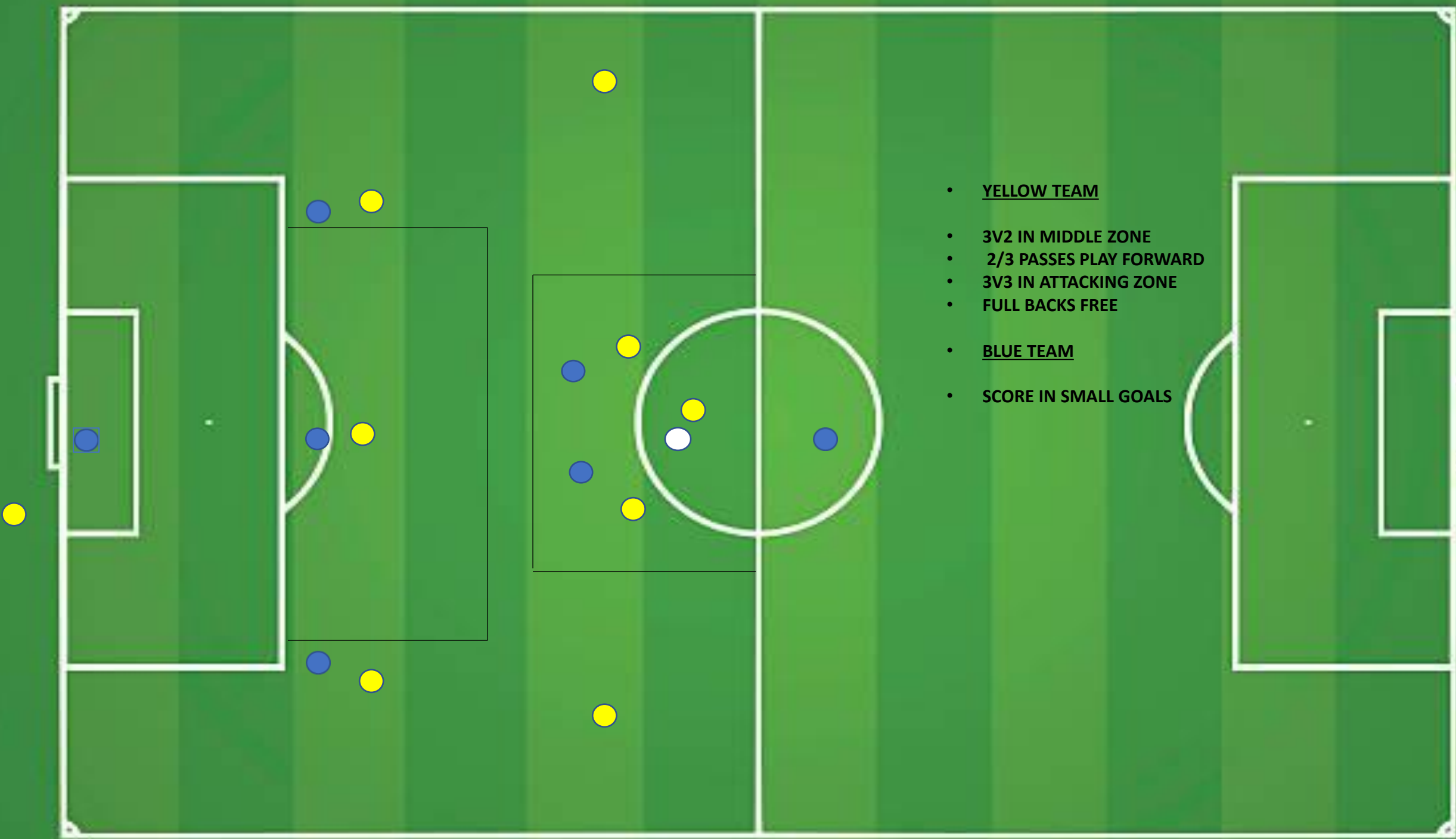
