



Session Date

Season

Age Group

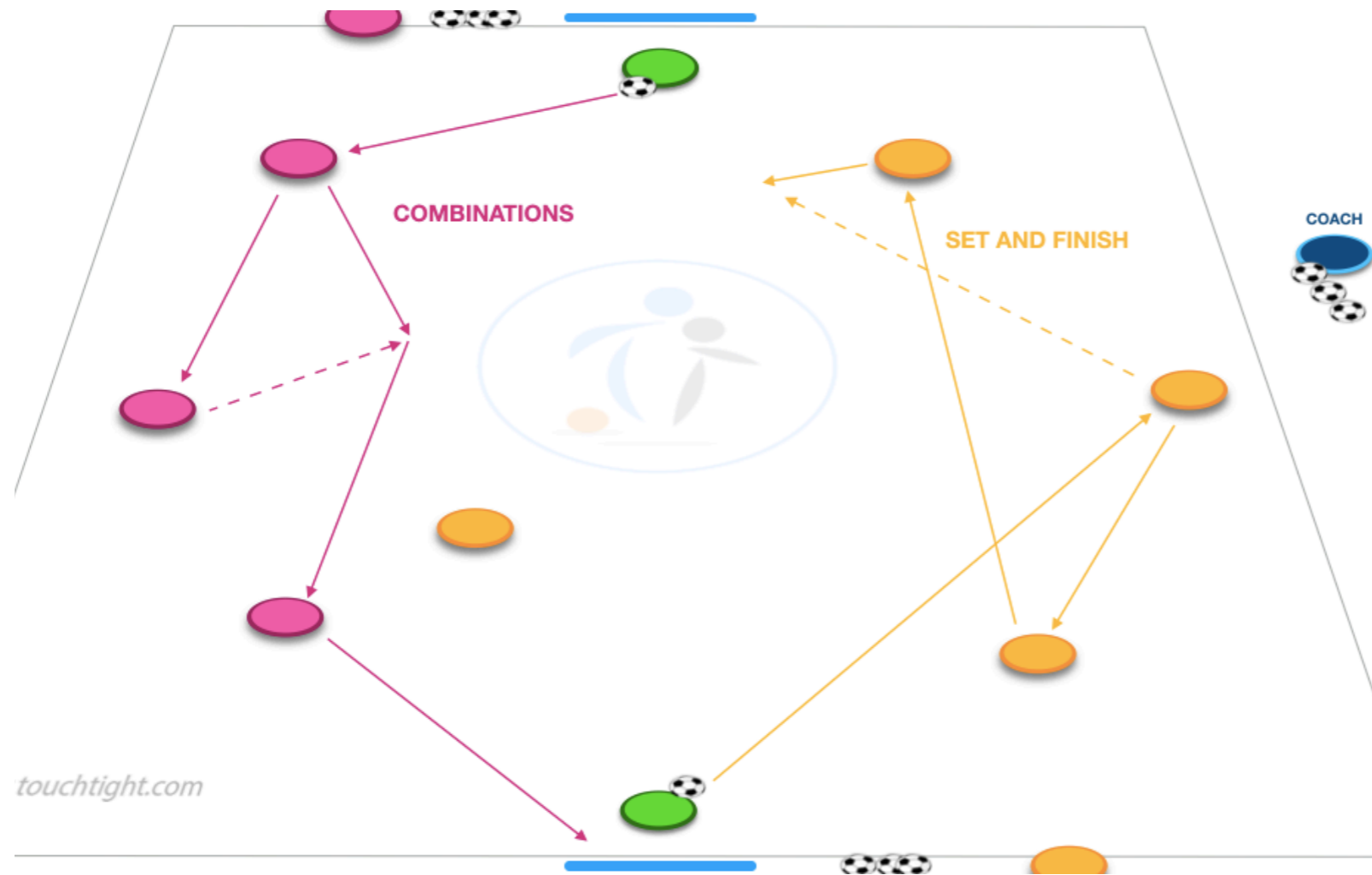
Players

Duration

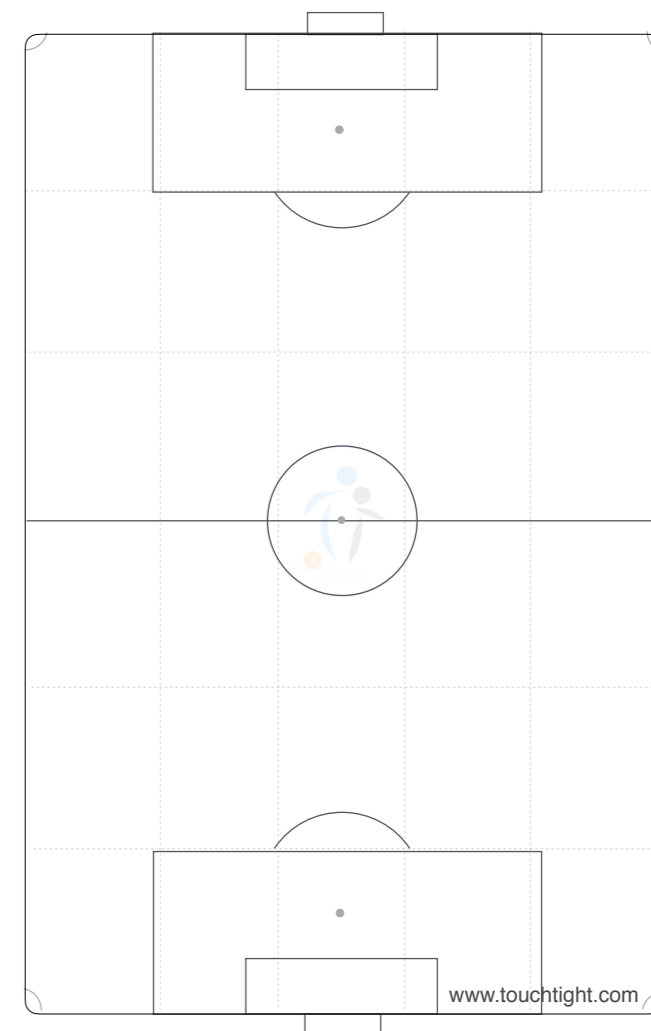
Type: Technical Practice

Area:

Team Objectives:



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Set up / Organisation:

- This attacking practice area is in a 30² yard area, with a GK at each end keeping goal and 2 groups of players at the side of each goal to combine to score. 3 cones positioned for each group (CB, WM, ST), with 1 player on each to begin.

Key Coaching Points:

- Vary combinations between individual players, providing the opportunity for them to be creative and come up with their own combos.
- Encourage rotation through central areas to develop players awareness when obstacles (players) presented.

Progressions / Constraints:

- Players to get a shot off on goal, or for cross to be delivered. Players must move to the next station once shot has been taken.
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Questions & Notes:

- Focus on passing weight/direction, timing of movement, and ability to move off teammates movement.
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Work / Rest Ratio:



mins



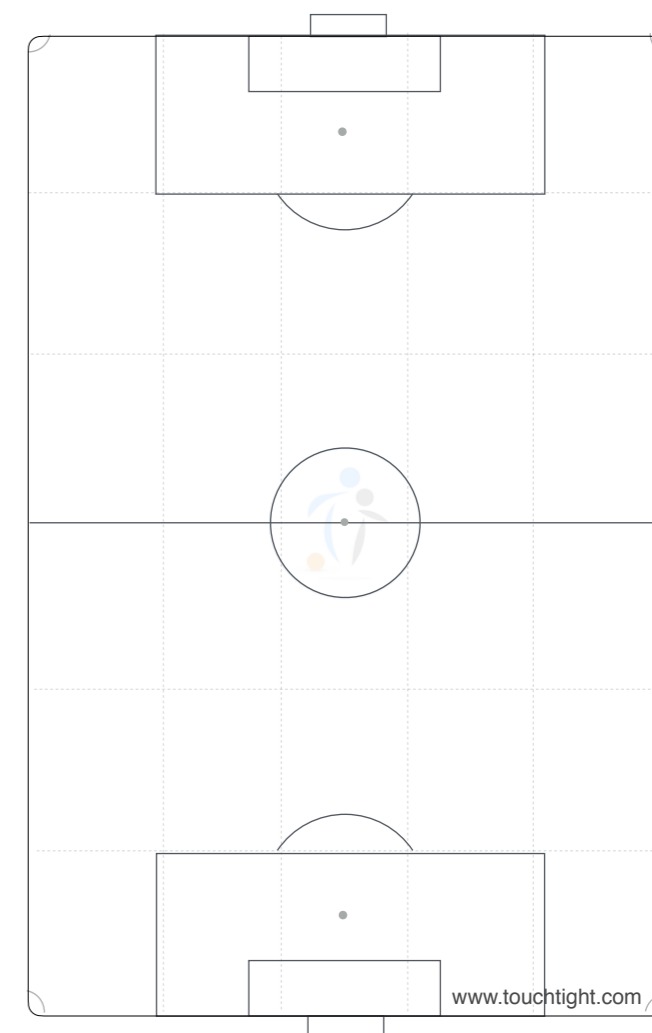
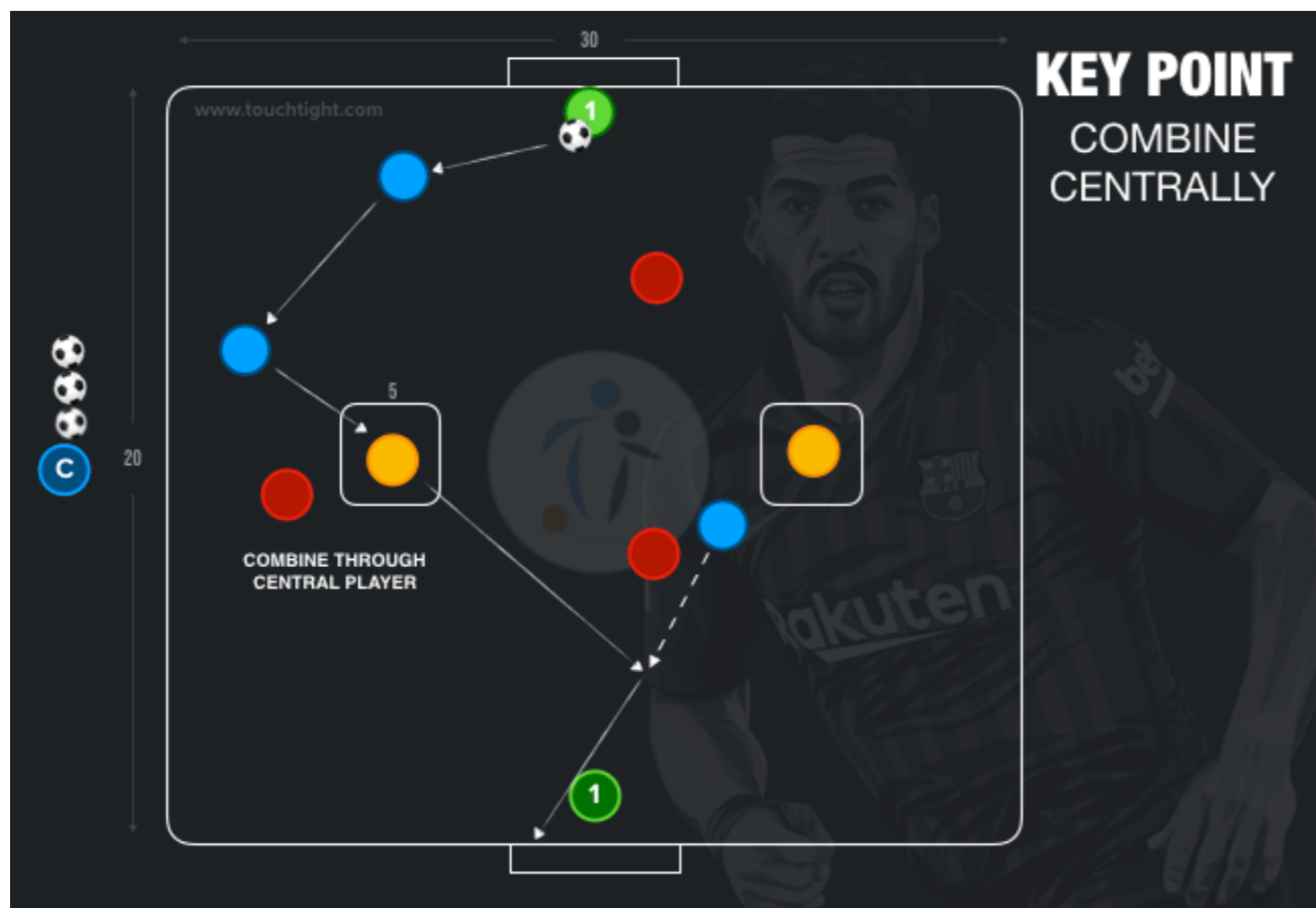
sets



Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Between 20² and 30² yard area depending on age group. 4 v 4 or more (Coach choice and numbers) with a goal and GK at each end. Players must combine with a central target player to score with quick combination.
- Area has two central areas 5² yard zones where target players must play 1 or 2 touch combinations with attacking team.

Key Coaching Points:

- Try to allow free play and recognise opportunities for possession team to combine quickly with forward passes.
- If opposition starts to protect target players, may need to enforce passing conditions (e.g. 10 passes a goal) to force pressure.

Progressions / Constraints:

- Rotational movement between central and possession players
- Central players can drive out of the central square to initiate attacks quicker

Questions & Notes:

- How do defenders attempt to limit combinations (press or protect)?
- What successes do the possession team and how do they finish attacks?

Work / Rest Ratio:



mins



sets



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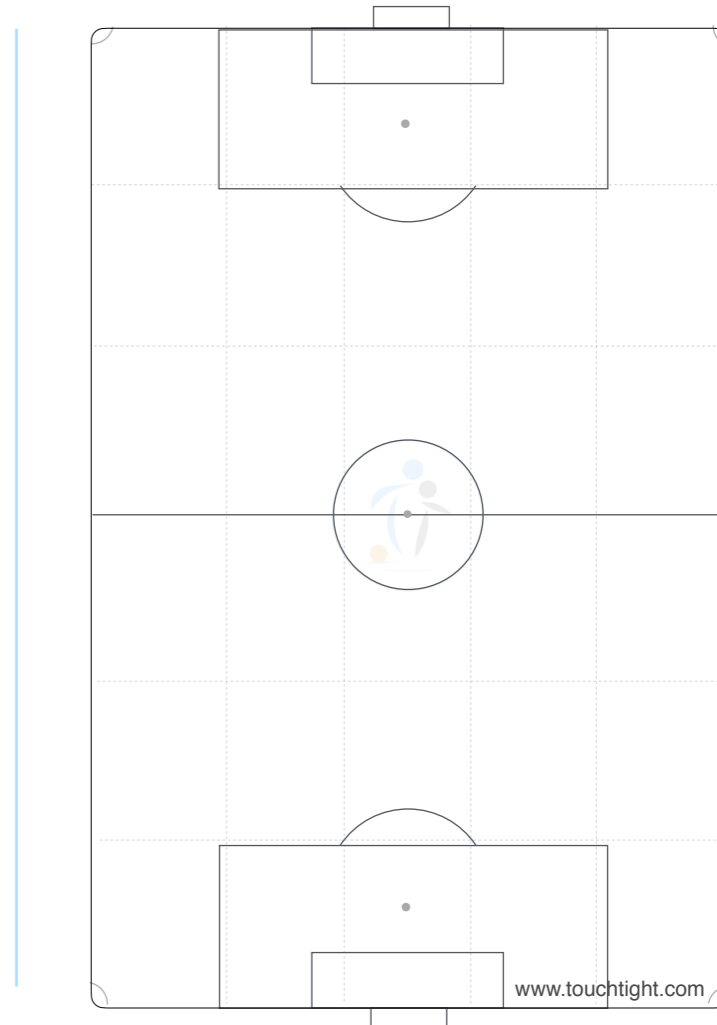
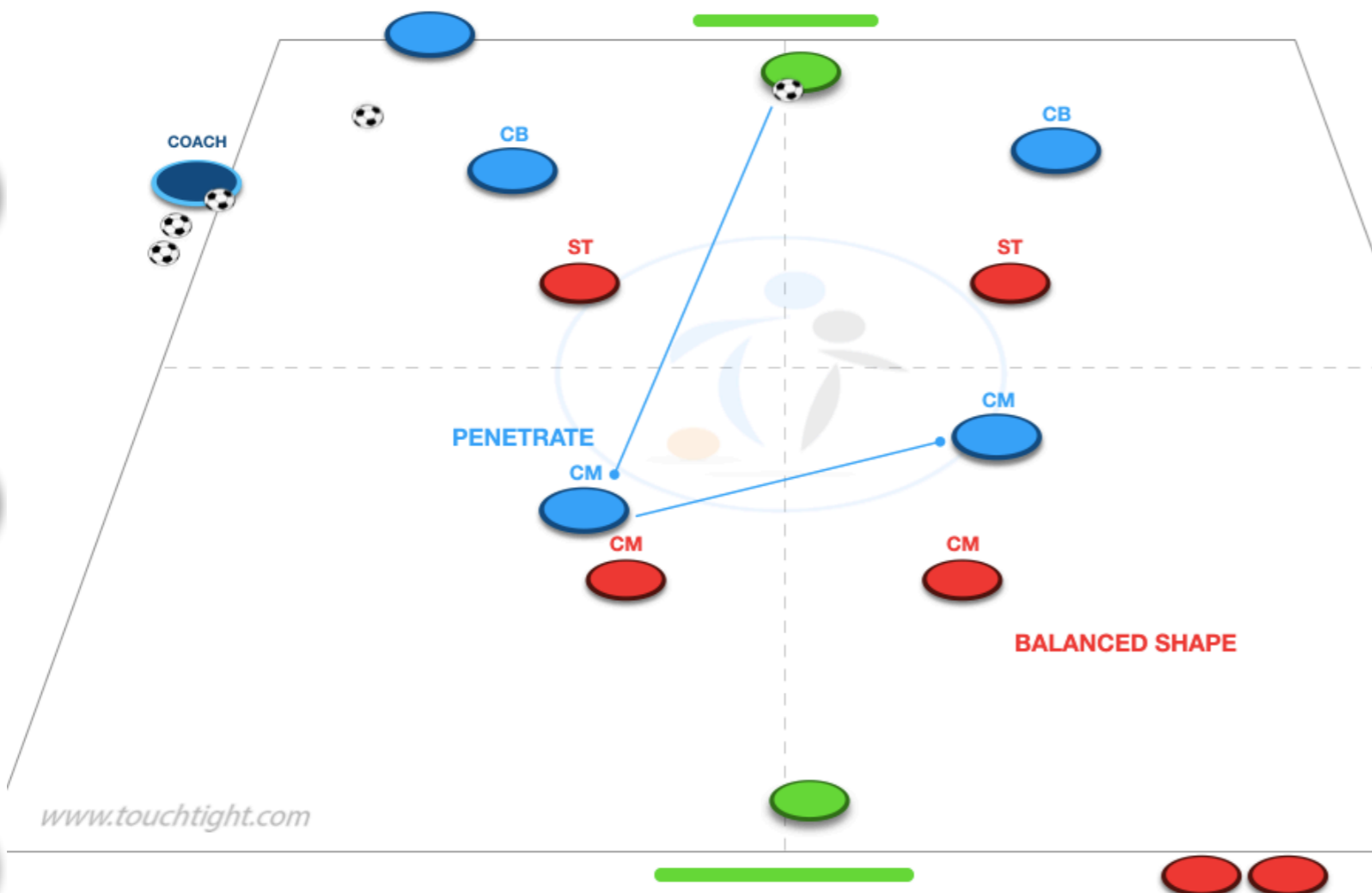
Players

