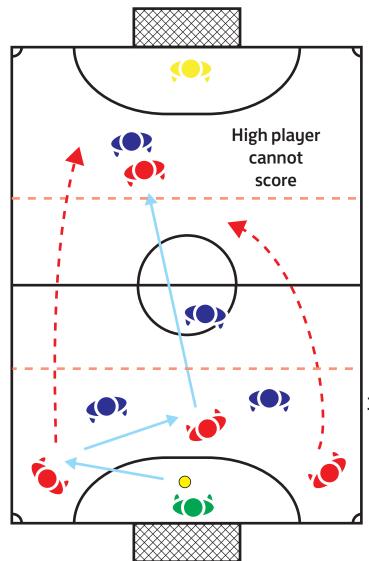
Session Title: From the Net to the Attack!

Date: 09/11/25



3 must drop in to start the game

Phase	Week 6 - Play out and find space!
Time	6min games, then swap players
Players	4v4 norml game
Organisation	Normal game - When the GK has the ball, 3 players MUST drop into the def 3rd before they can restart - GK can play long if they like - but high player cannot score - GK 4 sec rule! Prog 1 - more touches in def 1/3rd equals more goals i.e. 3 passes = 3 goals if they score
	Prog 2 - Must occupy 2 areas at all times during the game.
Key Coaching Points	Why do 3 players drop in to receive? How can you receive to play forward? Why do you have limited touches on the ball? Why should you get in position quickly? What do you do if the ball goes long?

It is the first week back so expect players to make more mistakes than usual - it doesn't matter, praise the good! 1st Hour - CC/LP/EST fun warm-up
2nd/3rd Hour - PW/AW warm-up
3rd Hour - AW to deliver
Max time for warm up 15mins
Include EE, EST, LP & others when available

