



Session Date

Season

Age Group

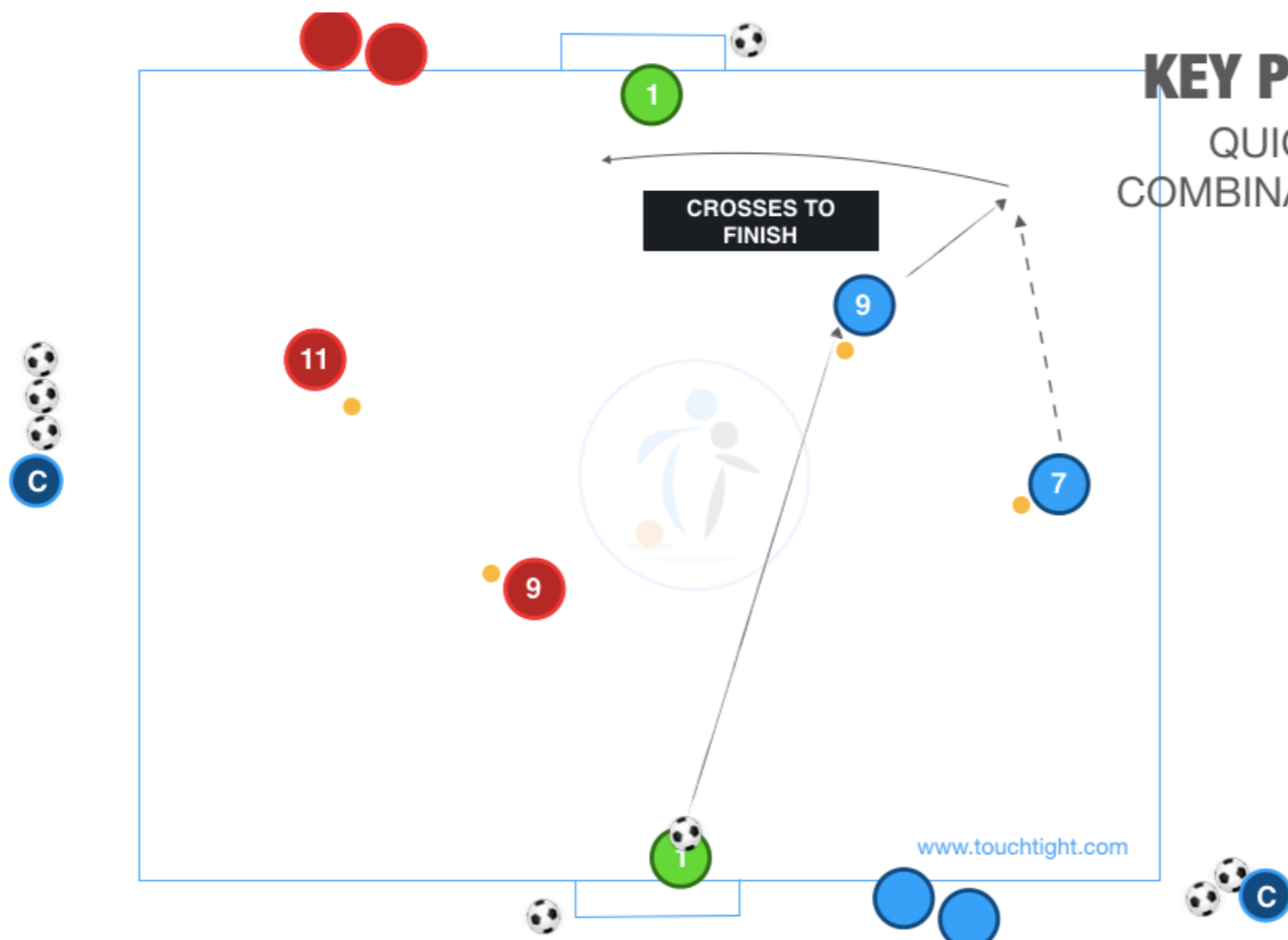
Players

Duration

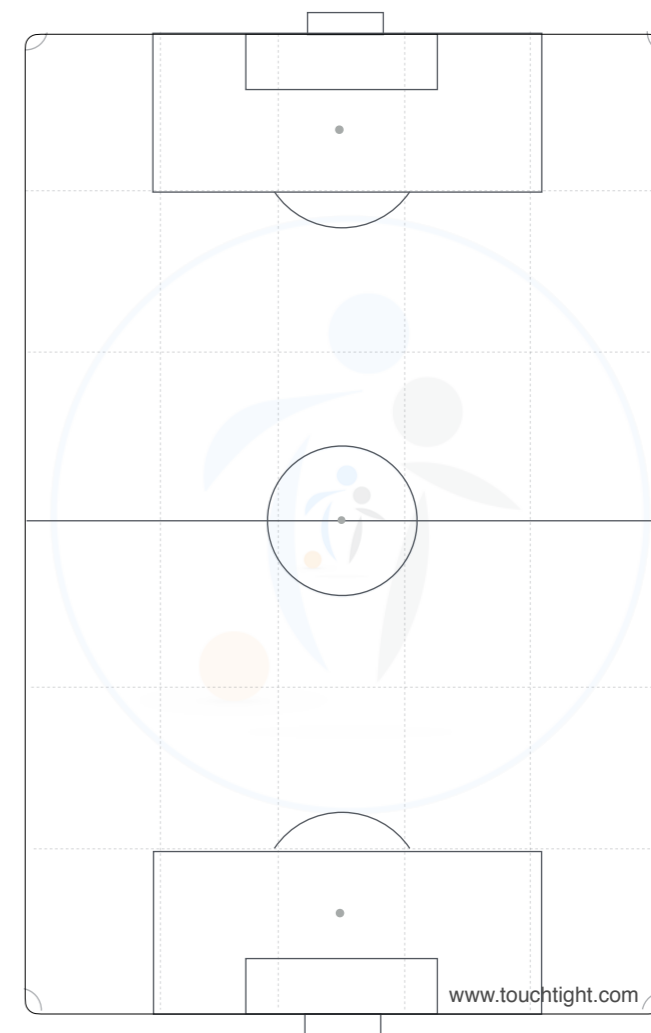
Type: Technical Practice

Area:

Team Objectives:



**KEY POINT**  
QUICK  
COMBINATIONS



**Set Up & Organisation:**

- Practice 4 of theme 2 is played in a 30 by 30 yard square, with a goalkeeper at each end and 2 groups of players at the side of each goal, combining to score.
- Players must combine in one and two touches to get a shot off on goal or for a cross to be delivered for a finish. Players must move to the next station once each sequence is complete.

**Progressions & Constraints:**

- Consider overlaps for crosses and 3<sup>rd</sup> man run options with timing of runs and weight and accuracy of passes key coaching points.

**Key Coaching Points:**

- **Tactical** | Understanding of teammates movement
- **Technical** | Passing, control and finishing
- **Social** | Verbal and non verbal communication to inform where pass and movement is required between players

