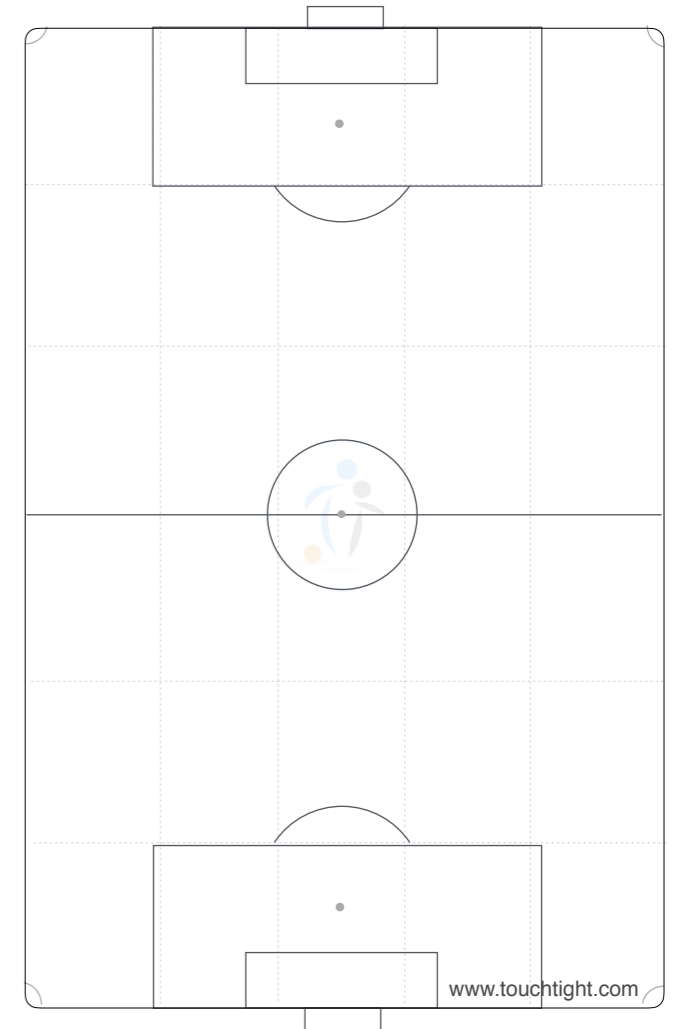
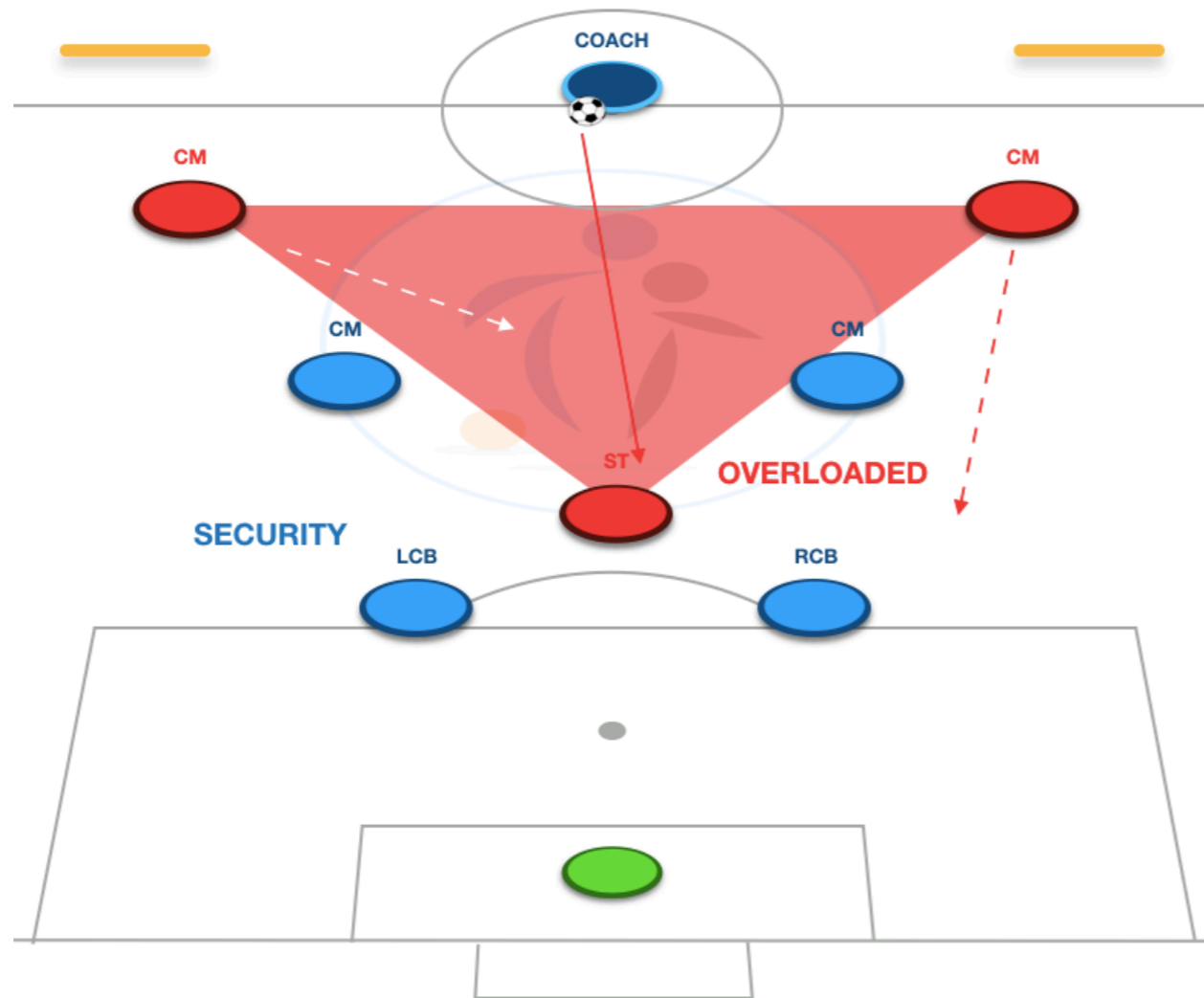