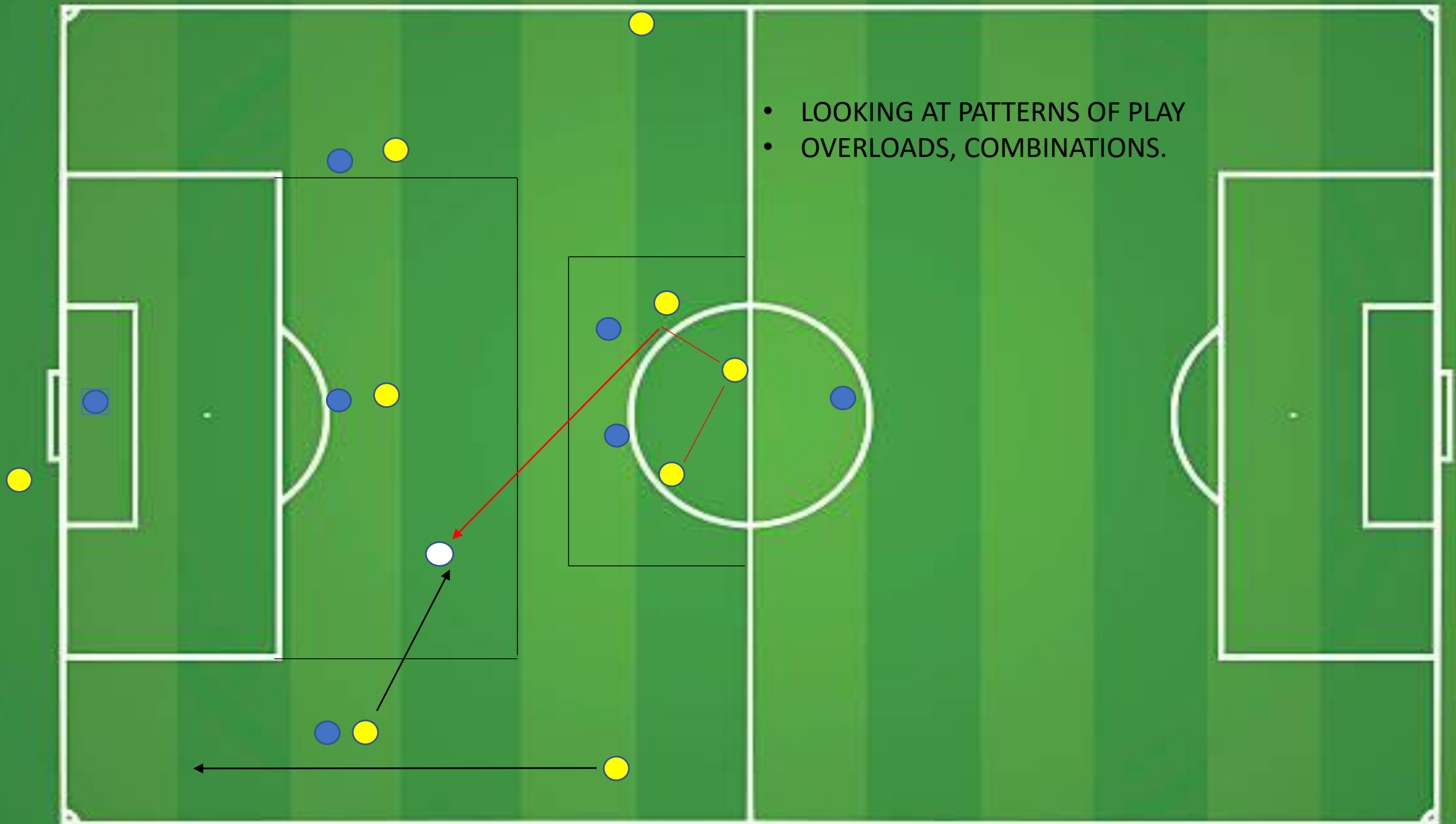


