



Session Date

Season

Age Group

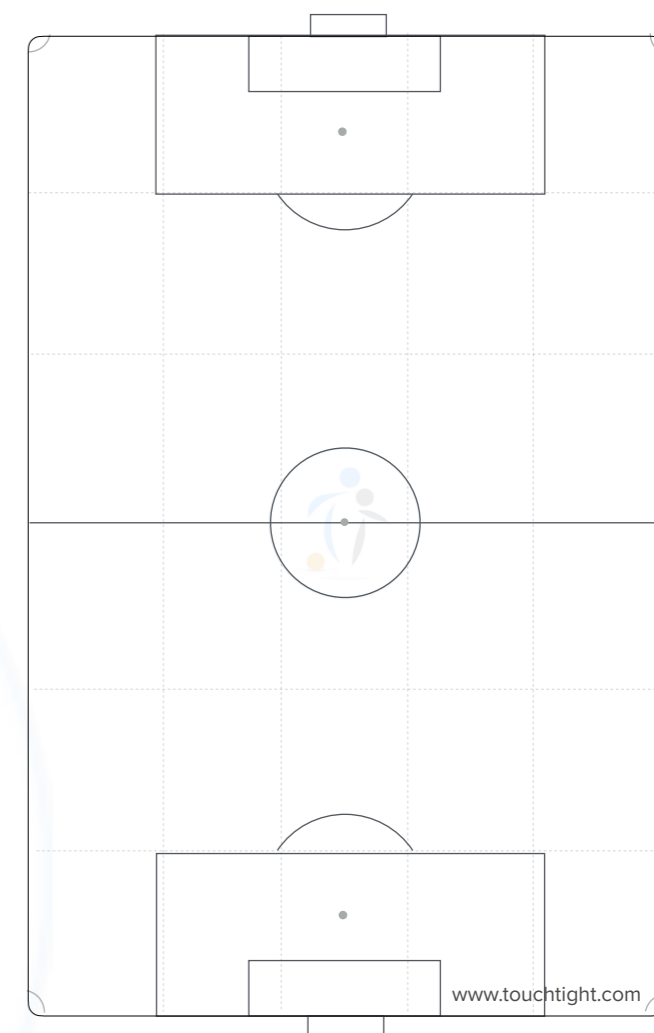
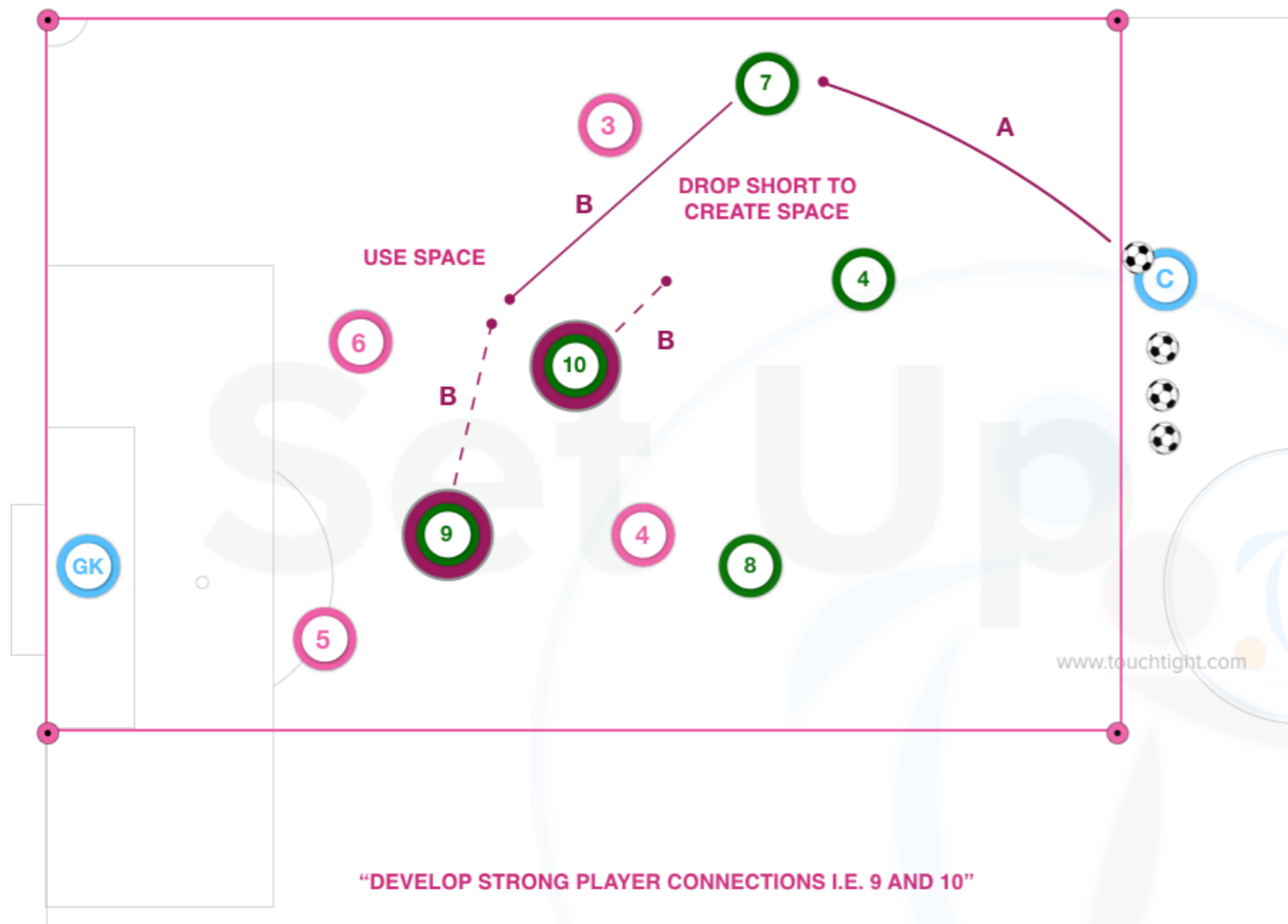
Players

