



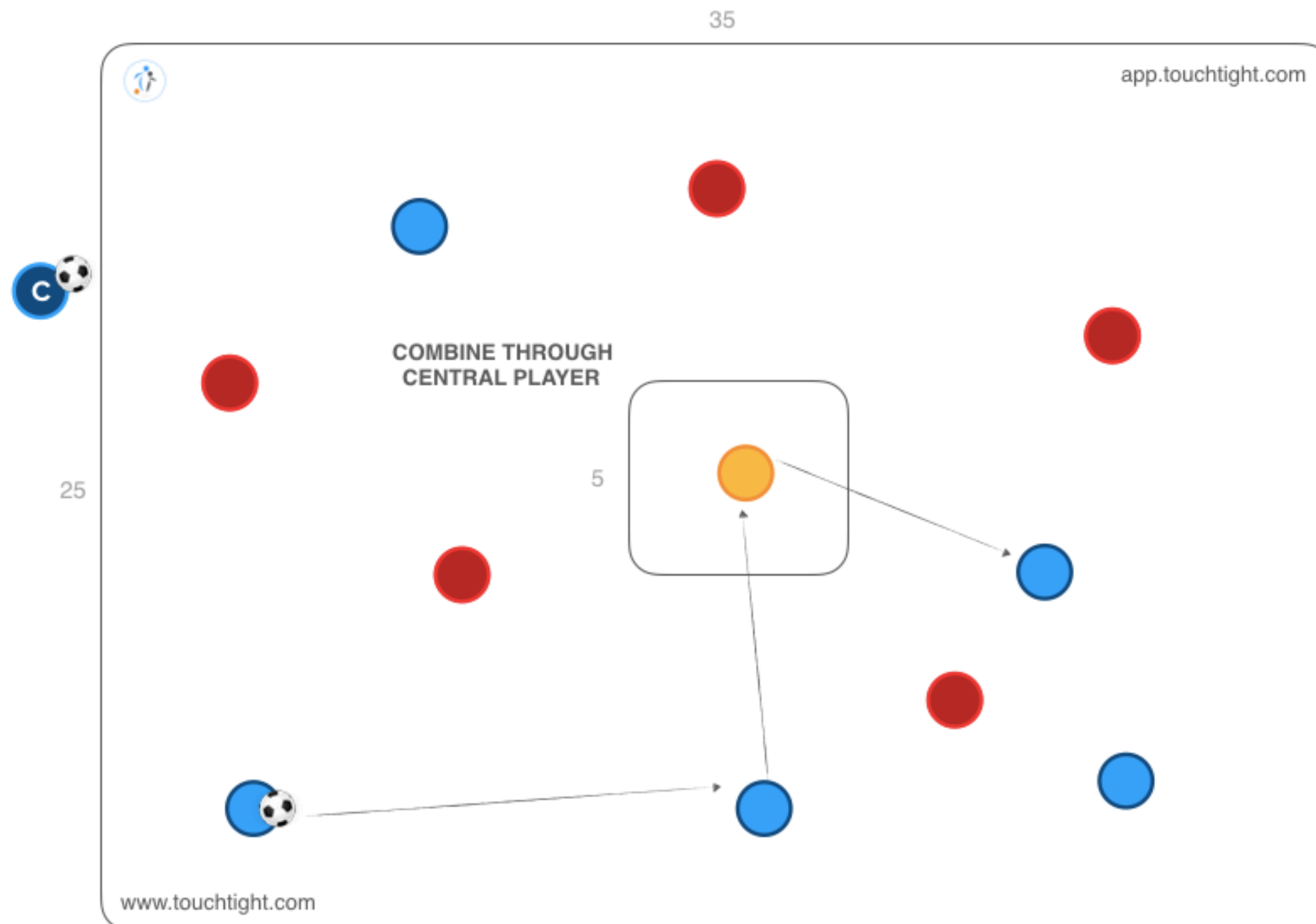
THEME 01:

ATTACKING CENTRALLY

PRACTICE 03: SKILL PRACTICE

AGE GROUP: 9+

Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

Develop player's ability to combine and rotate in central areas, penetrating defensive covering lines. 5 v 5 in a 30 x 30 Yard area with a 10 x 10 Yard area with a single floater to connect play. Objective is for the possession team to use the central floater to keep possession in their attack.

KEY COACHING POINTS:

Tactical - Recognise when to combine with central player to score point

Social - Work collectively to build attacks and create space for central pass.

Technical - Weight and accuracy of pass and central player to play on one or two touches to combine.

PROGRESSIONS & CONSTRAINTS:

Remove floater and have a player from possession team to play in central area.

Rotation in central area for possession team, either after pass or during possession phase.

KEY COACHING QUESTIONS:

How do the opposition defend against this and what problems does this cause?

How can central players combine in one touch effectively, what support can you provide in your teams for this player?