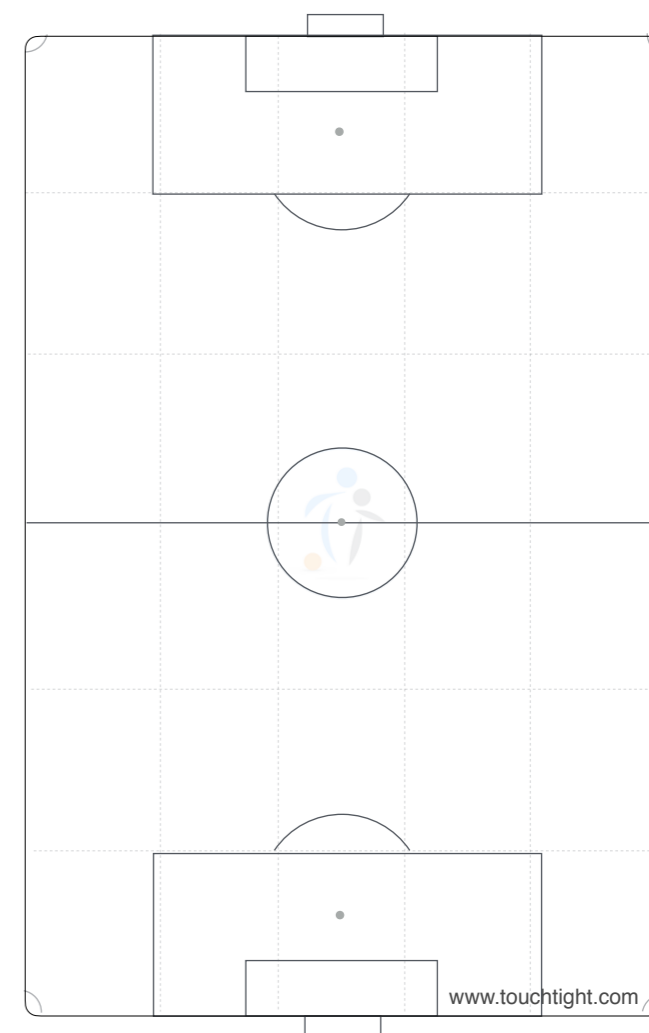
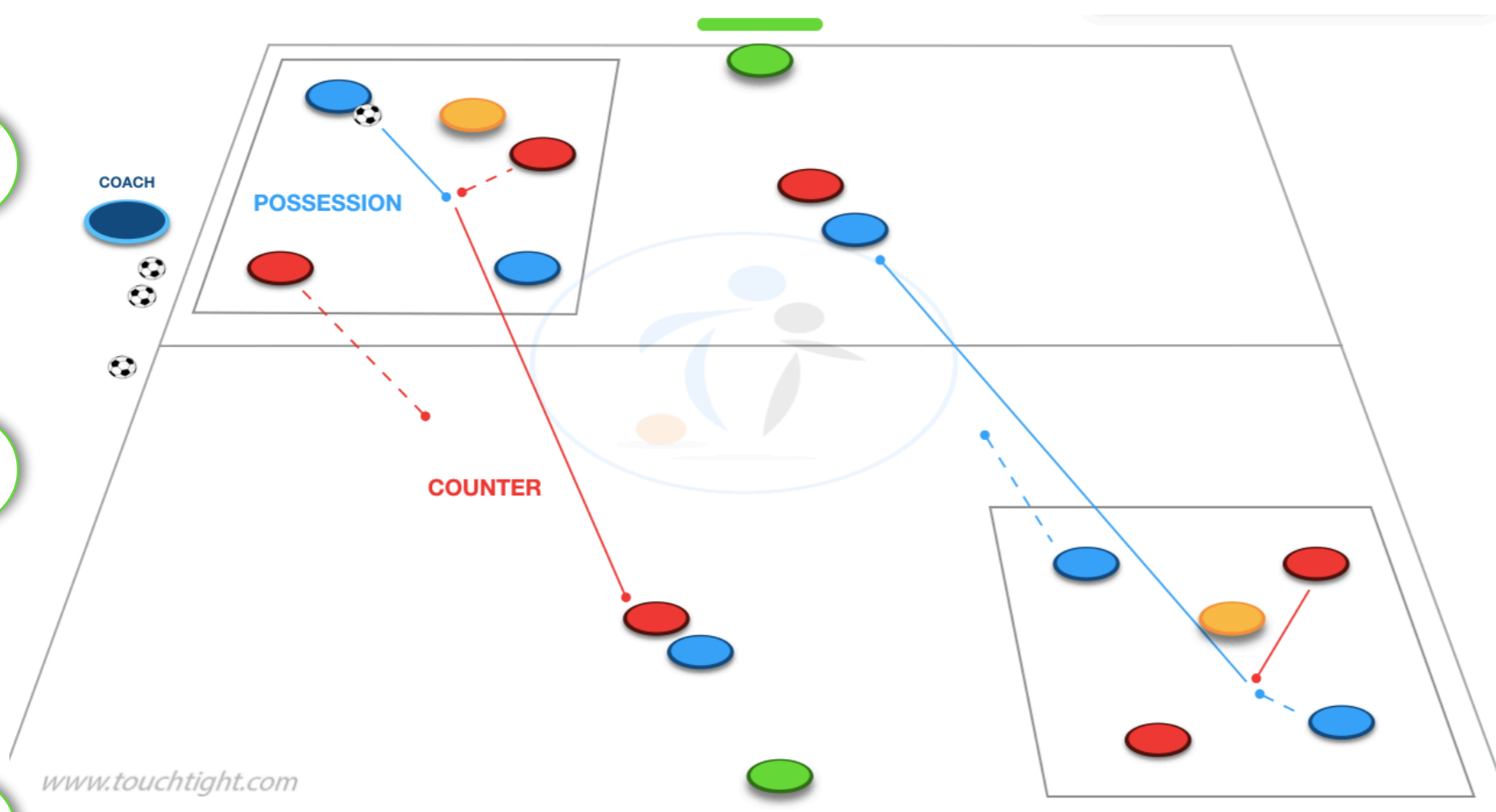
Work / Rest Ratio:  mins  sets



Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- 2 v 2 with a floater in 15 x 15, when possession won play ball into striker and player to support creating 2 v 1 to a finish; work both directions.

**Technical Detail:**

- Speed and angle of support.
- Initial touch out of square and pass with intent to attack quickly.
- Decision to lay off or turn for striker, depending on defenders skills and decision making.
- Non-verbal and verbal cues to break space and create clear opportunities.
- Finishing technique, being clinical in and around the box.

**Progressions / Constraints:**

- 2 Players to support striker, defender active on first touch. 1 recovering defender creates 3 v 2 situation - players rotate attackers and defenders.

**Questions & Notes:**

- How quickly can you escape possession press?
- How can you hold ball up effectively for support?
- What movement is best to create and exploit space in 2 v 1 overload?
- Magic Pass and Clinical Finishing in the box?

Work / Rest Ratio:



mins



sets



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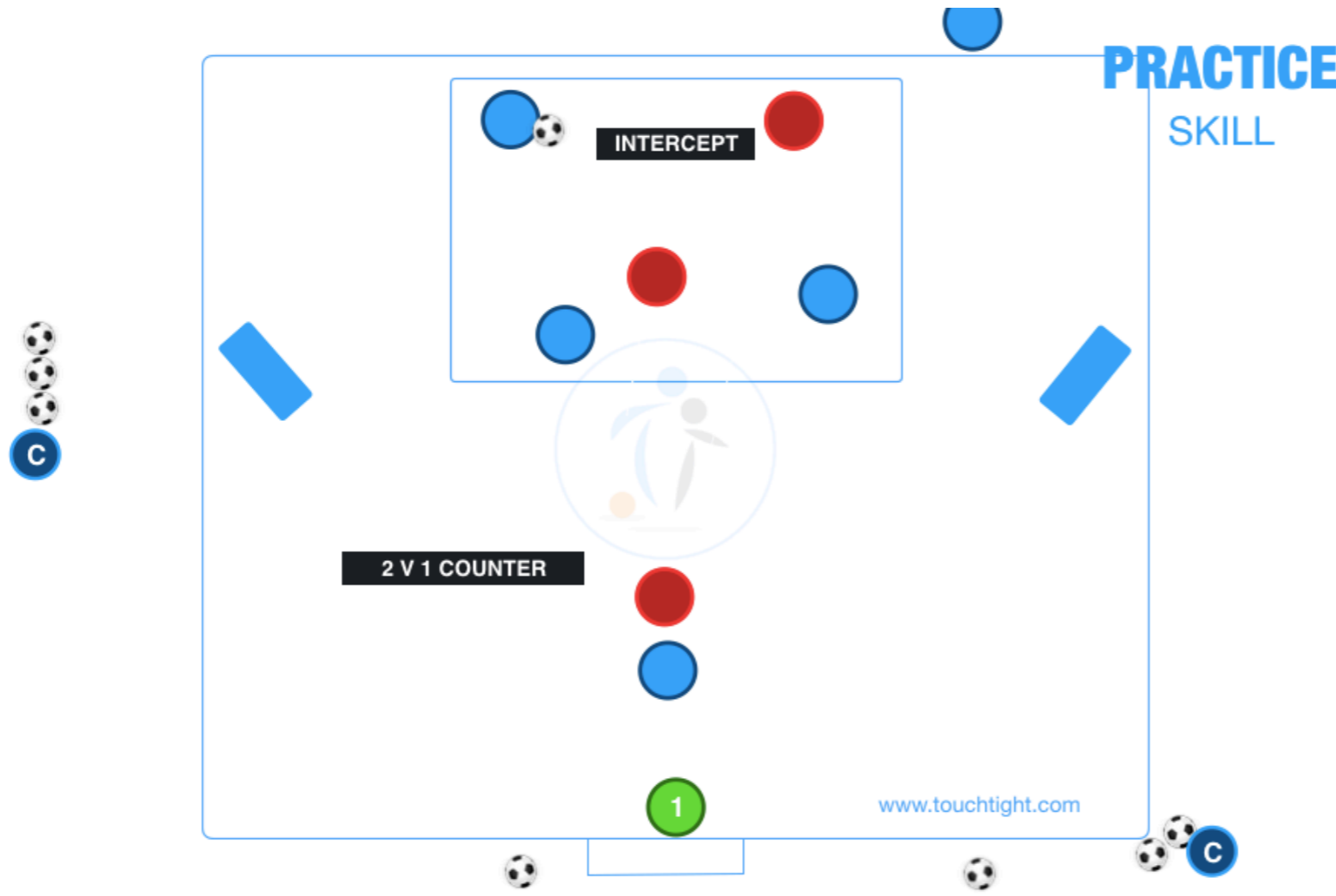
Players

Duration

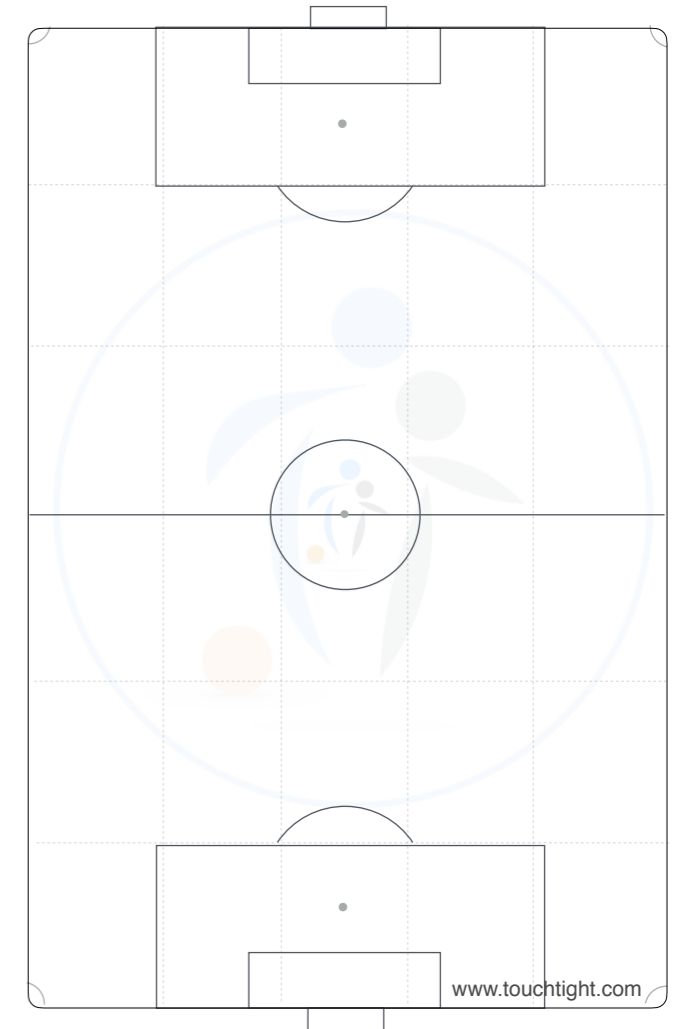
Type: Skill Practice

Area:

Team Objectives:



**PRACTICE**  
SKILL



**Set Up & Organisation:**

- This Counter Attacking practice is set as shown, with a 30 x 30 yards area in which to work, as well as a 15 x 15 yards area at the top of the pitch for players to keep possession. There are 3 goals, 1 main goal protected by a goalkeeper and 2 mini goals for players to score into.
- We have a floating player from which possession team can bounce ball in to score quickly. Objective here is for 3 to make 10 passes before breaking out via floater to score and for 2 defenders to regain possession to pass into Striker (marked by a DF) to break out and combine to score in a 2 v 1.

**Key Coaching Points:**

- Focus on **speed** of counter attack and **weight of pass** into striker to support and finish. Develop understanding between passer and striker - crucial.
  - Develop player **concentration** with supporting run only made by non-passing player. How switched on are players? Do they need individual challenges?
  - Move 2 players into wide areas, leaving **2 v 1** in central zone (smaller 10 x 10). On regaining possession, pass to wide player to deliver cross in 2 v 1.
- Consider..**
- This can be a great practice to encourage various types of counter attacking, especially quick combination counter attacks in small spaces. Coaches can focus on the speed of the counter &, in particular, the importance of player decisions.
  - When regaining possession, players must break quickly & be decisive with their final pass & finishing in dangerous attacking positions.

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

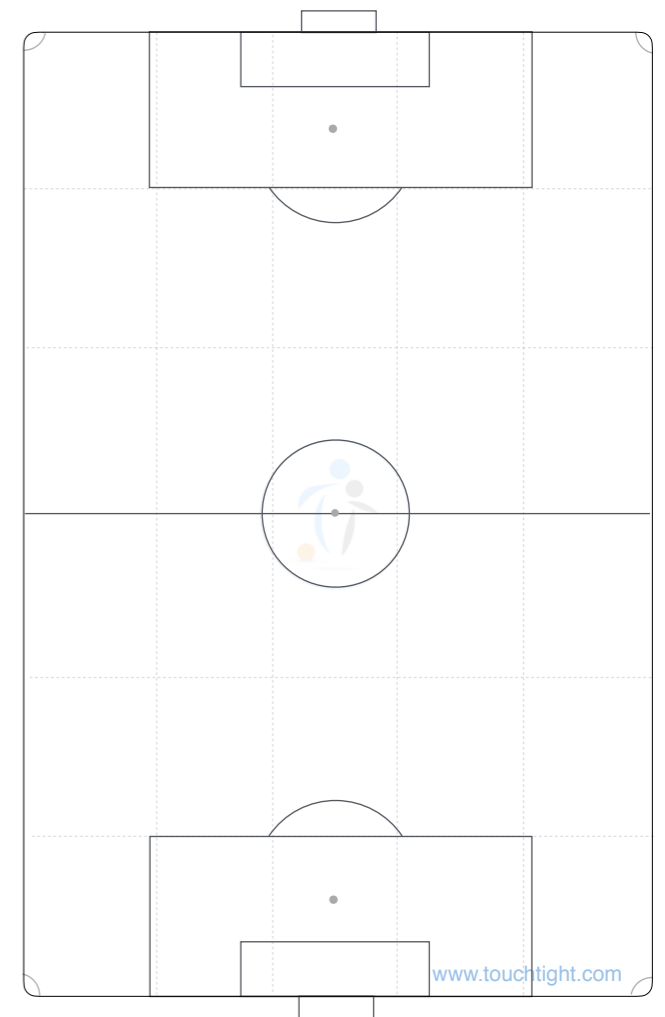
Player Trios initials	Objectives

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