



Session Date

Season

Age Group

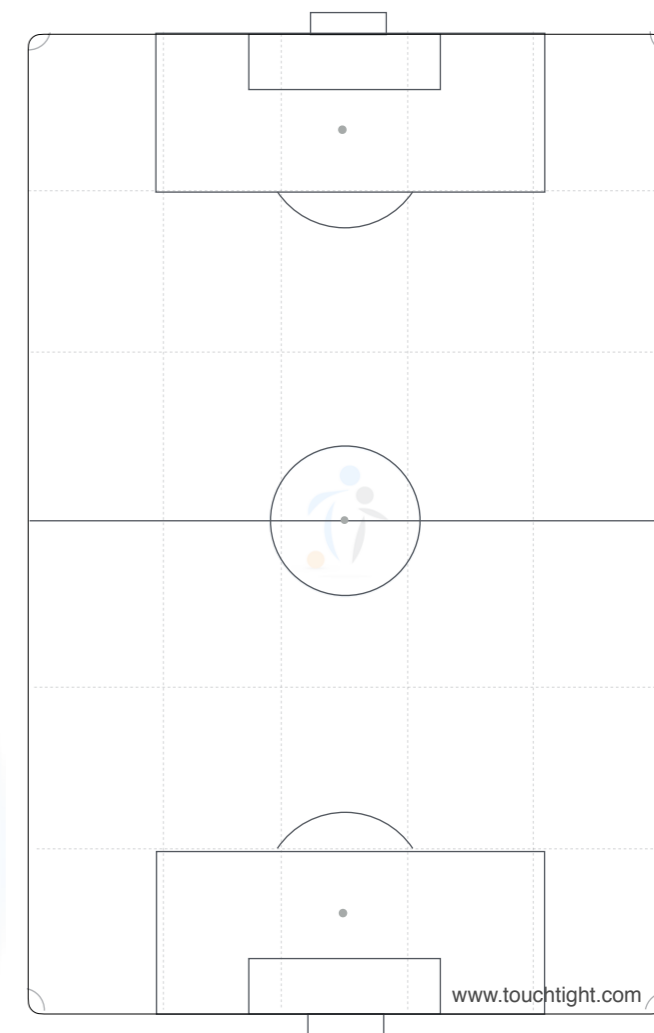
Players

Duration

Type: Skill Practice

Area: 25 x 25 square

Team Objectives:



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Set Up & Organisation:

- This Dribbling practice requires 6-12 players in a 25² area, each dribbling a ball. Players encouraged to be creative and try as many tricks and dribbles as they can.
- To develop dribbling as a skill, we must ensure players are comfortable without pressure, before adding these progressions. Coaches may wish to focus on a specific dribble before or after allowing players to be expressive in trying new skills.

Progressions & Constraints:

- **Target Zones** | Add 2 areas, where players must perform a different trick and with increased traffic closer control is encouraged.
- **Defending Player** | Add a defender to add pressure to dribblers, so they must avoid each other as well as perform a dribble in area.
- **Passing Floater** | With increased difficulty with added defender, a floater could act as a wall pass for dribblers under pressure.

Key Coaching Points:

- **S** | Depending on numbers the area can be reduced or increased in size, to alter difficulty based on player's ability.
- **T** | Dribblers could be encouraged to get a certain number of dribbles in each area or within a certain time. i.e. 5 different dribbles or tricks in 30 seconds in each area.
- **E** | Extra floaters can be added or number of balls reduced so players must lay ball off after dribble and become a passer.
- **P** | With added defenders, dribblers challenge is increased and lessened with added floaters, as the coach you must decide what course of action to take.