Duration

Type: Functional Practice

Area:

Team Objectives:



Set Up & Organisation:

- This Functional practice focuses on attacking play in the final third, in the right and central areas. Five Attacking players, attack four defenders with a target player for defenders to play into, and an end zone for them to run ball into. Objective is for attacking team to create and score chances through interchanging positions.

Progressions & Constraints:

- Push offside line back so movement must be quicker as defensive line pushes forward - quicker passes from possession player.

Player Focus

- Player to Player Understanding | Movement | Rotation | Creativity

Key Coaching Points:

- 1 | Passing quality and patience
- 2 | Ability to look away from the ball
- 3 | Identify space to exploit
- 4 | Our primary focused intervention will be around creating and exploiting overloads created through effective movement. Initial overload will occur deeper with 2 v 1 in CM, but then players must use this to gain an advantage in the final third. Think about different types of possible movement and combinations.
- 5 | More advanced rotations may now occur between attacking and midfield players with 3rd man runs possible to break defensive lines. Encourage players to be creative in their approach play through developing player understanding.

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

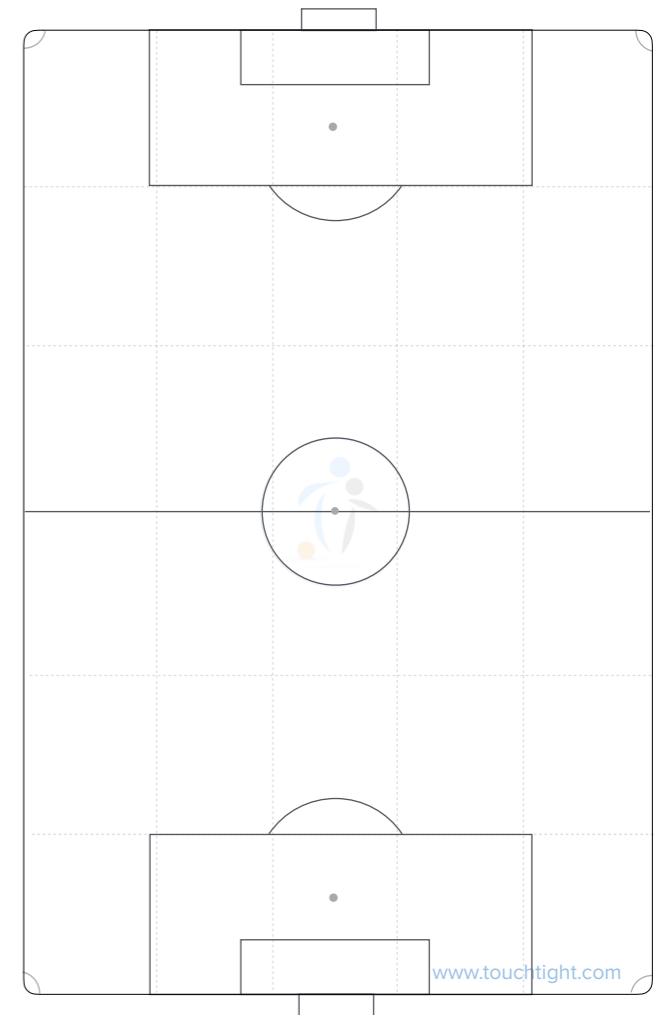
Player Trios initials	Objectives

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