Duration

Type: Small Sided Game

Area:

Team Objectives: Encourage players to attack effectively in central areas



Set up / Organisation:

- The playing area is 30² yards, with a goal at each end, plus 2 Goalkeeper's to protect.
- The pitch is split into 2 halves for you to recognise areas where players can build through with rotation to attack, whilst maintaining security. Coach Reds to combine centrally and manage Blues to defend as normal providing challenge and allowing freedom for players during the game.

Key Coaching Points:

- Player Focus - Create space by losing markers and developing overloads through thinking quickly away from the ball.

Progressions / Constraints:

- Goal can only be scored with an overlapping run or 3rd man to break into and beyond defensive line.

Questions & Notes:

- Can attacking players play 1 touch when in and around goal, with supporting midfield runners creating quick overload?

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

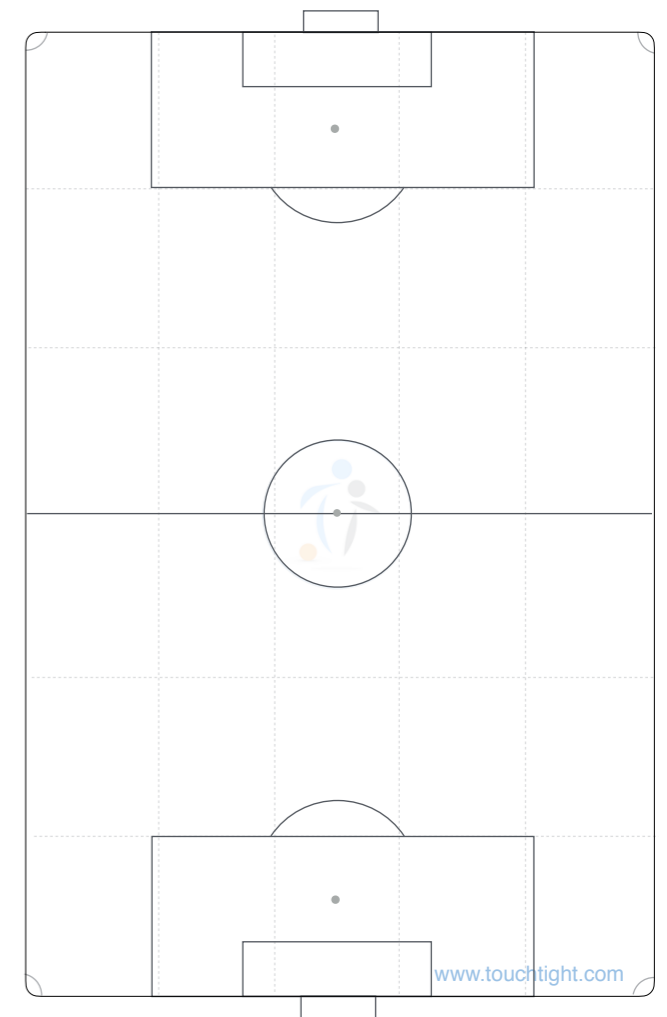
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

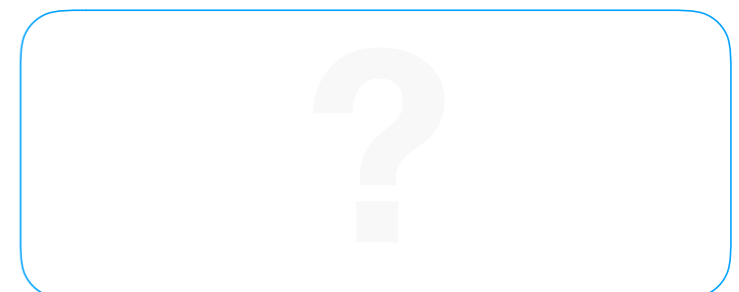
What went well?	What did we learn?

Absentees: initials



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



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation