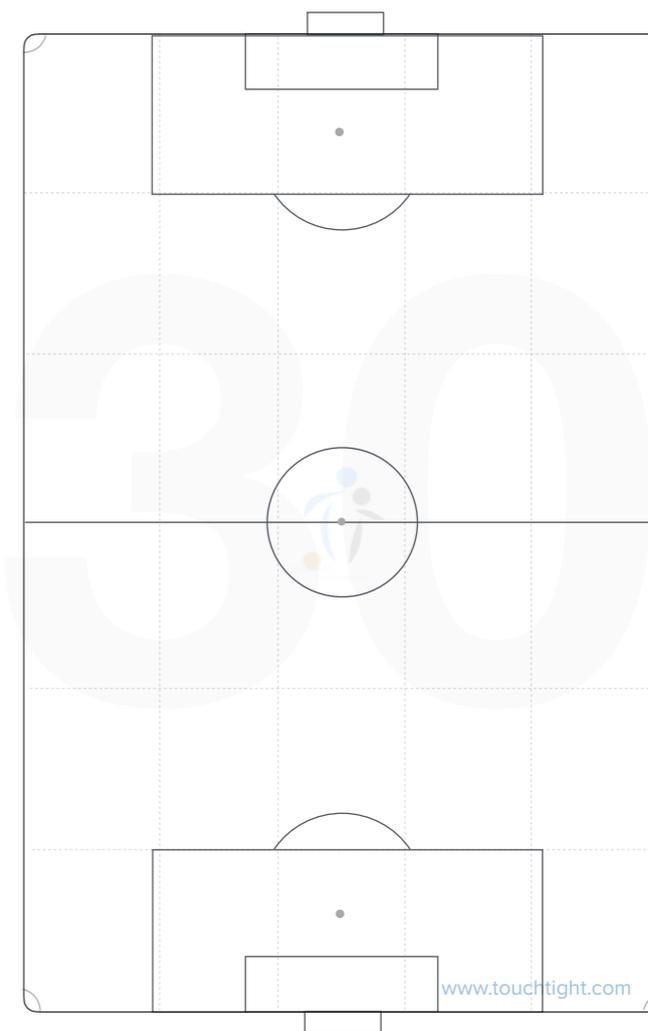
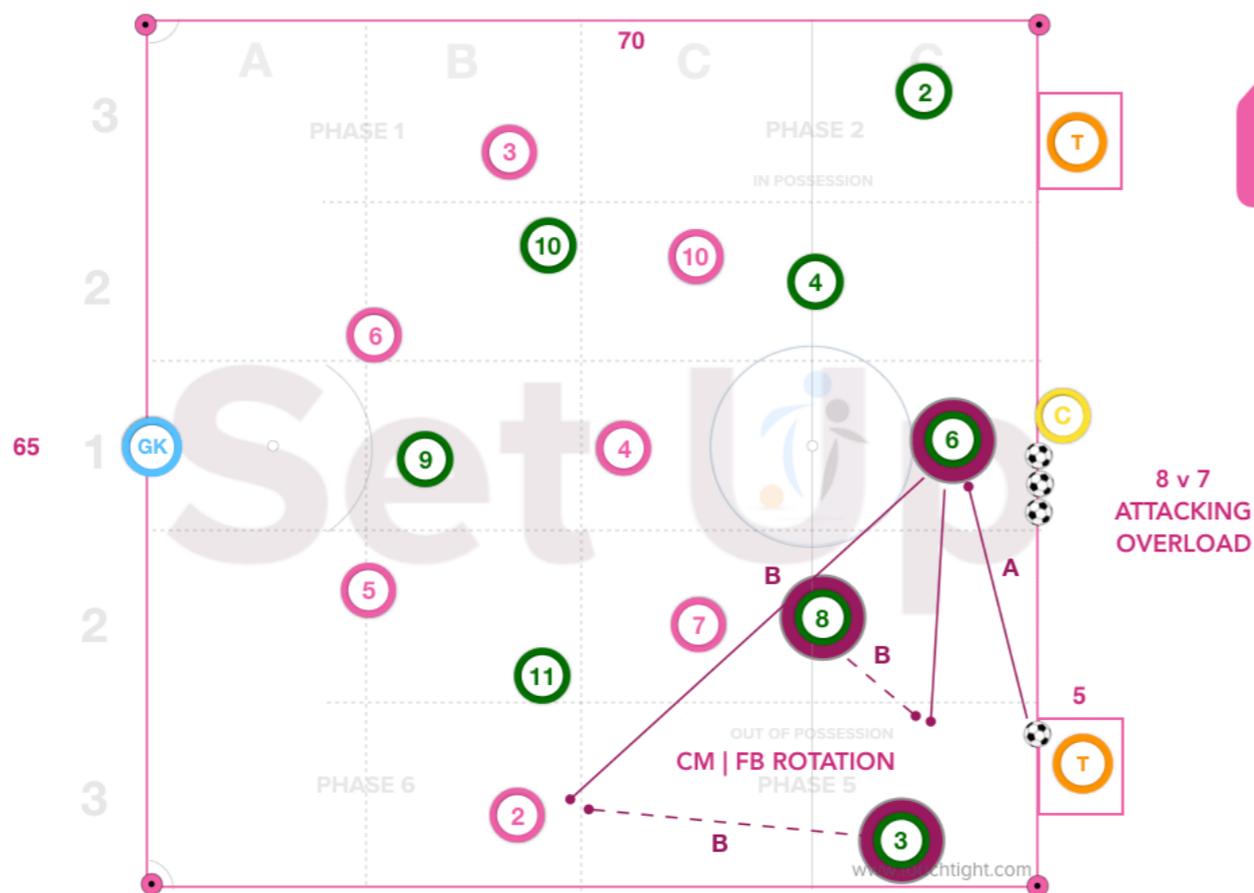


