

## Interactive Session Plan =

Barker Session date Coach

1 Jan 2015

Time available 75mins

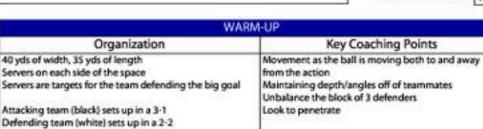


Topic

4-2-3-1 Formation in possession (attacking)

Technical / Tactical

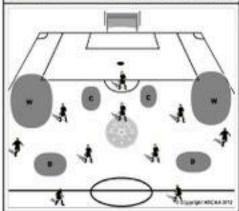
Tactical / Technical











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	Organization
40 yds of width, 3 beyond the cones	5 yds of length with wide space
Servers on each si	
Servers are target goal	s for the team defending the big
Attacking team (b	lack) sets up in a 2-3-1

Back four is restricted to the space until the ball is played wide. Then they can go out to defend

Defending team (white) sets up in a 4-2

Defending team (white) is a 4-4-2

**ACTIVITY 1 Key Coaching Points** After the ball is entered centrally look to play it out wide to on rushing full backs The 3-1 look to keep the opponents defending narrow If the opponents defend effectively wide then look to penetrate centrally Unbalance the opponent with width and mobility Maintain depth relative to teammates and their movement

and make central attacking runs to support the

Ione forward

ACHVIII 2		
Organization	Key Coaching Points	
Phase of play	Exploit the opponents' 3 lines by playing into the OCMs or to the dropped of DCMs	
Attacking team (black) goes to big goal Defending team (white) goes to counter goals	Seek to draw the opponent in before exploiting the width provided by full backs	
Attacking team (black) has two servers/(center backs) and is in 2-2-3-1	Servers set wider than the DCMs so the entry ball is initially played in field The x3 OCMs seek to create space for full backs	

	AME
Organization	Key Coaching Points
11 vs. 11 full game  Identified attacking space W= wide channel C= central attacking channel D= deep space for DCM to control the action	In the full game identify key attacking themes and areas based on the formation and the personnel employed In the full game identify attacking themes and areas based on the opposing formation W Wide space when opposing full backs are drawn in C Central channels when opposing full backs ard drawn out and the lone forward engages the opposing center backs D Deep attacking space for center mid fielders when the opposition is forced to defend deep

full backs are