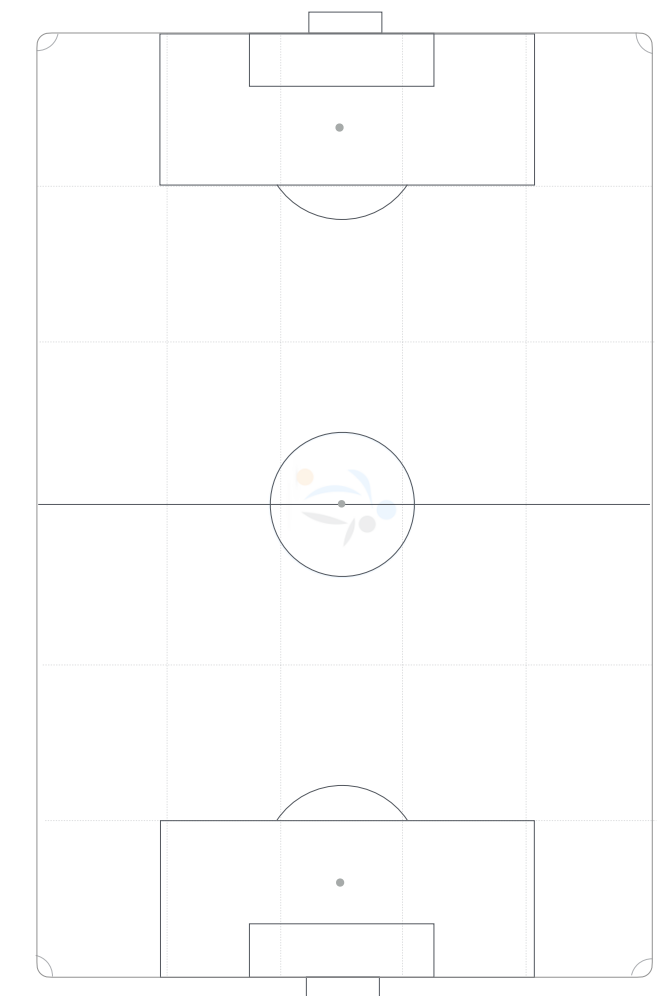
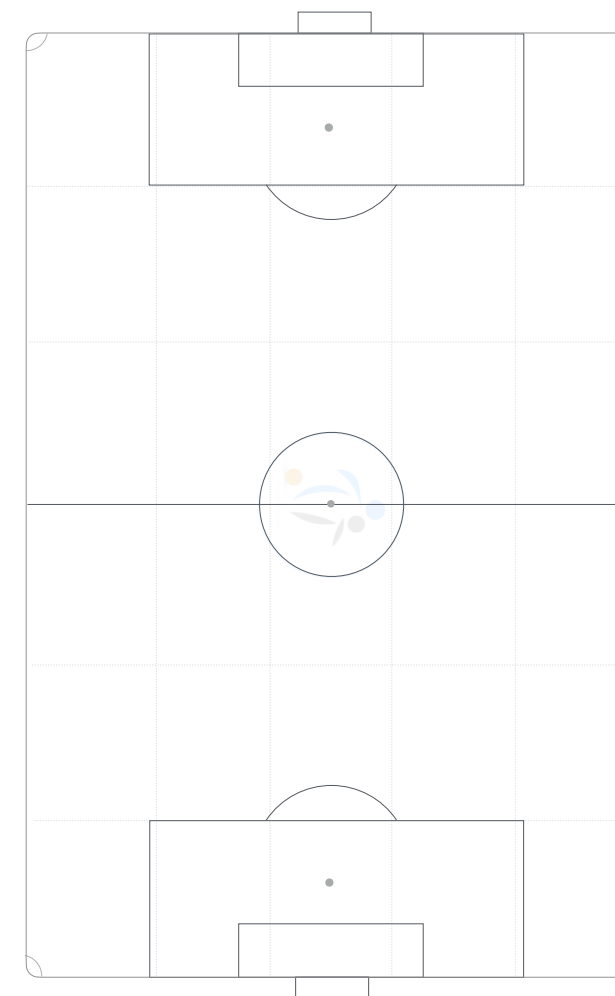
PROGRESSIONS:

