



Session Date

Season

Age Group

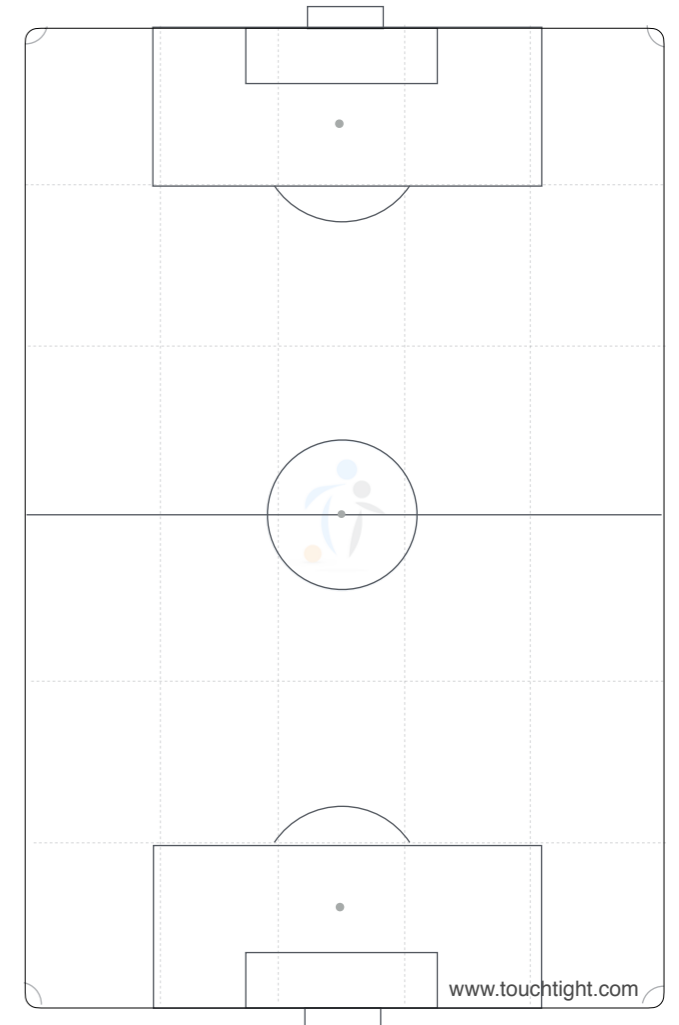
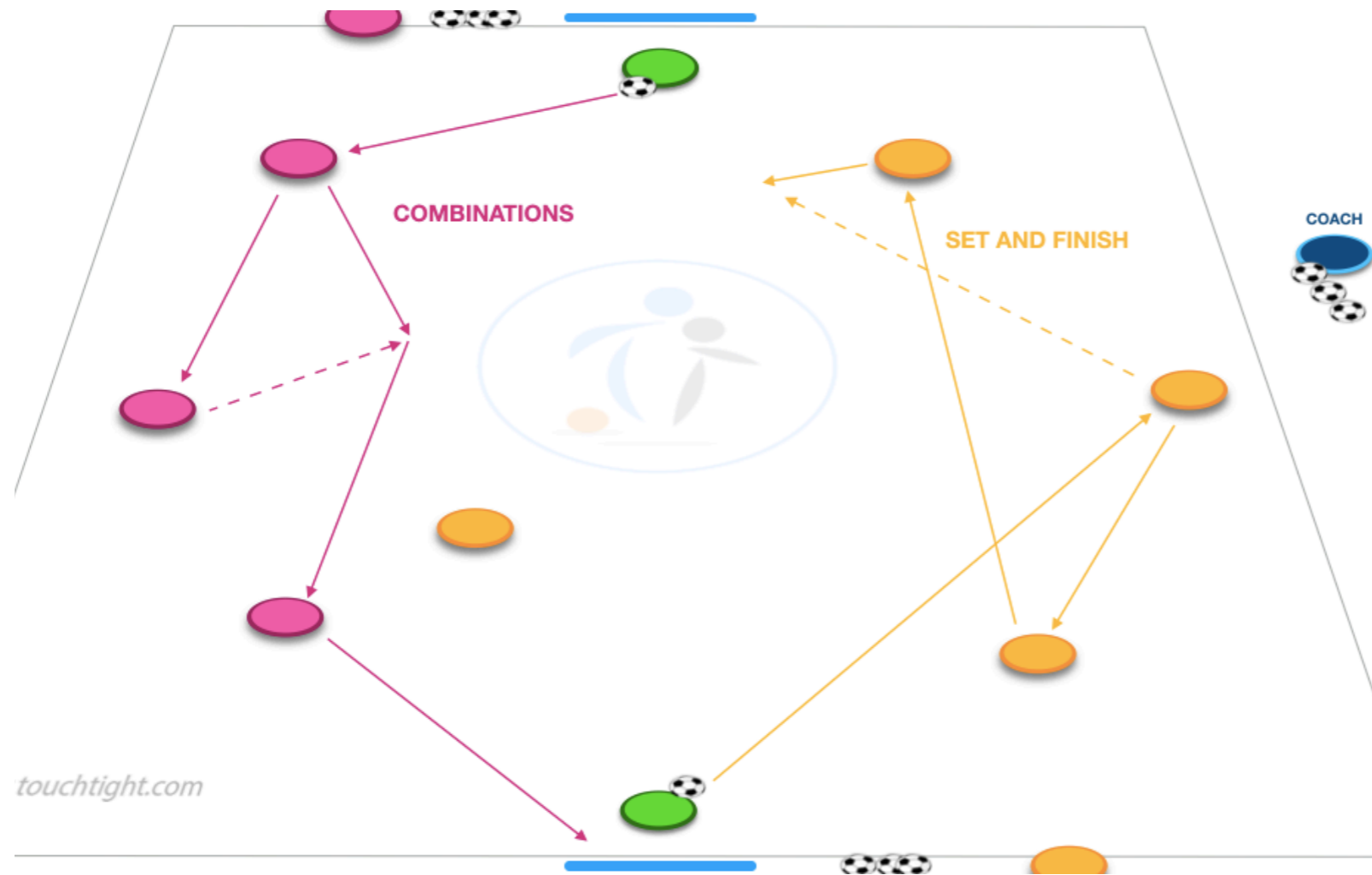
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