Work / Rest Ratio: mins sets



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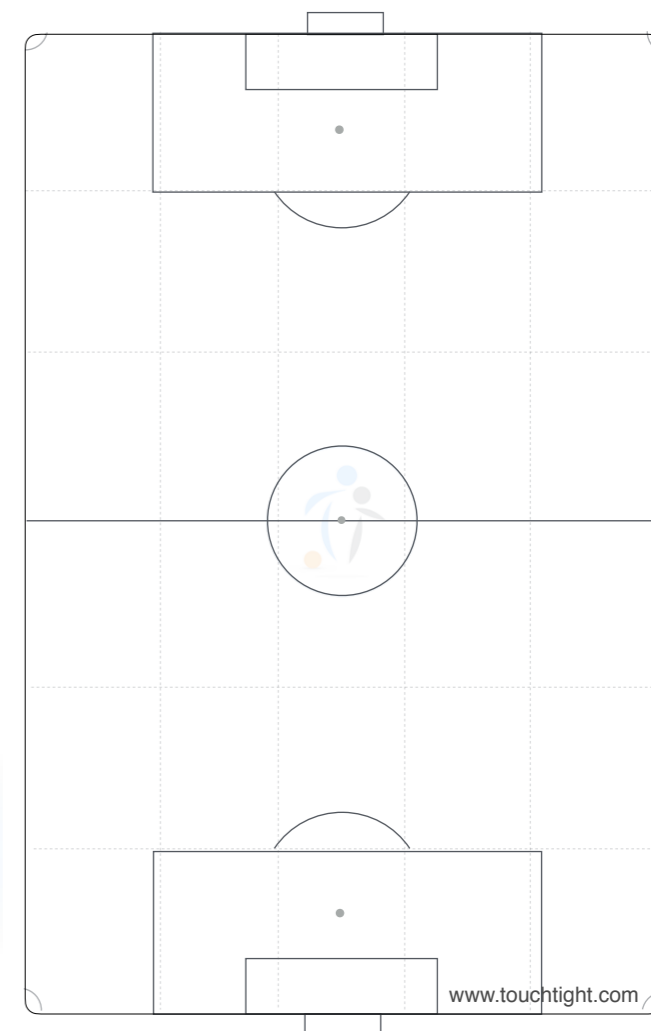
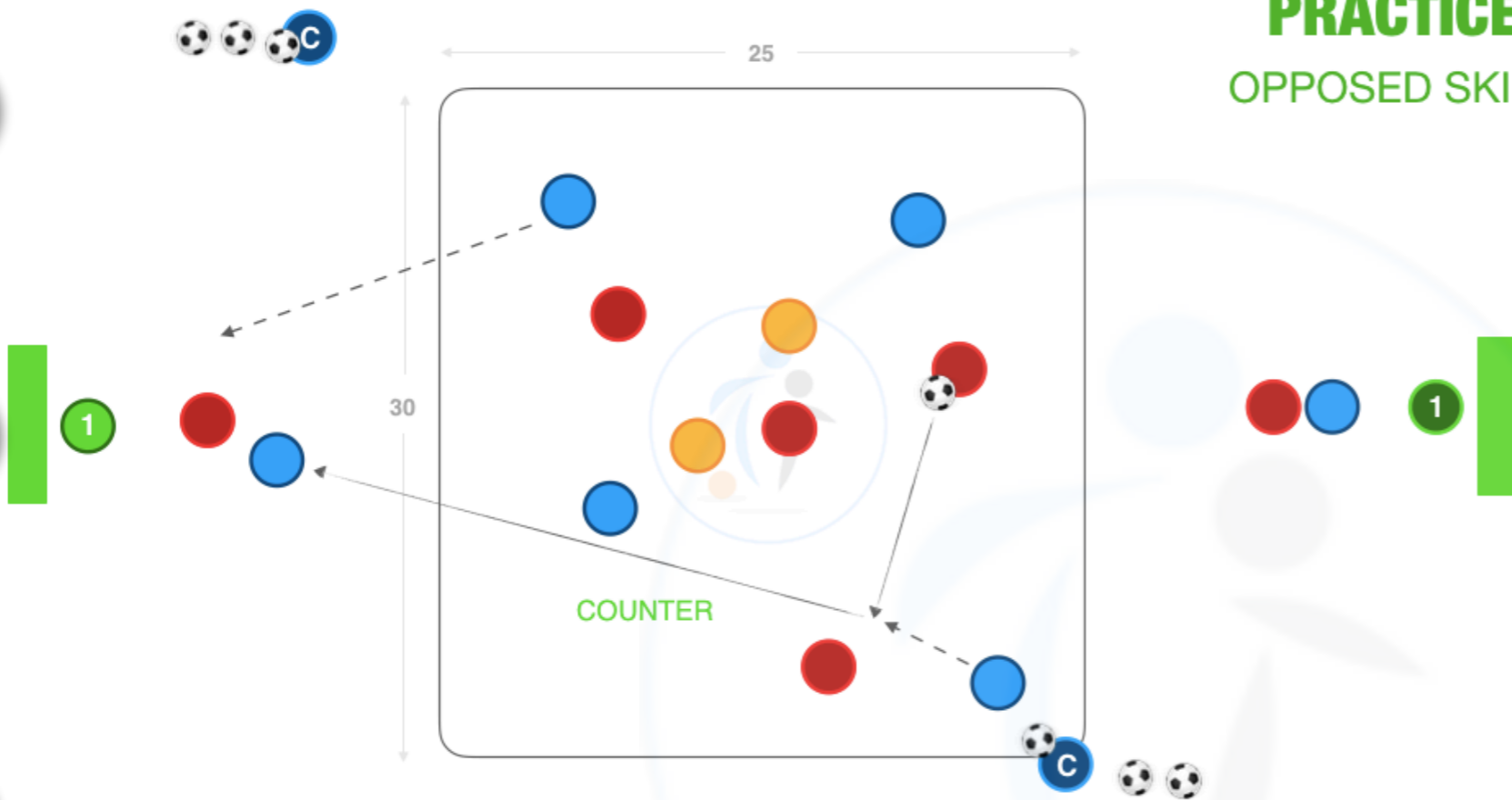
Duration

