



Session Date

Season

Age Group

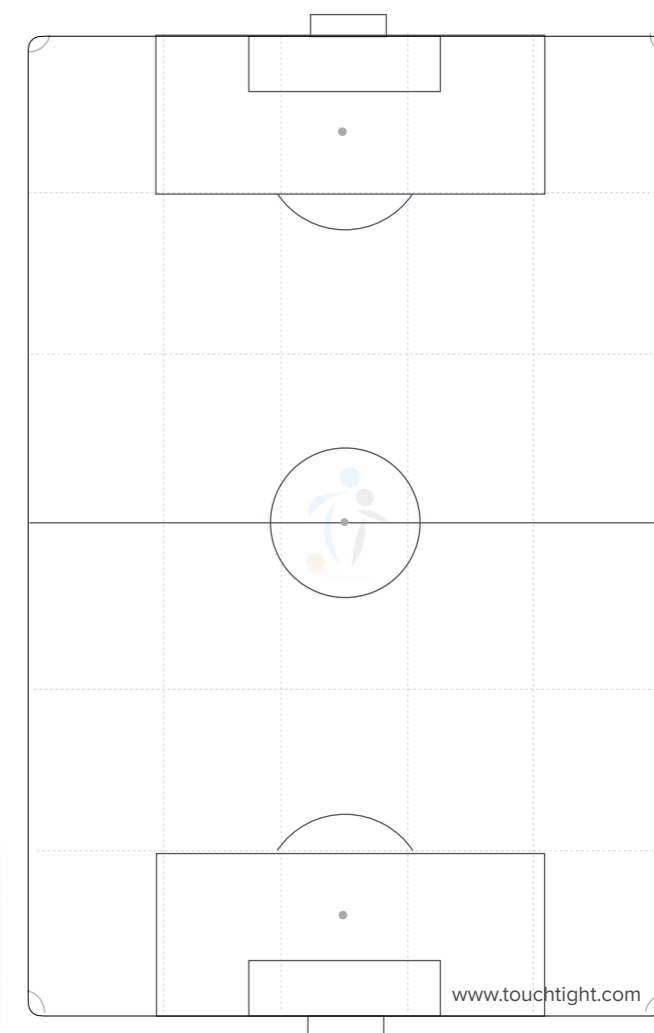
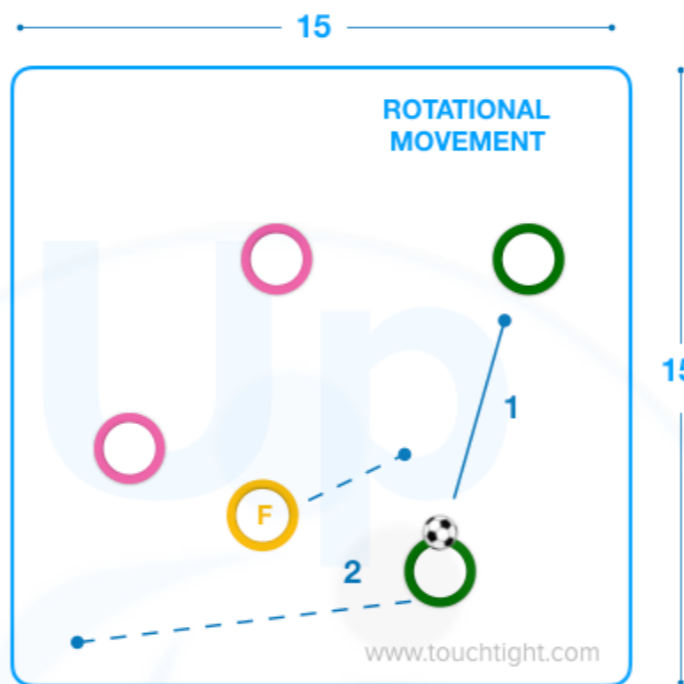
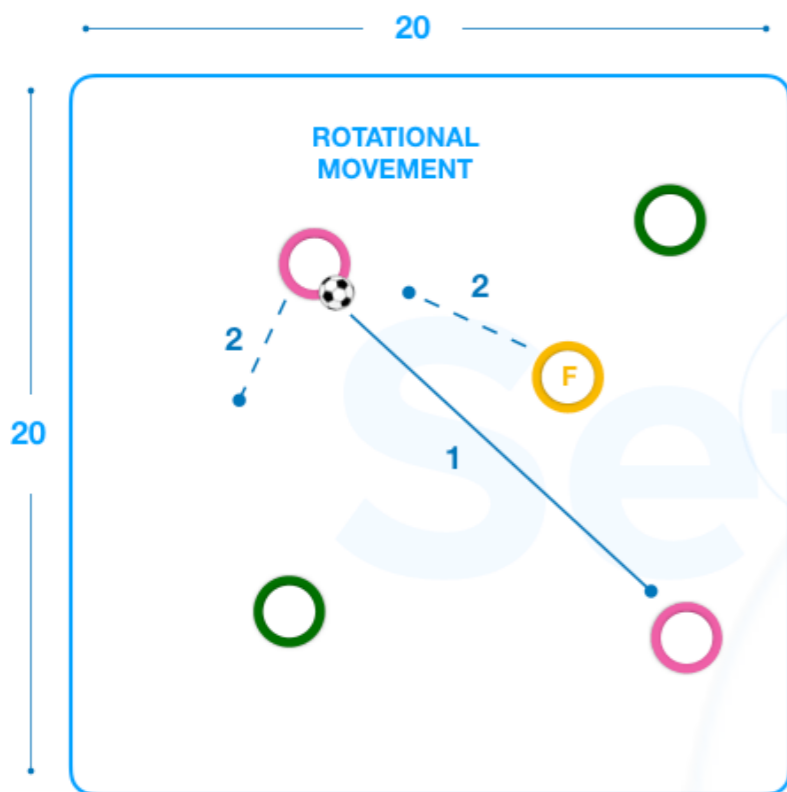
Players

Duration

Type: Opposed Skill

Area:

Team Objectives: Create space for teammates to keep possession in a single player overload.



**Set Up & Organisation:**

- With 2 practices set up in a 20 x 20 and 15 x 15 Yard squares each with a 2 v 2 and a floater to connect possession.
- Players must identify how to move opposition players around and keep the ball in pressure situations. Add competition between pairs to achieve consecutive passes.

**Progressions & Constraints:**

- Add mini goals allowing teams to score on 1 touch
- Combine both practices, creating a 4 v 4 + 2 floaters, expanding the area for player rotation in a 40 x 20.

**Key Coaching Points:**

- **Tactical** | Space creation to give players time on the ball.
- **Technical** | First touch, dribbling out of pressure and quick passing combinations
- **Social** | Use the 3 v 2 and 6 v 4 overload effectively, by creating 2 v 1 situations in small area.

**Questions & Notes:**

- How does this small possession practice resemble your game in an 11 v 11
- What are the differences in the larger practice to the smaller practice and how does this influence your play?

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

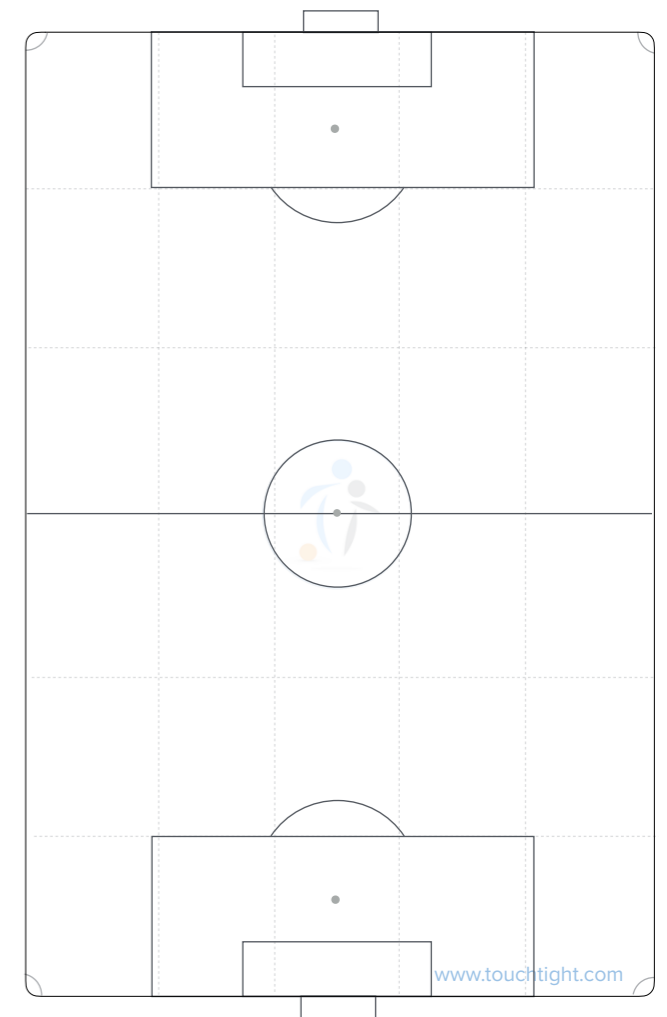
Player Trios initials	Objectives

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?