Type: Lead Practice

Area: 50² yard

Team Objectives: This Lead session focuses on the initial stages of attack during central build, and challenged Reds to create opportunities with initial overloaded.



Set up / Organisation:

- 4 Blues managed to defend against 3 Reds, plus 2 floating players for Blues to play into to score into mini goal.
- If Reds regain possession, they have 10 secs to get shot off.

Key Coaching Points:

- 3 v 4 attacking situation, with Blues conditioned to play 20 yards apart initially before Reds first touch from coach pass.
- Focus on initial breaking line pass from inside wide player, recognise the opportunity for opposite inside player's breaking line run.
- Attempt to create scenarios to hone in on final pass and finishes inside the box, from full backs, driven passes and being creative.
- Striker (9) dropping deep to create space in behind. Where is space created for runs beyond and how is this communicated?

Technical Detail:

- Focus on small individual movement patterns to break into the Midfield third.
- Encourage Reds to be creative in their rotation to play out, provided security is in place.
- Recognise how defenders positioning and attackers intent contributes to increased or decreased tempo.

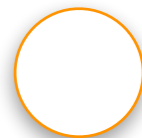
Questions & Notes:

- How and why does game tempo increase the higher up the pitch players progress?
- Can you make third man runs to get beyond strikers?
- How can you draw defenders out to play in behind?
- How do smaller numbers impact on your attacking play?
- How will you deal with underload? How can you create and exploit space as a result?

Work / Rest Ratio:



