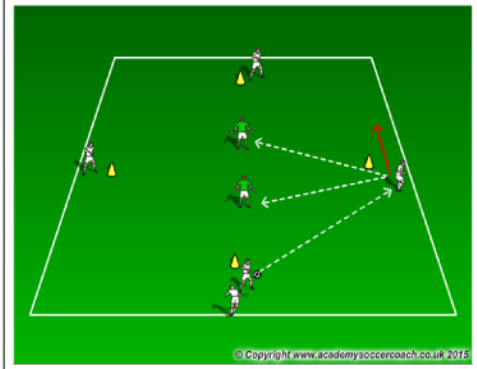


Coach Session date Team/Age Group

Theme



NOTES

A "wave" type practice for forwards ,midfield and wide attackers to produce strikes at goal.
 Involves playing out from the back, supplying forwards with the ball and midfield players combining with wide players to produce crosses and attacks into the penalty box.
 Handball can be used to explain and simplify the understanding at the start of the session.
 Midfield and forwards striking options and completion.

Varied movements of the wide attacker to attack the opponent before passes are made.
 Detail of the movements to by-pass an opponent so as to receive passes behind the opponent.
 Quality and variety of the passes to supply the different movements made by the wide player.

Working on the ability of a wide player to free himself to receive possession.
 Working with the wide player in selecting pass options to release the ball - when under pressure from opponents.
 Working on pass quality to supply the wide player with possession.