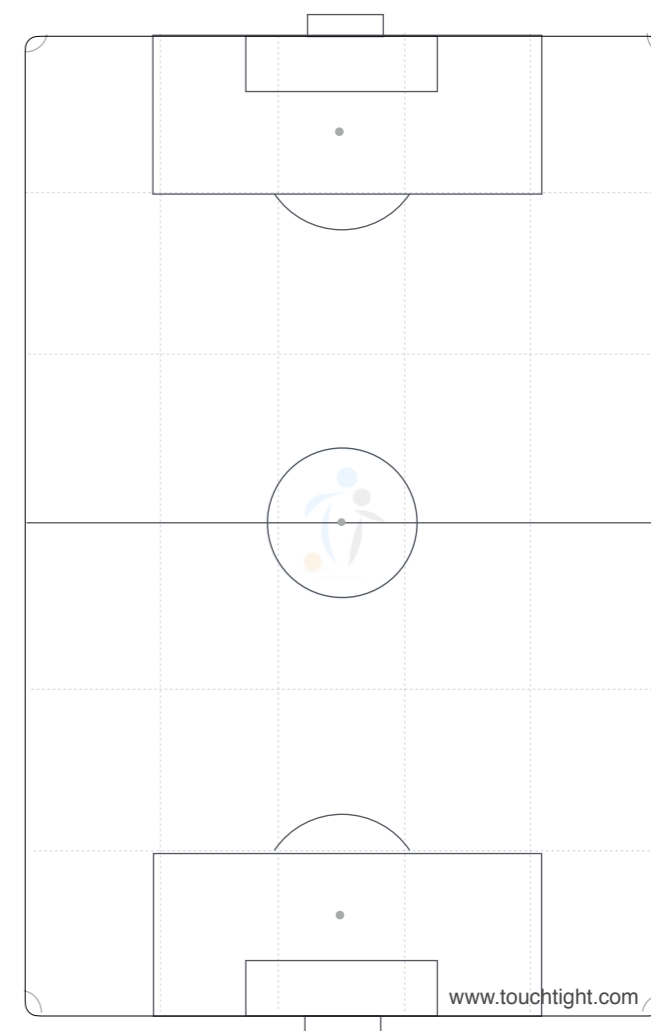
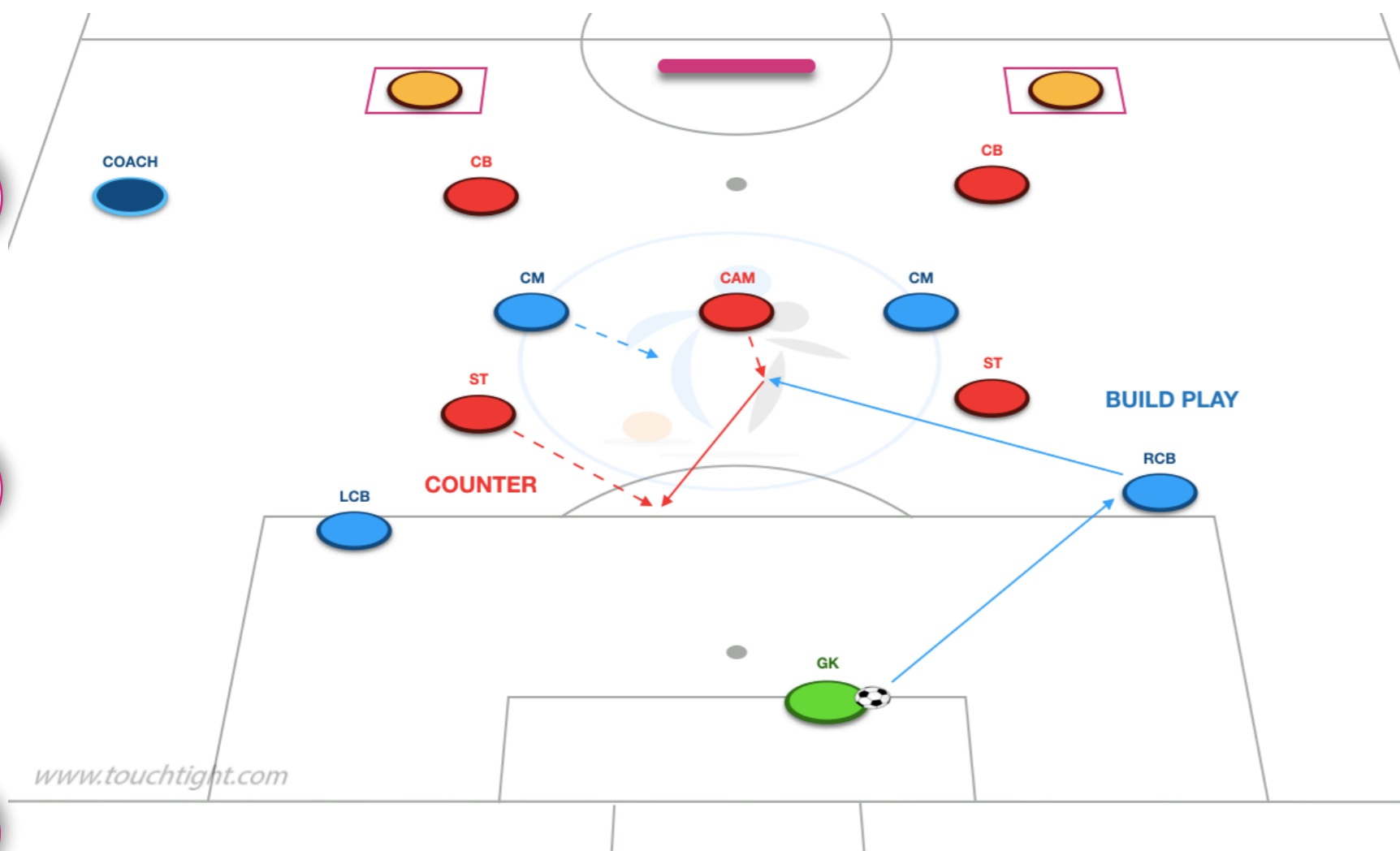




Type: Functional Practice

Area:

Team Objectives: This practice develops attacking units & allows counter attacking from the midfield third.



Set up / Organisation:

- Played in a 50 x 40 area with an end goal to counter attack against.
- 4 attacking players play out in a 22 (central defenders & midfielders), against defending team in a 212 (possible attacking 442 diamond), who must defend and counter quickly on regaining possession.
- Possession team must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal.

Key Coaching Points:

- Pressing from Midfield players (8 & 4) and immediate counter attack can get forward players into the box to finish. Weight of pass, timing of run.
- Develop first touch, speed of support and combinations to get shot off. Challenge each group, giving points for hitting target, 1-2 combinations etc.

Progressions / Constraints:

- Allow players to be creative in the types of runs in behind. Show short to go long as shown here (11) draws defenders in to break in behind for passes.
- Allow floater to join in, adding time constraints to the counter attack or even limiting touches (combinations / direct).

Questions & Notes:

- Is team shape as you would expect? If not, where is the issue and how can you rectify this? *If this is not sorted out quickly, your session will quickly become pointless.*
- Are players counter attacking successfully and how can this be developed? If unsuccessful, do you need to tweak conditions to enhance their chances of success?

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

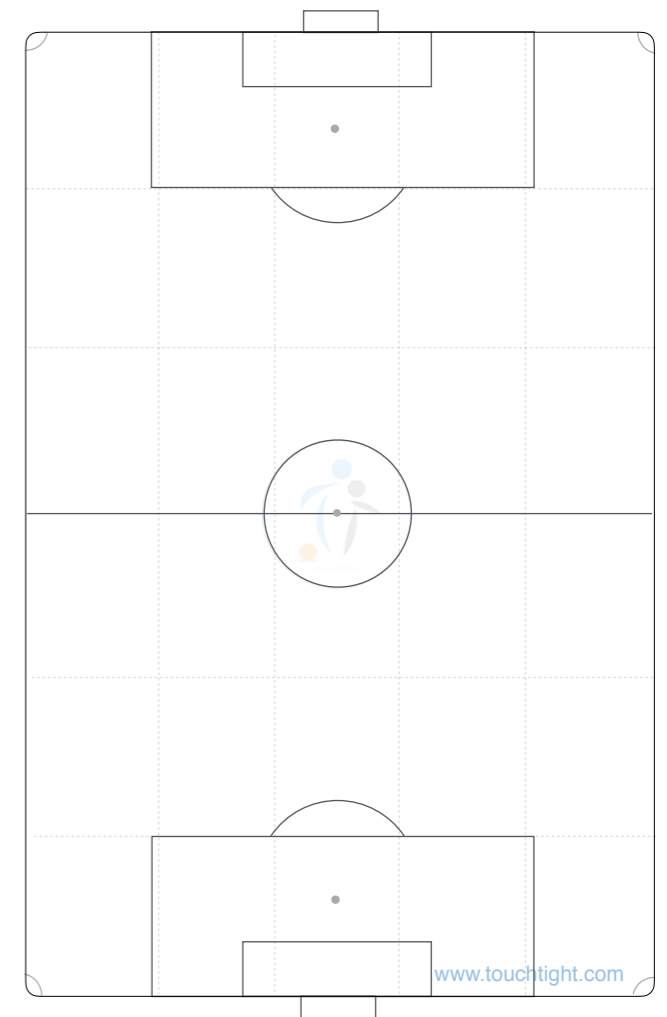
Player Trios initials	Objectives

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?