Type: Phase of Play

Area: 65 x 70 Yards

Team Objectives: Interchange positions to break down a defensive unit.



Set up / Organisation:

This Phase of Play has a group of 8 players attacking, with 3 midfielders, 3 attackers and 2 supporting full backs against a back 4, 3 midfielders, GK and 2 target players to play into when regaining possession. Objective is for players to interchange positions to create overload situations to progress play. You can see our first option is the rotation between our midfielder (8) and full back (2) to move opposition. Can we build play to get attacking players into pockets of space behind the midfield?

Progressions / Constraints:

- Encourage rotations between wide and central midfielders to break lines
- Rotations between striker and wide midfielders to get in behind
- Finally, add areas where players can rotate between spaces

Key Coaching Points:

- Player to player communication
- Movement to create space for self and others
- Execution of pass to break midfield and defensive lines.

Questions & Notes:

- Where are the spaces to exploit during attacks?
- What rotation is causing opposition problems?
- How do you draw out opposition to play in behind?

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

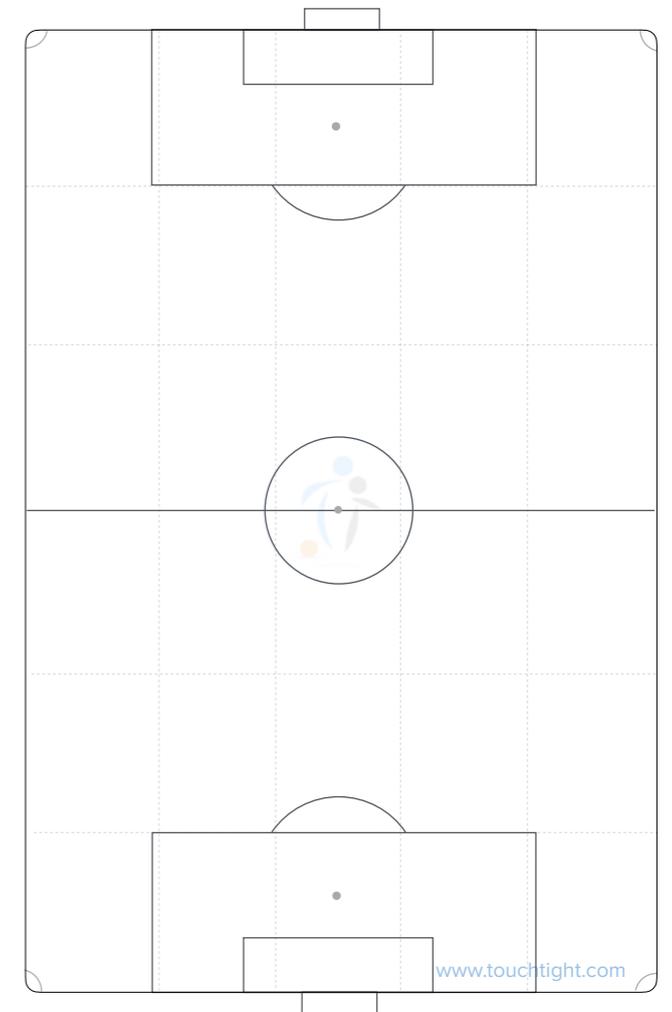
Player Trios initials	Objectives

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?