mins



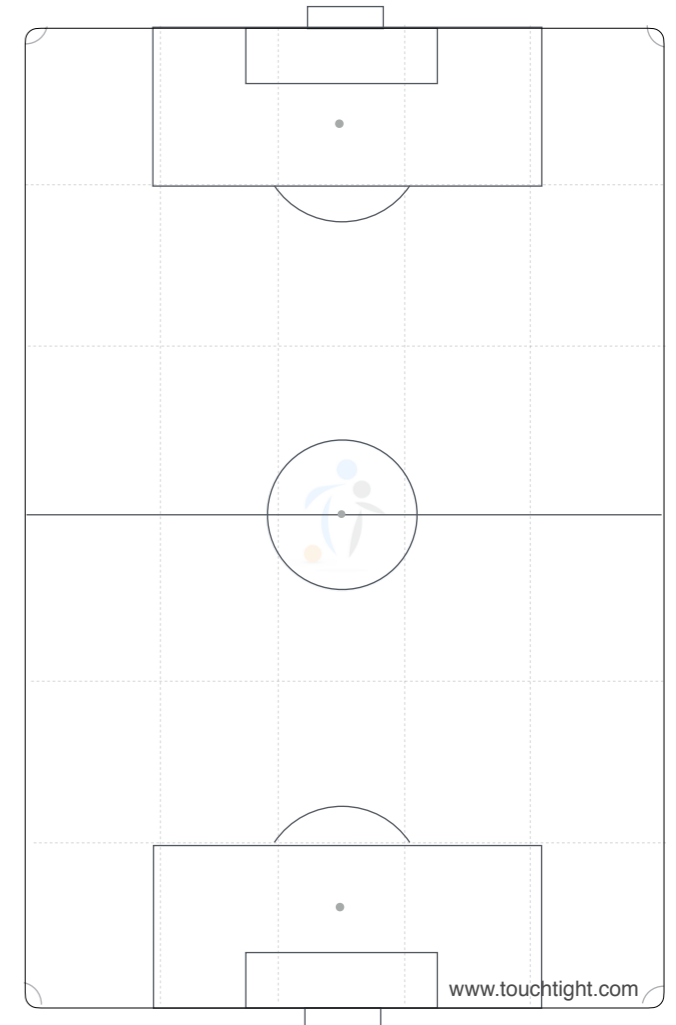
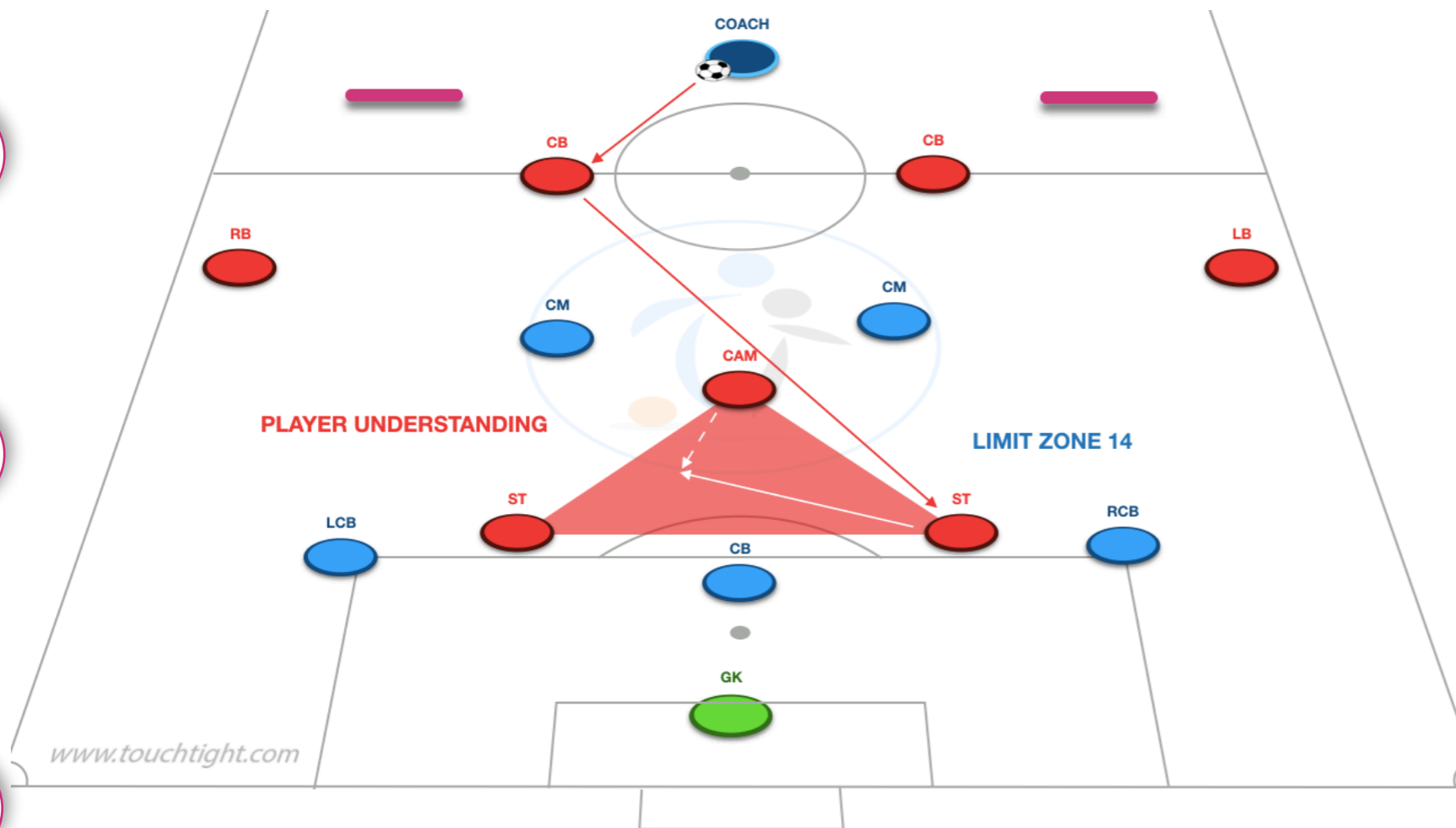
sets



