



Session Date

Season

Age Group

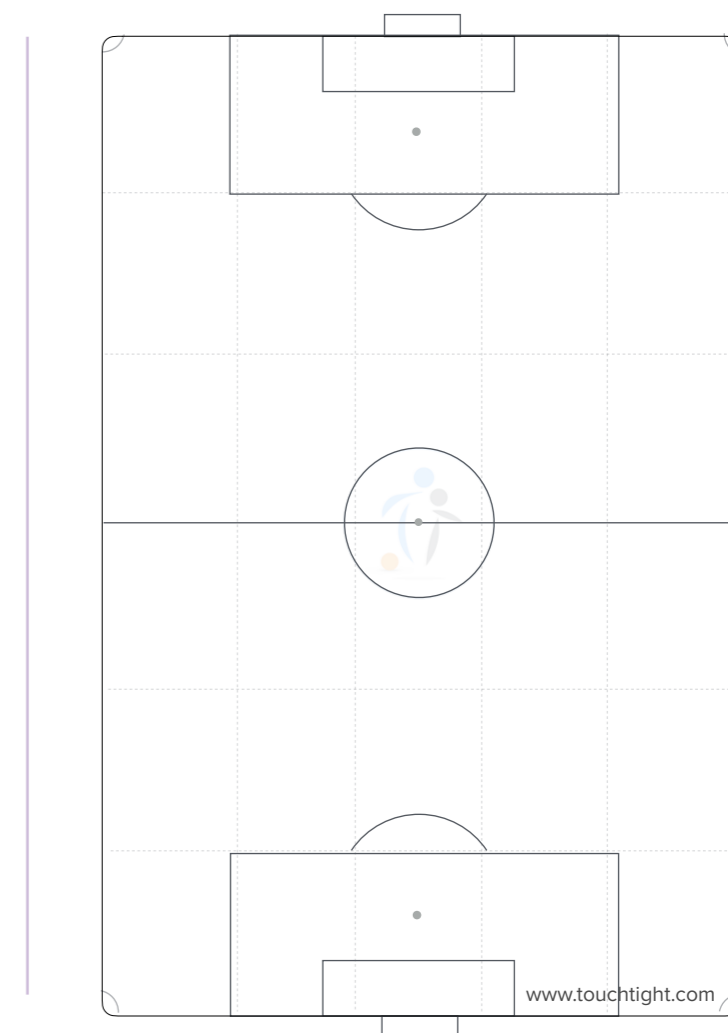
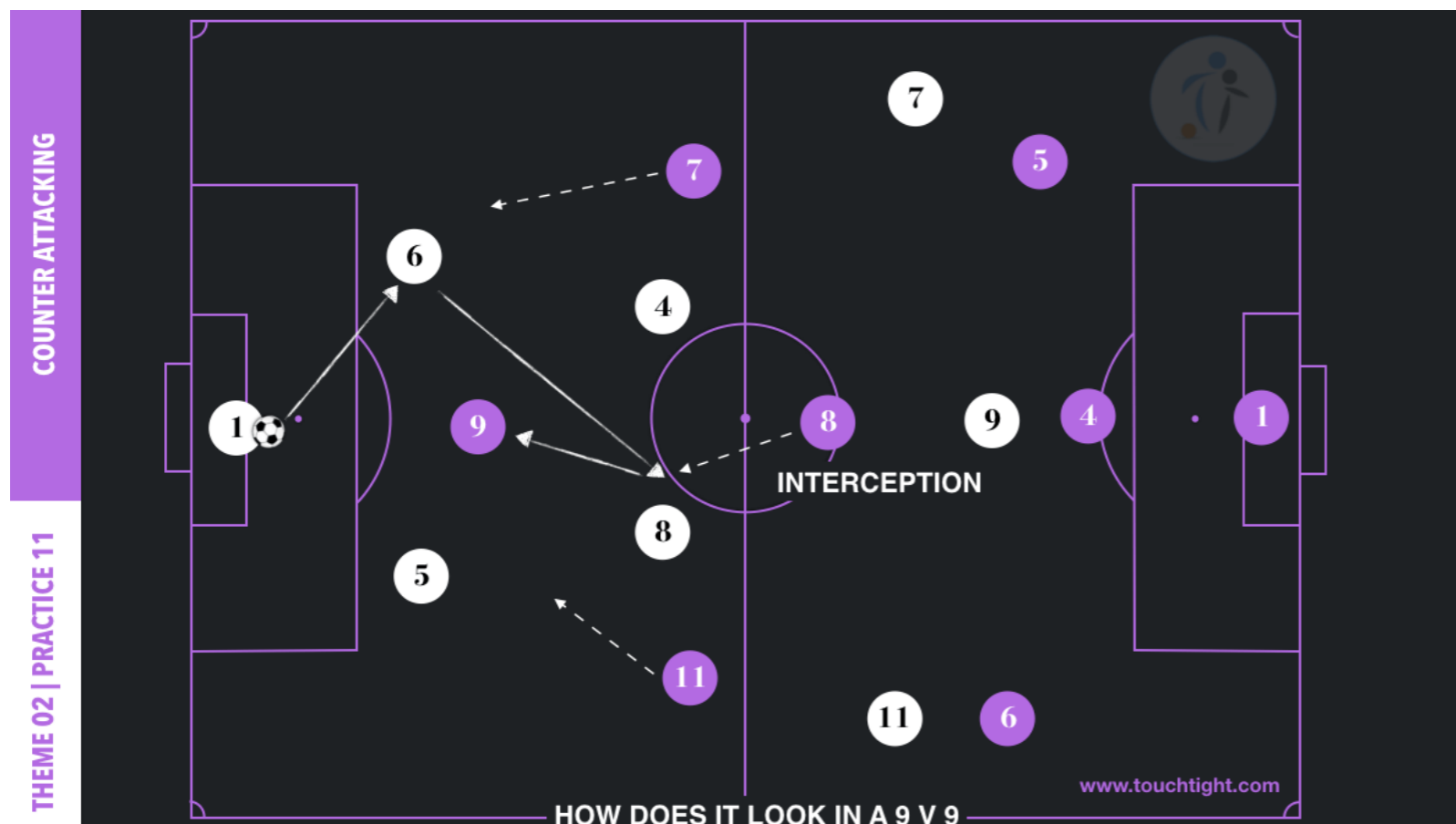
Players

Duration

Type: Medium Sided Game

Area:

Team Objectives:



**Set Up & Organisation:**

- This Counter attacking theme is based on the pace and direct attacking play of Ronaldo, with a 343 system against a 4231. We begin by removing both full backs and the attacking midfielder for whites and both wing backs and central midfielder for purples.
- This 8 v 8 Small Sided Game encourages interceptions in midfield areas, with a 3 v 2 midfield overload. By playing compact, 4 v 3 and 3 v 2 counter attacking situations can be created.

**Progression Points:**

- Progress the practice by rewarding high pressure regains with a goal encouraging concerted group pressure.
- Add a reward constraint for whites, by gifting them 2 goals if all players are in the attacking half when they score, leaving space for the counter when they lose possession.

**Key Coaching Points:**

- 1 Defenders playing a high line to increase chances of winning the ball
- 2 Midfielder's immediate support when possession is won
- 3 Attackers must recognise the space to exploit quickly, giving teammates options for a forward pass.

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

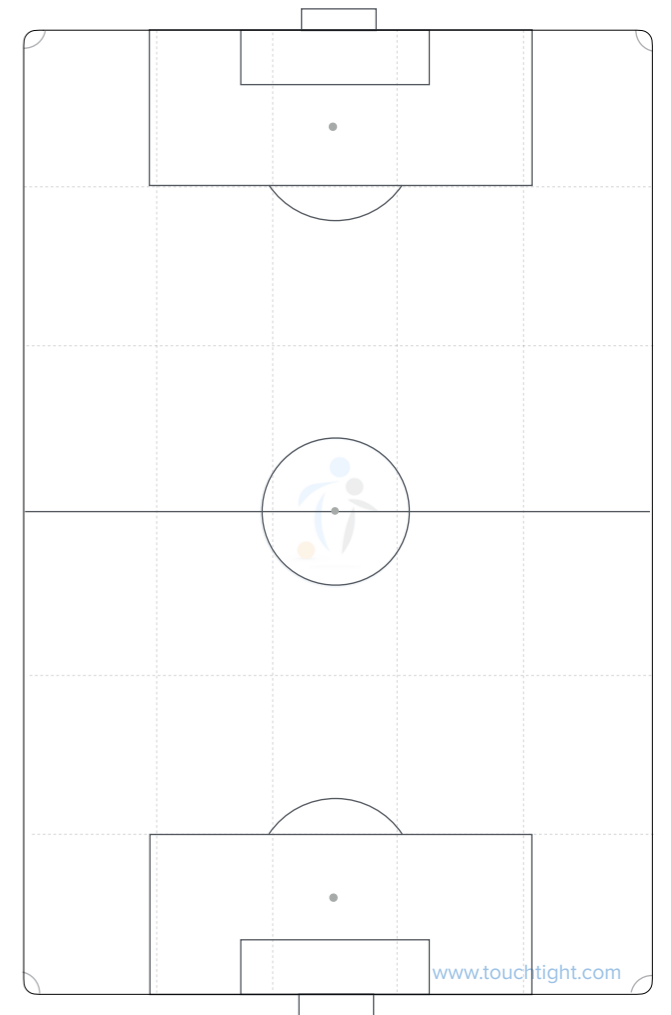
Player Trios initials	Objectives

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