TACTICAL TRAINING SESSION: 4-3-3

- WARM UP : PASSING DRILLS
- GAME RELATED PRACTISE
- SMALL SIDED CONDITIONED GAME
- PHASE OF PLAY: PLAYING OUT FROM THE GK.



- YELLOW TEAM
- 3V2 IN MIDDLE ZONE
- 2/3 PASSES PLAY FORWARD
- 3V3 IN ATTACKING ZONE
- FULL BACKS FREE
- BLUE TEAM
- SCORE IN SMALL GOALS

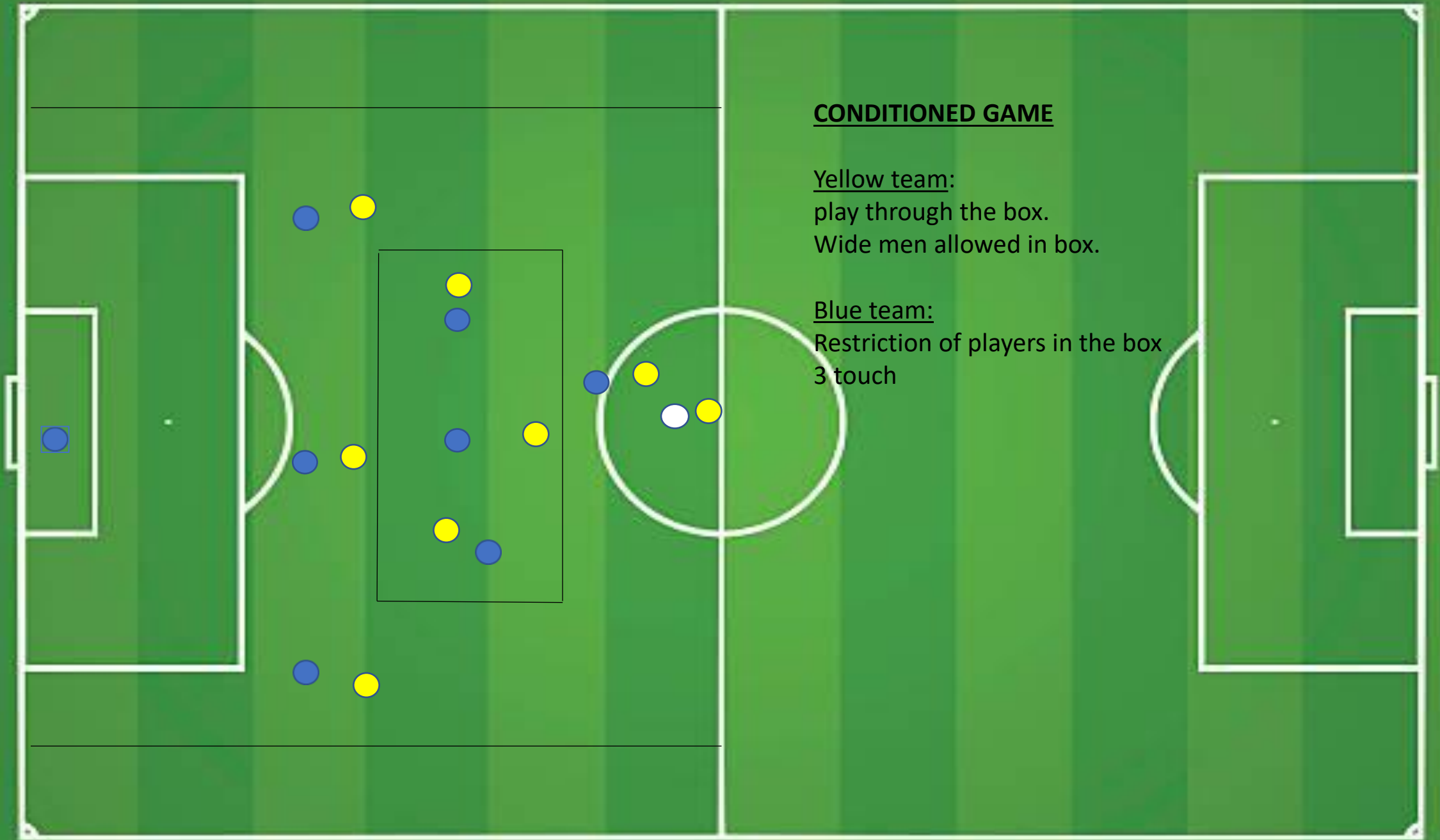