**Set up / Organisation:**

- This attacking practice area is in a 30<sup>2</sup> 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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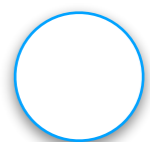
**Questions & Notes:**

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



mins



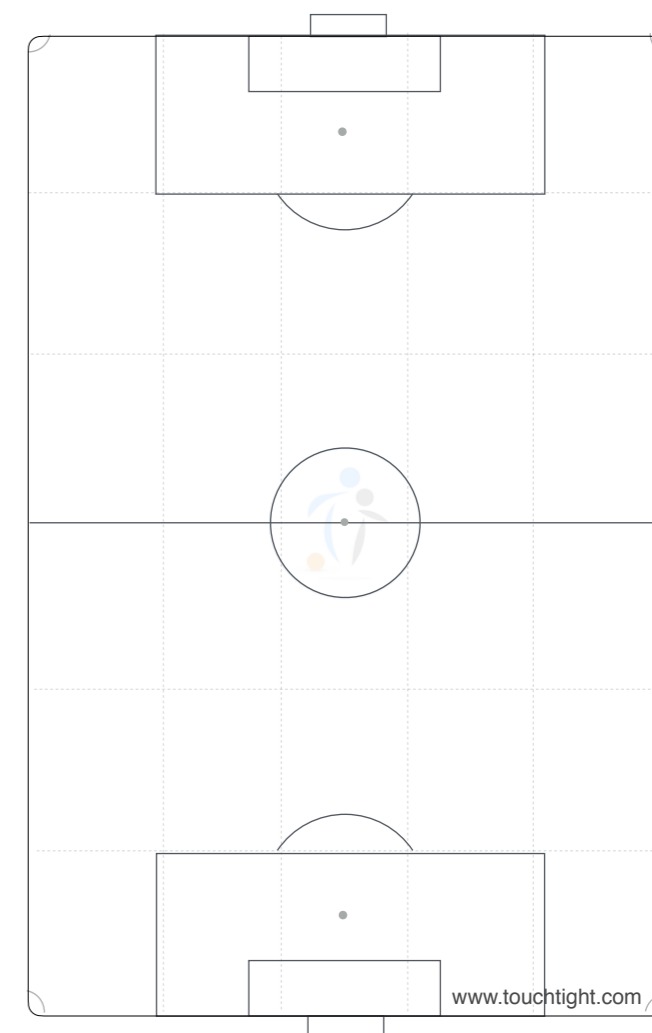
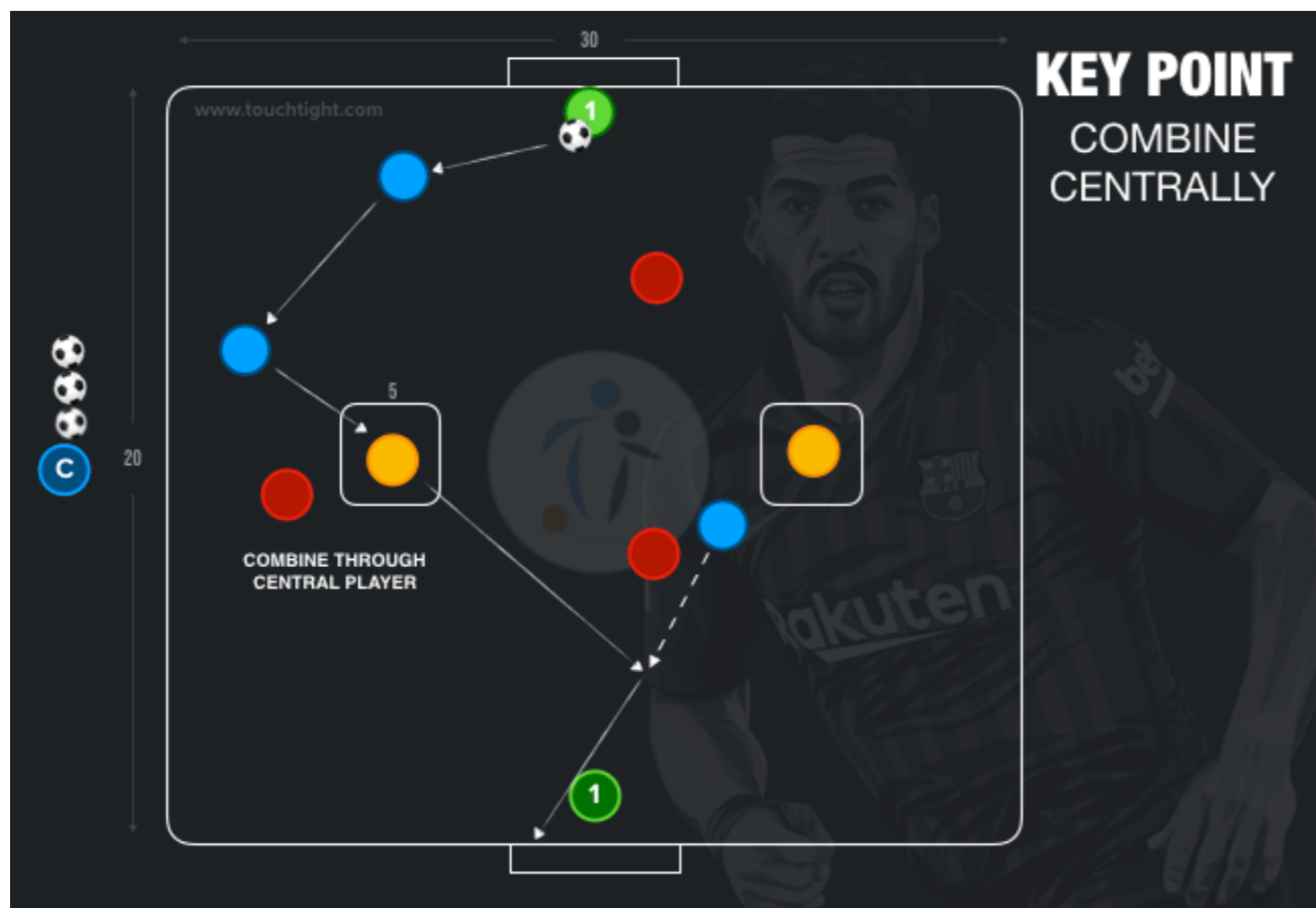
sets



Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Between 20<sup>2</sup> and 30<sup>2</sup> 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 5<sup>2</sup> 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?