Type: Skill Practice

Area: 25 x 30 yards

Team Objectives: Objective is to break quickly in gaining possession to create an initial 2 v 1 overload in final third to finish.

PRACTICE OPPOSED SKILL



Set Up & Organisation:

- This Skill practice contains 16 players with a 7 v 7, including GKs, and 2 additional floating players. A 4 v 4 exists, with 2 floating players to support, in addition to an attacker & defender for both teams outside of the area.
- Initial objective is for one team to keep possession whilst other team aims to win possession to counter quickly off their supporting striker in a 2 v 1 in attacking zone.

Key Coaching Points:

- **Timing of movement & pass** | Assess movement of A and position of D to select best passing option. Execution and nature of forward passing, with emphasis on accuracy, weight and whether aerial or along ground. Remaining on-side. Finishing skills and composure in front of goal between striker and supporting runner. Precise control to enable MF's to play with head up and assess opportunity to play into striker with quality and accuracy.

Progressions & Constraints:

- **3 v 2 on Counter** | On winning possession, teams can now provide 2 supporting runners to link up with the hold up striker with one defender tracking runners, resulting in a 3 v 2 in attacking zone.
- Our final progression now requires our striker dropping in to combine in the possession area on team regaining possession and teammate inside area making an off the ball run into the attacking zone. Player can finish in a 1 v 1, or striker can support to create a 2 v 1 to finish.

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

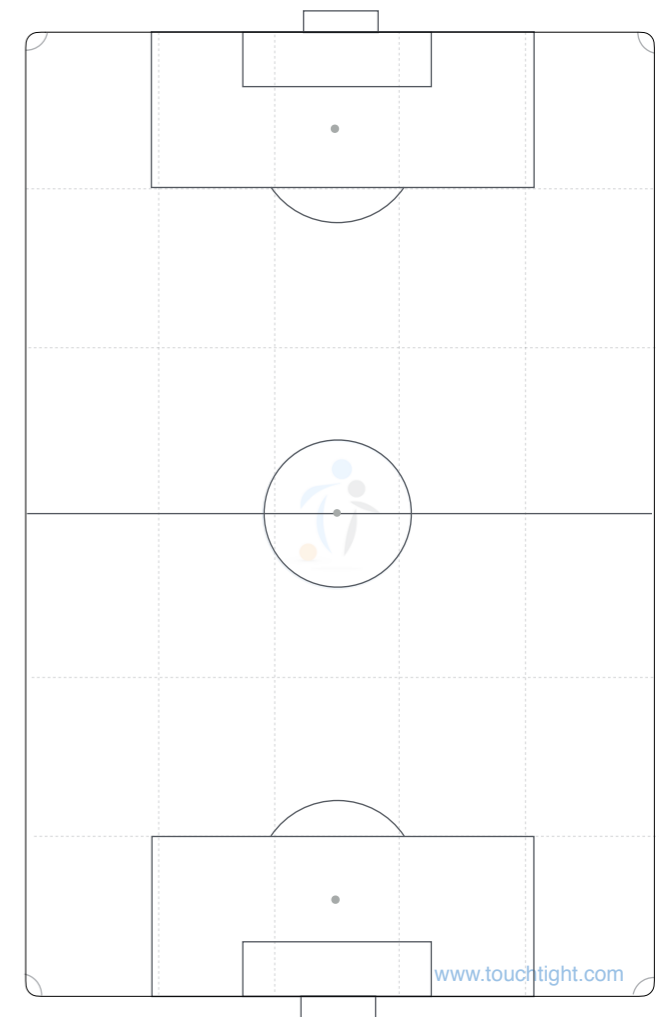
Player Trios initials	Objectives

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