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

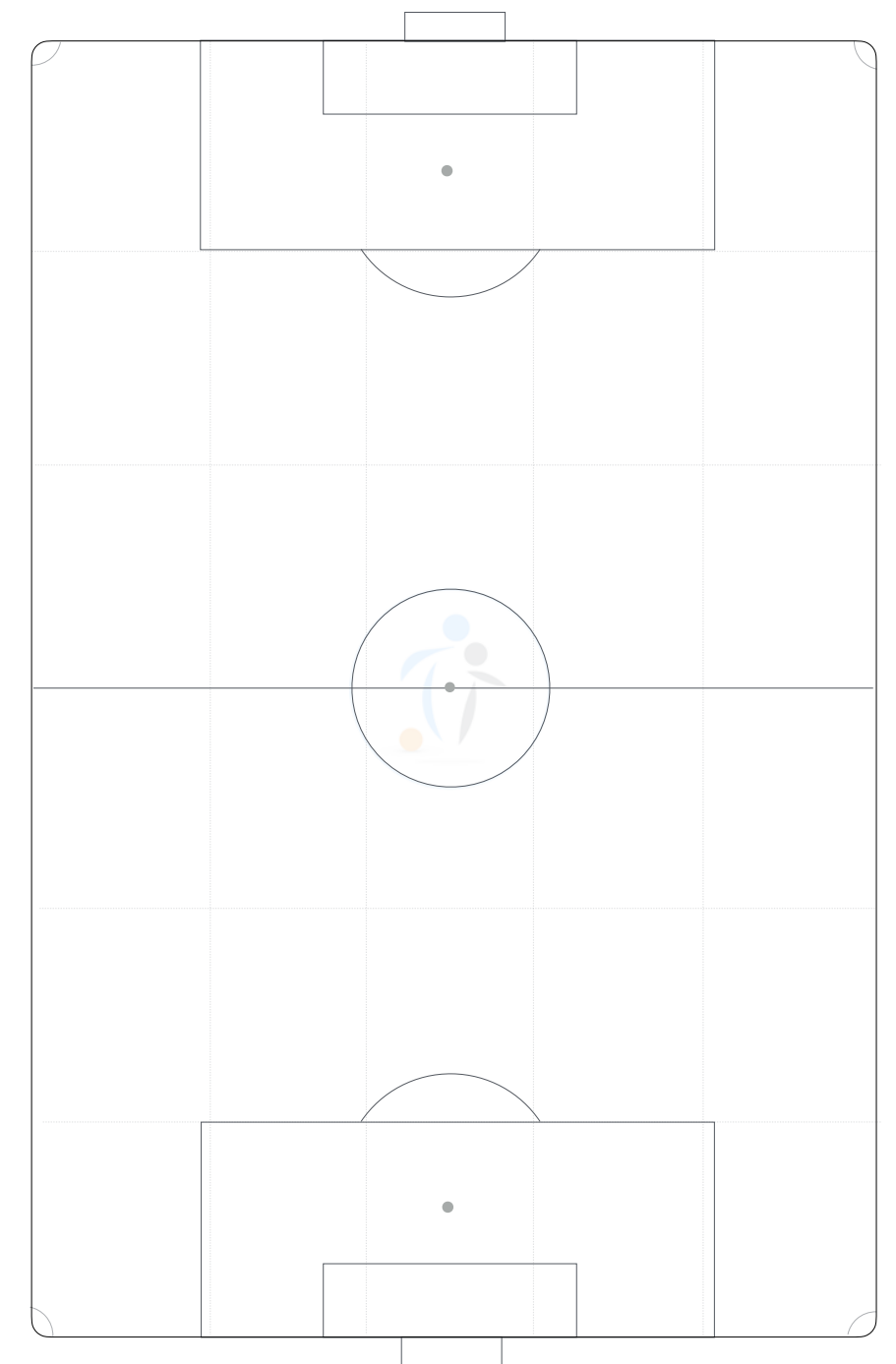
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

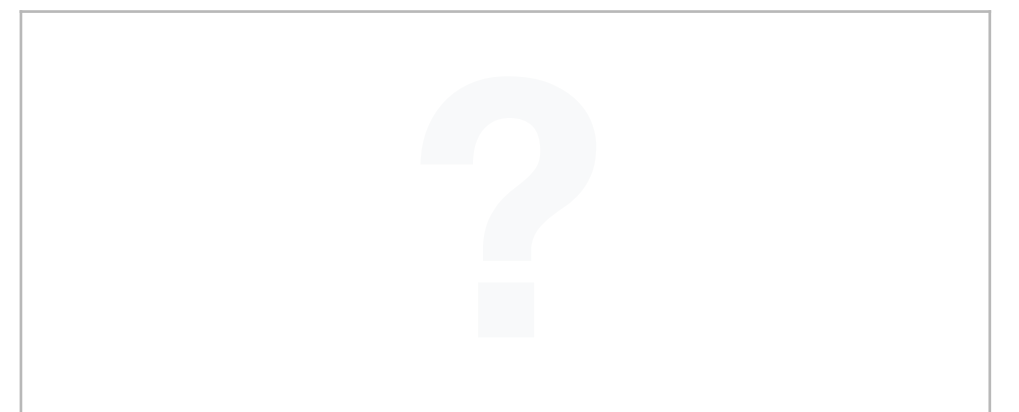
What went well?	What did we learn?

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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