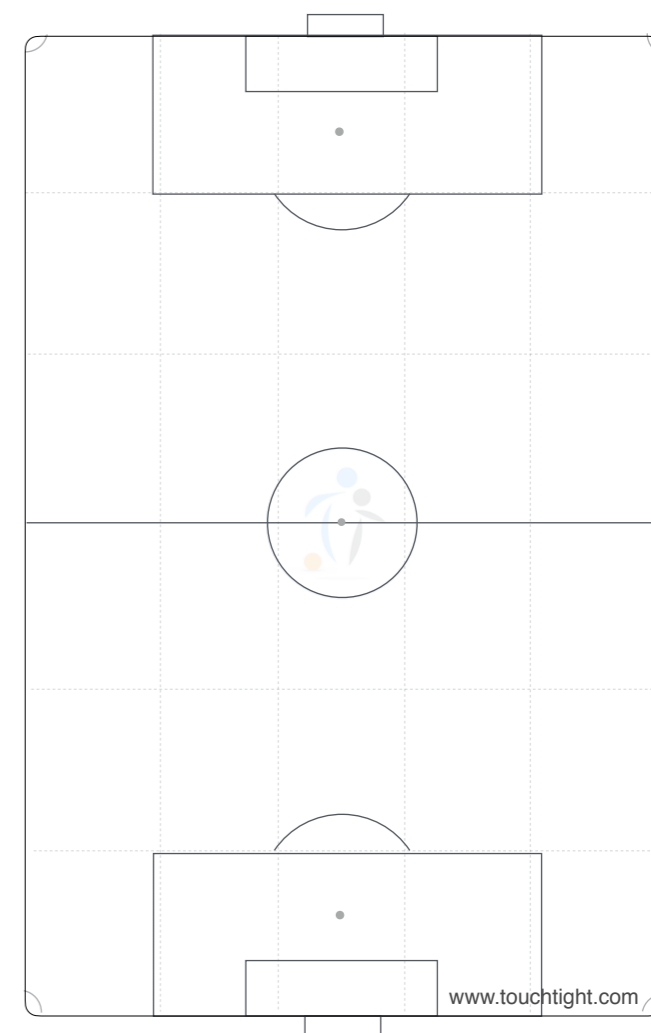
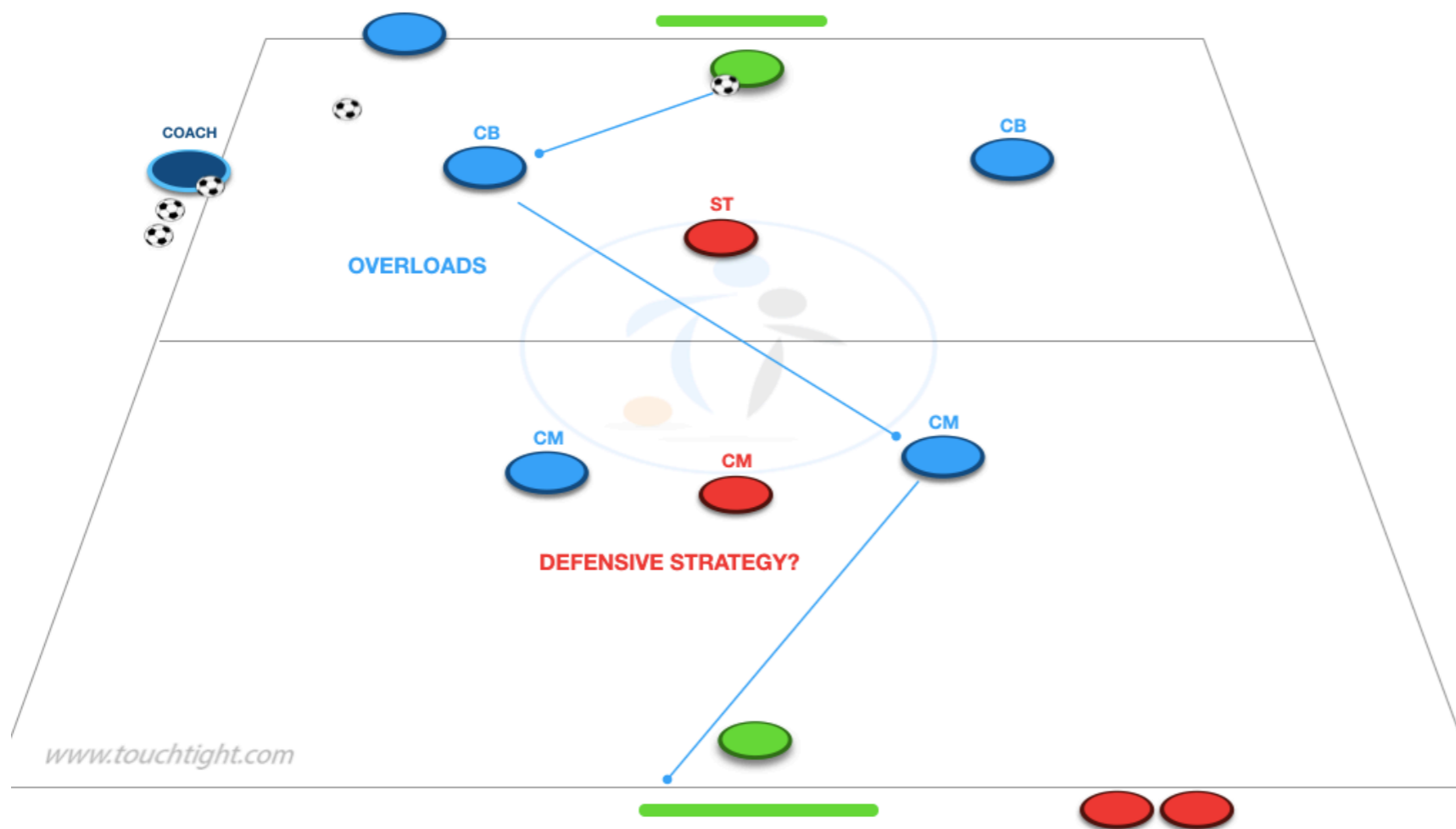
Work / Rest Ratio:  mins  sets



Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This 30<sup>2</sup> yard practice is used to develop the player's ability to build attacks in central areas with overloads to begin possession build. Set up has 2 goals each with a Goalkeeper in to protect and attacking team (Blues) has 4 players against 2 defending Reds.
- Area is split into halves to begin with and a restricted 2 v 1 overload for Blues in each half, objective is to play through and combine to score. If Reds regain, they can pass through, or finish first time opposite end.

**Key Coaching Points:**

- Player Focus - Creating space to play forward - Combinations - Clinical Finishing
- Freedom to create own combinations, developing different combinations to encourage players to attempt different ways to attack in central areas.

**Progressions / Constraints:**

- Ability to create space with overloads and with progressions identify how players vary their ways to attack, e.g. must dribble from one area to another.

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**Questions & Notes:**

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Work / Rest Ratio:



mins



sets



Session Date

Season

Age Group

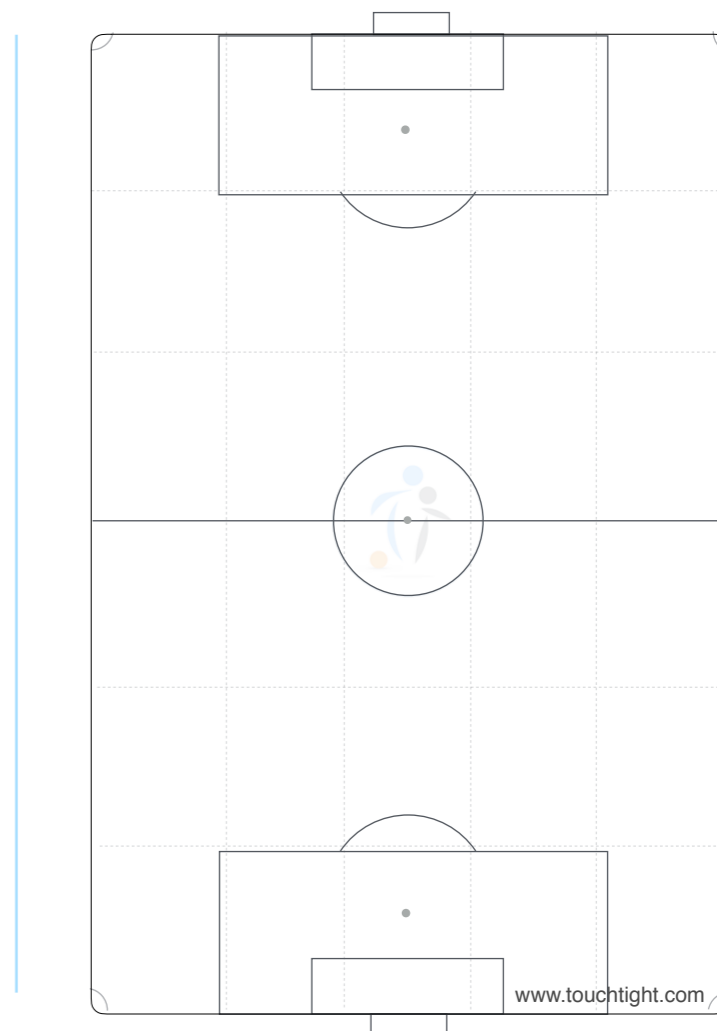
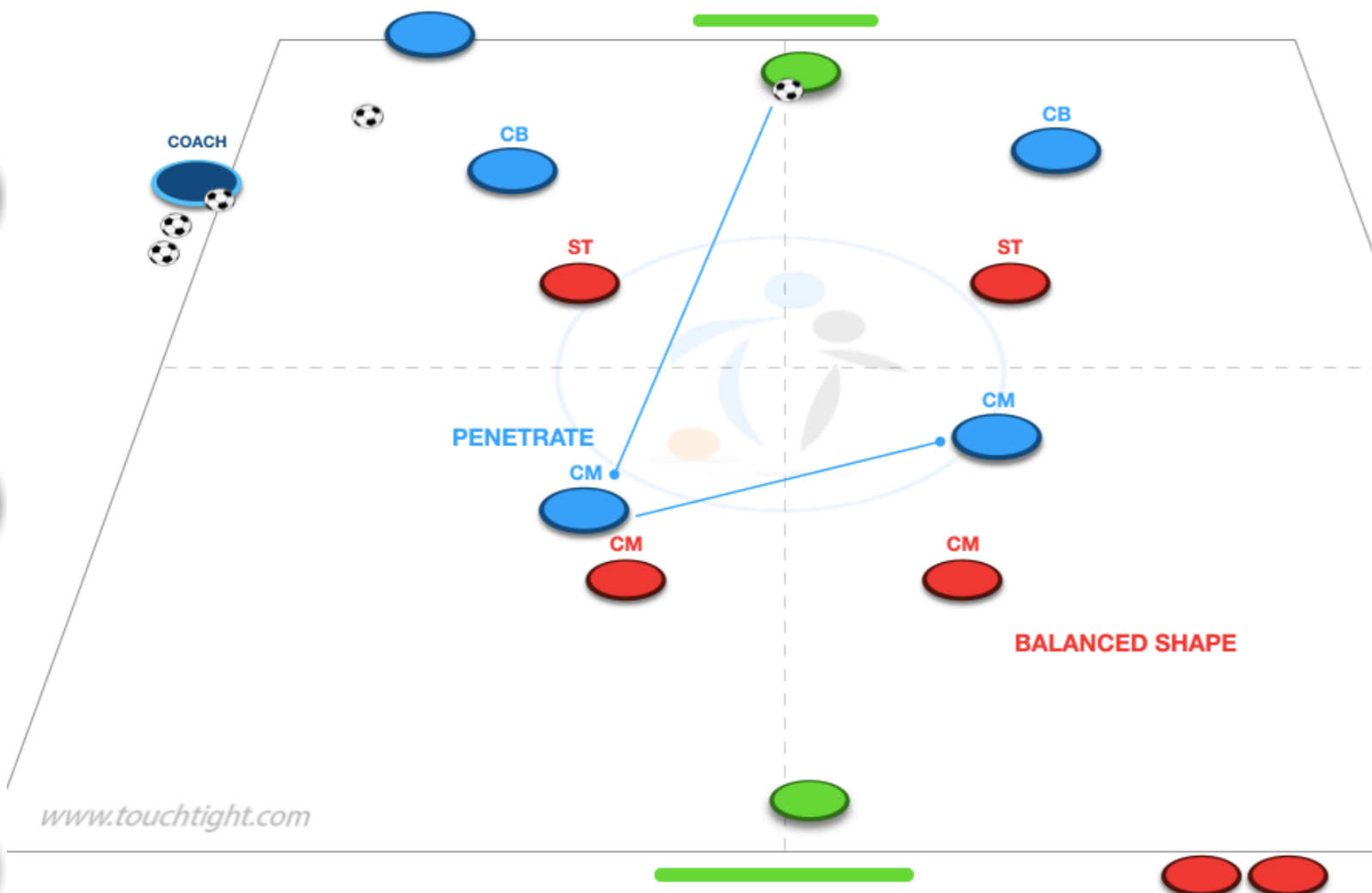
Players

Duration

Type: Small Sided Game

Area:

Team Objectives: Encourage players to attack effectively in central areas



**Set up / Organisation:**

- The playing area is 30<sup>2</sup> 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

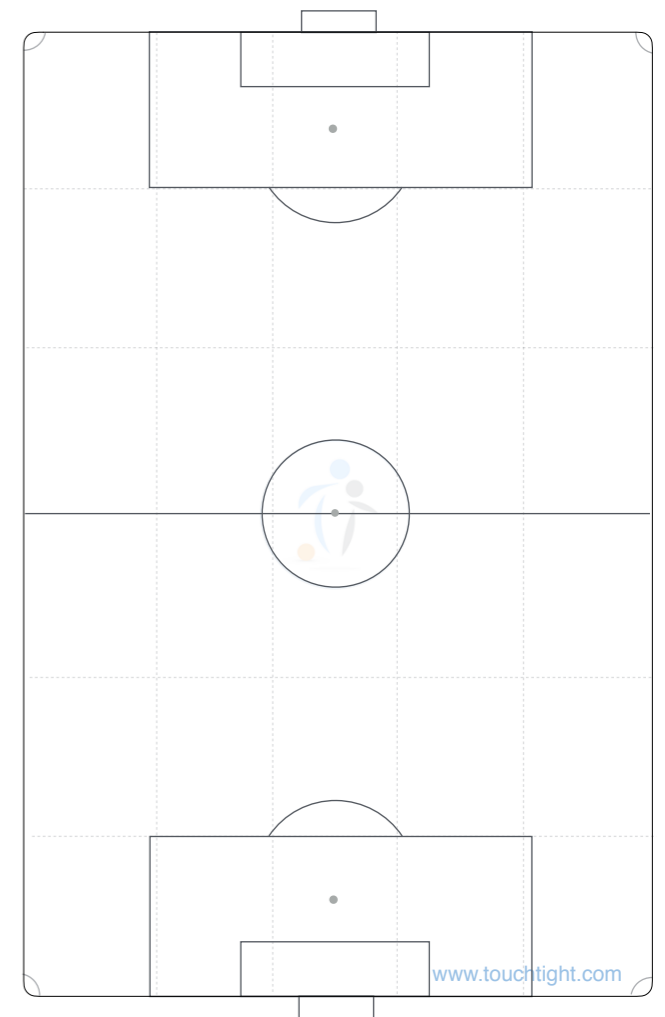
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

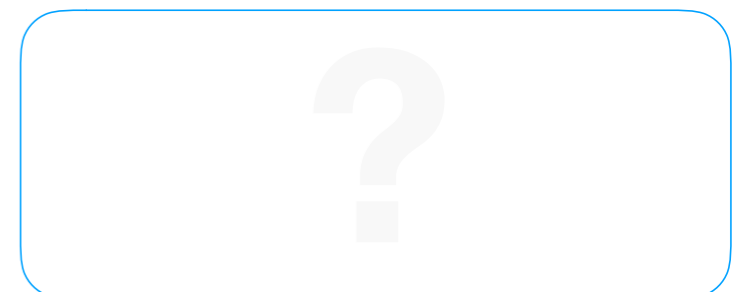
What went well?	What did we learn?

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