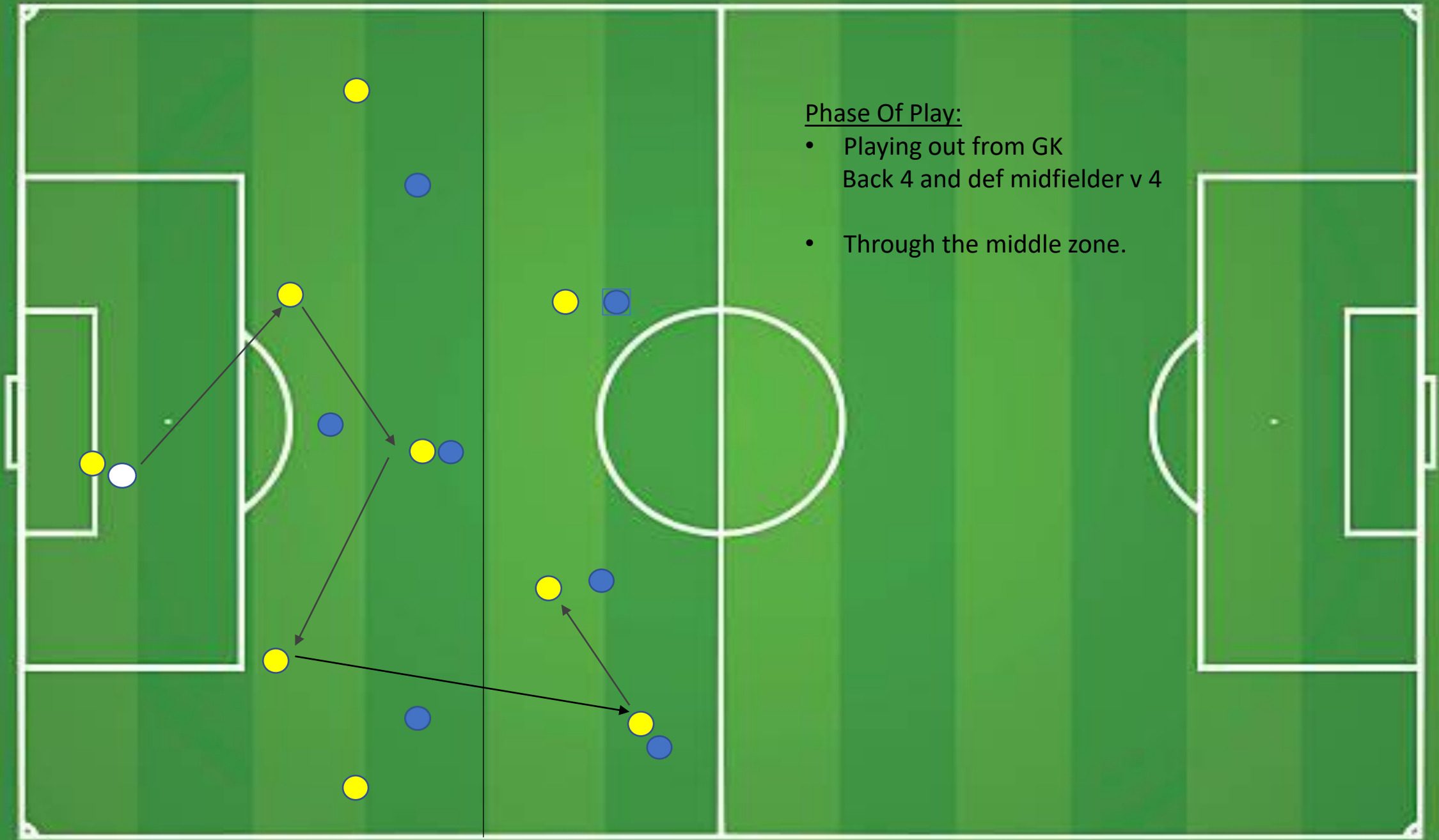
- LOOKING AT PATTERNS OF PLAY
- OVERLOADS, COMBINATIONS.

CONDITIONED GAME

Yellow team:
play through the box.
Wide men allowed in box.

Blue team:
Restriction of players in the box
3 touch





Phase Of Play:

- Playing out from GK
Back 4 and def midfielder v 4
- Through the middle zone.