Type: Phase Of Play Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Played in an area with full pitch width and 2/3s length, replicating game play in this area of the field. A single full-size goal at one end for Reds to attack and 2 mini goals for Blues to score into.
- Blues defend in a 340 (343 minus strikers), against Reds in a 412.

Key Coaching Points:

- Focus on initiating the attack from the back, with 2 central defenders, aiming to play through our CM link player
- Once CM gets on the ball, focus on playing forward into strikers/runners. One, or both?
- When is the correct time to play in direct for runners? Are opposition playing a high line, leaving space to transition?
- Strikers available for ball into feet from defenders, focusing on hold up, support play from MF & runs in behind
- Striker drops in to receive, leaving space behind to break defensive lines in wide areas. Providing width creates space centrally for teammates.

Technical Detail:

- Concentrate on spaces created by Reds and spaces vacated by Blues either through poor defensive play, or during Blues own attacks.
- Observe shape and ensure they are managed to get the correct key coaching points out for Blues during their attacks.
- Consider how you can switch play to move opposition around quickly to create space in central areas.
- Offside line is hugely important here.

Questions & Notes:

- Are Blues defending resolutely offering a challenge for Reds? Are Reds attacking through the middle?
- Do you need to encourage combination play when you intervene?
- How creative can you be in final third, and how?

Work / Rest Ratio:

mins

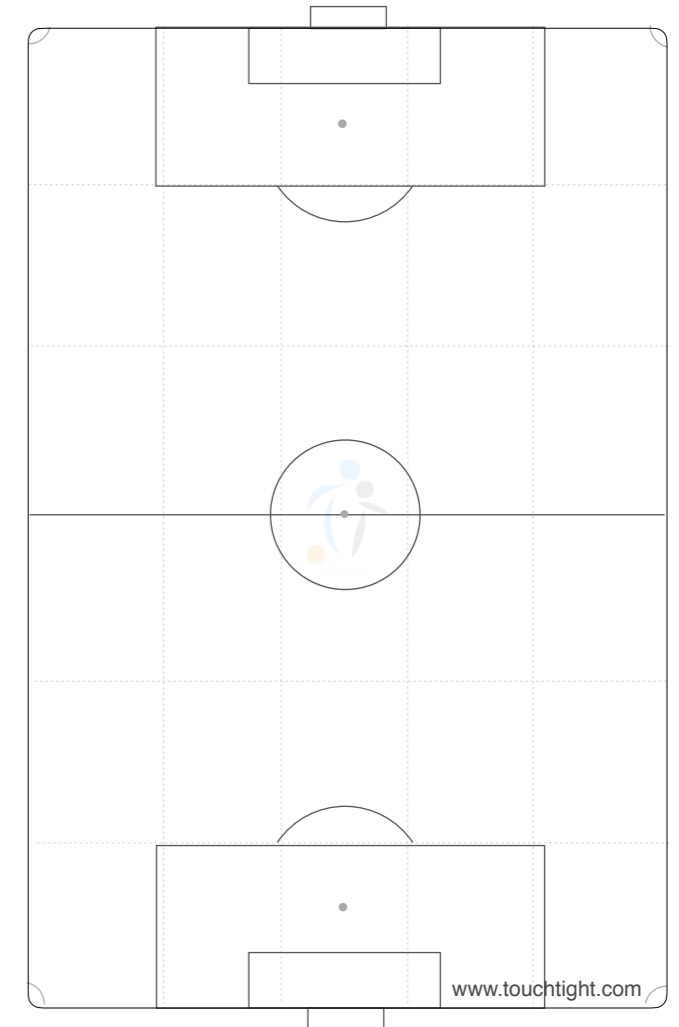
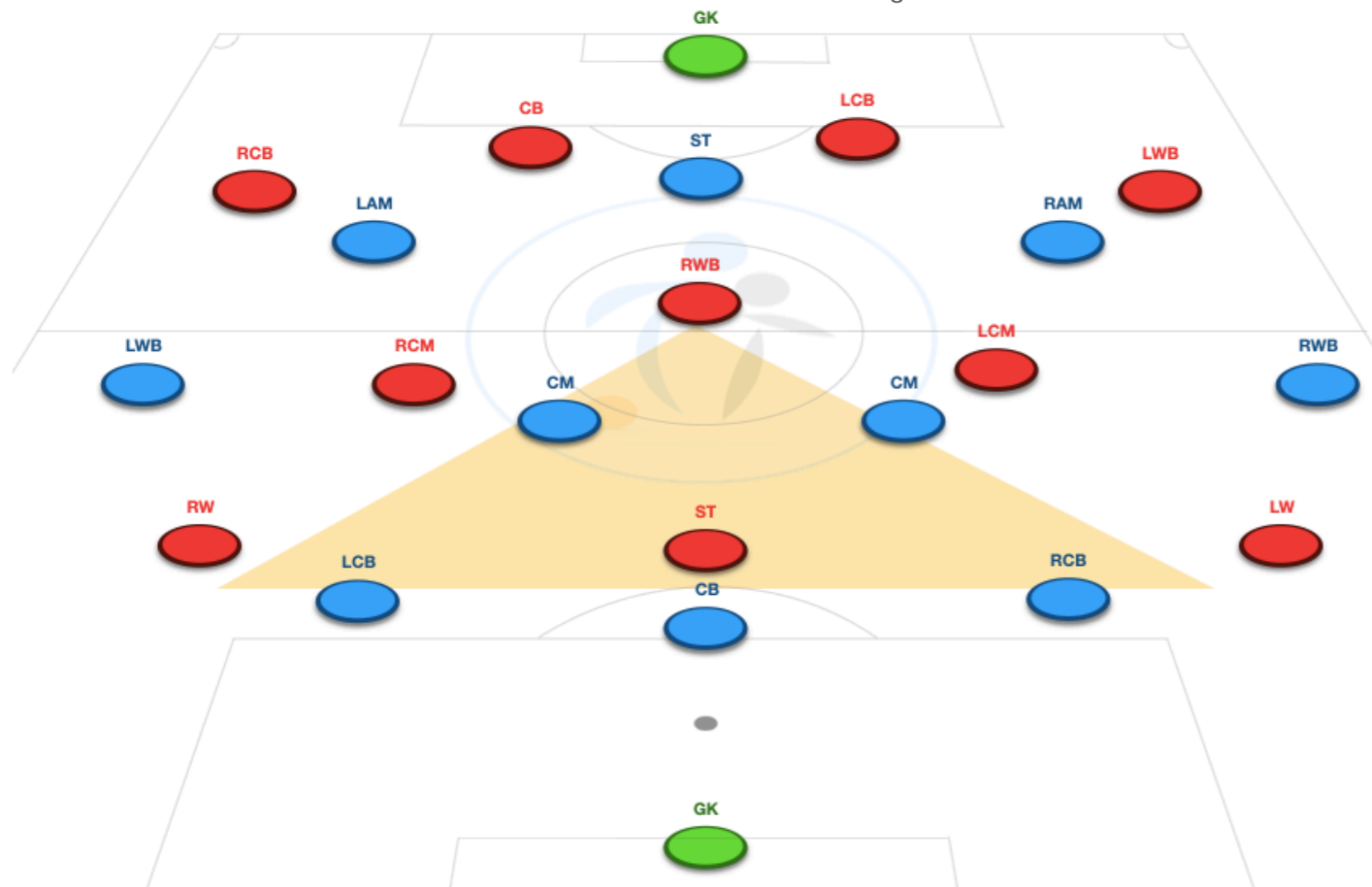
sets