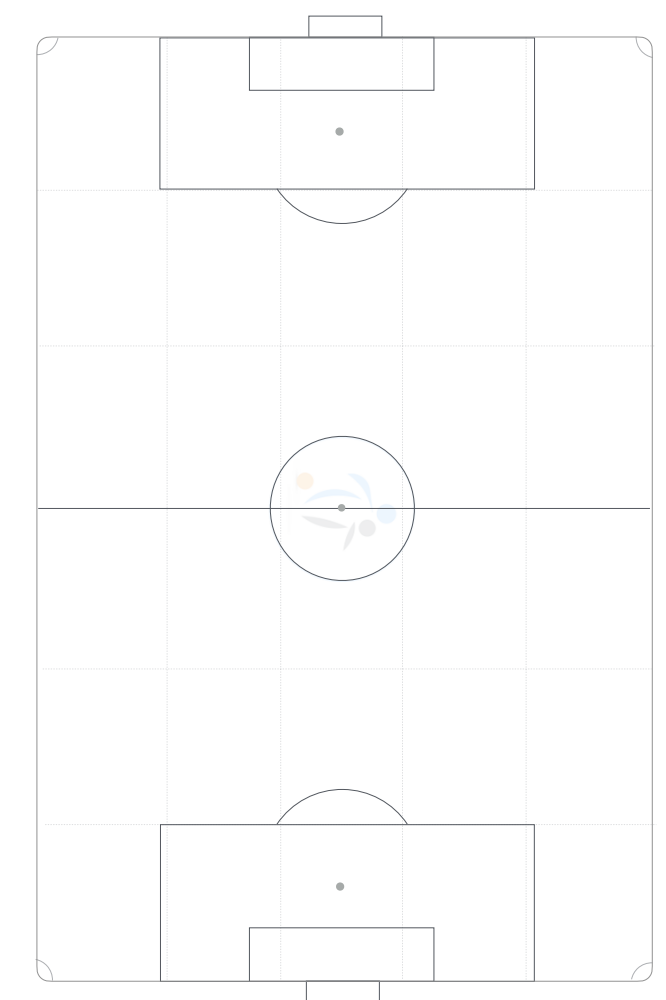
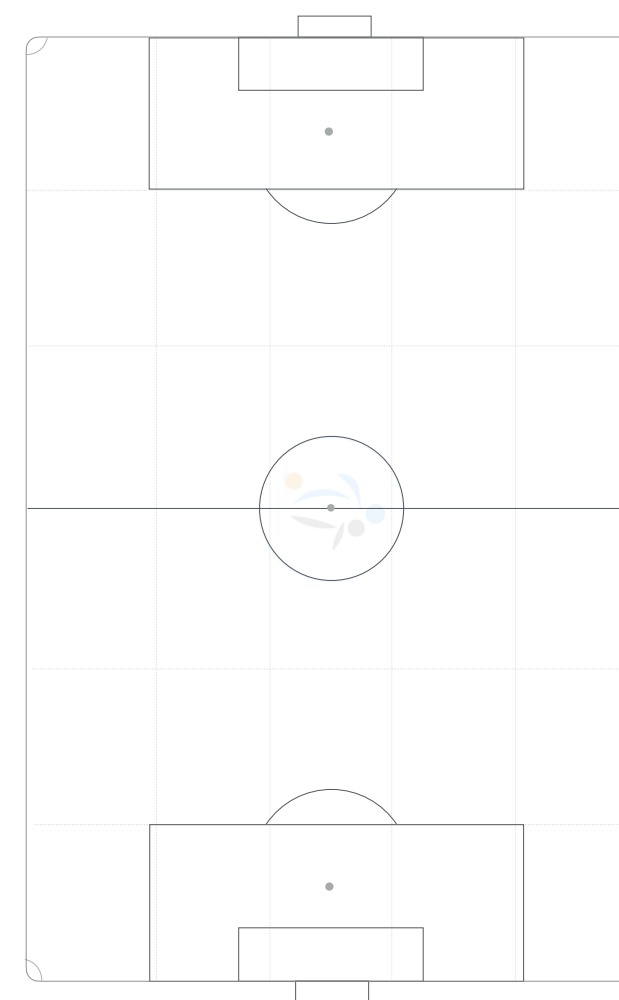
PROGRESSIONS:

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

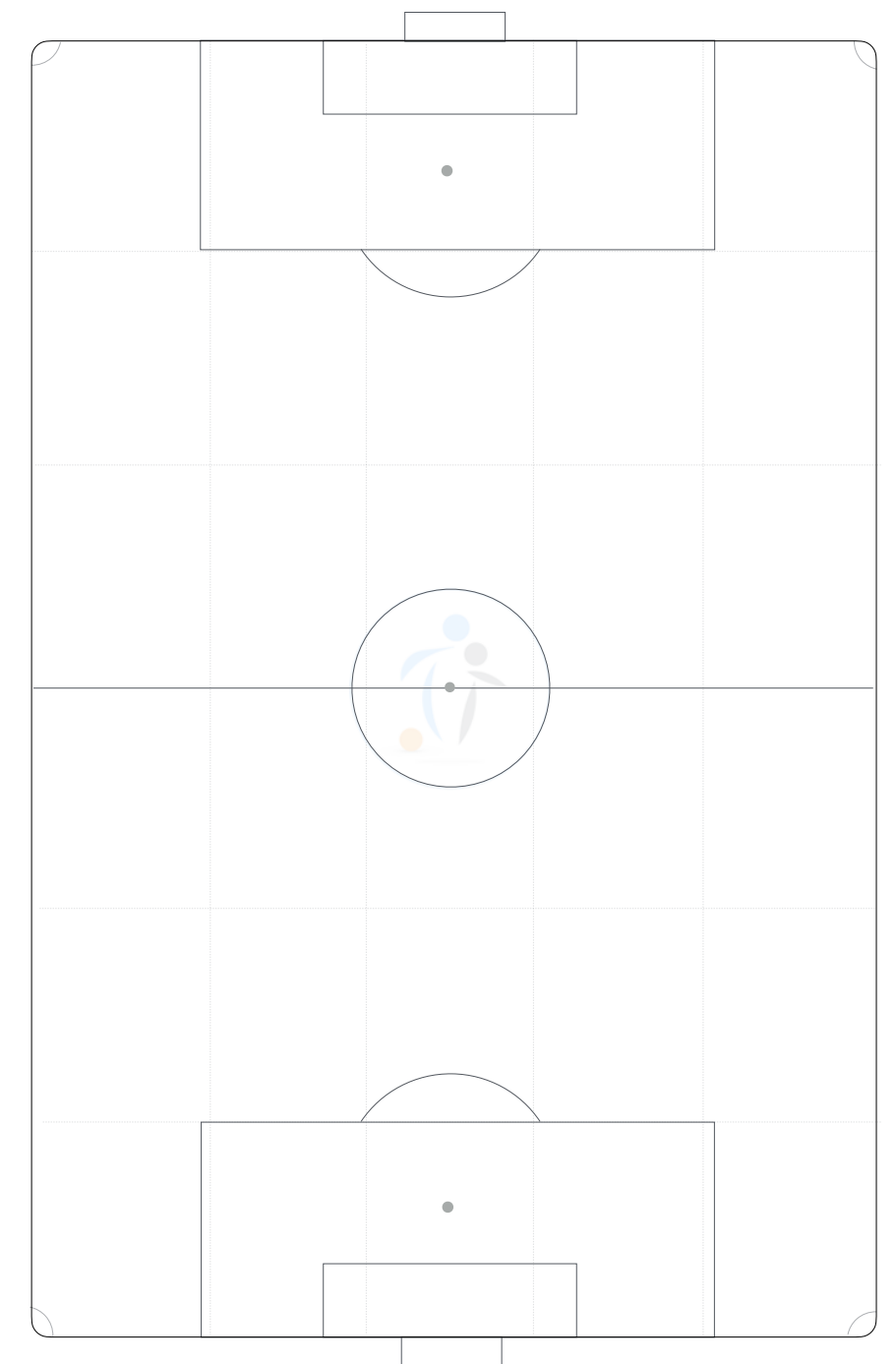
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

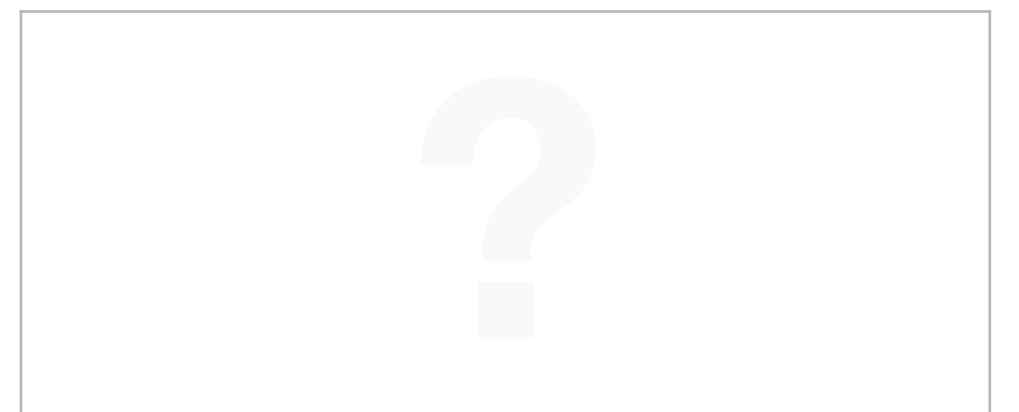
What went well?	What did we learn?

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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