Type: 11 v 11 Practice

Area:

Team Objectives: Focus on the movement of more advanced players that builds on Lead Sessions in a game situation.



Set up / Organisation:

- This full 11 v 11 practice focuses on players attacking centrally, managing one team in a 343 and coaching the other in a 442 diamond.
- This practice can be used as a follow up to many other sessions such as Lead, Phase, Functions and Small Sided Games

Key Coaching Points:

- 11 v 11 Conditioned practice, focus on creating 3 v 3 in final third, manage opposition to attack with both full backs in 343.
- Coach positioned to add a ball during the transition (e.g. after shot), to develop 3 v 3, focus on width to create space inside.
- Develop supporting runs from midfield 2 (7 & 8), decisions on who goes at what time and support of defensive midfield (4).
- Relationships between wide midfielder, CM & FB, playing on different lines to exploit space left.

Progressions / Constraints:

- Blues have 10 seconds to win possession
- Reds must finish 1 touch
- Zone areas to maintain width leaving space centrally.

Questions & Notes:

- Observe how Blues press to see where space opens up. Manage Blues initially to drop or press depending on what you want to get out of these first stages.
- Encourage Reds to be creative in their rotation to play out, provided security is in place this will develop player understanding of their roles and covering positions.
- How and why does game tempo increase the higher up the pitch players progress? Recognise how defenders positioning and attackers intent contributes to this factor.

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

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

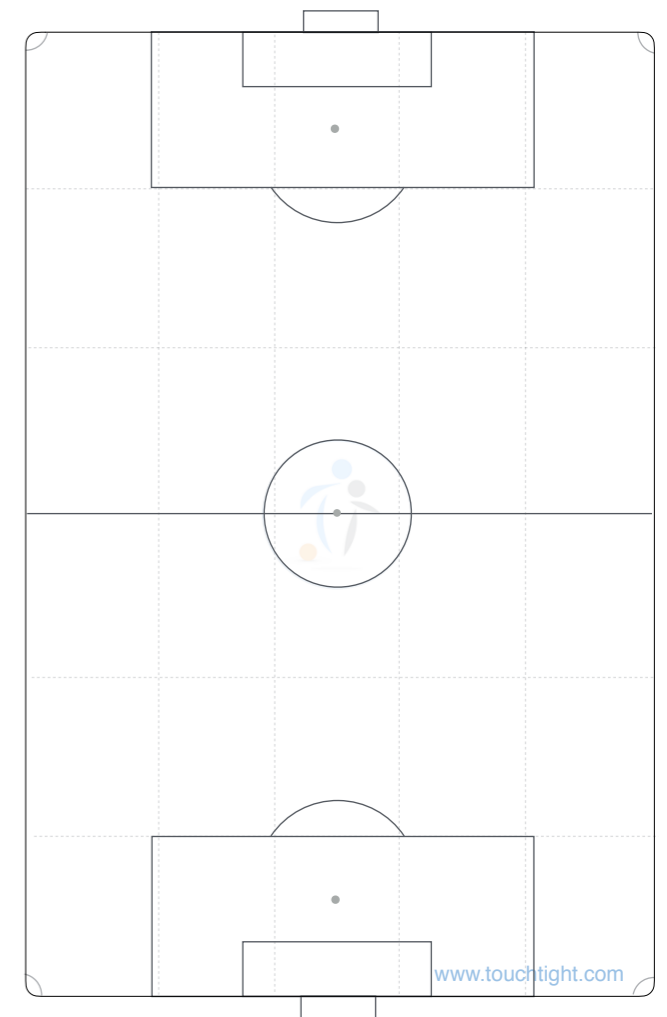
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

