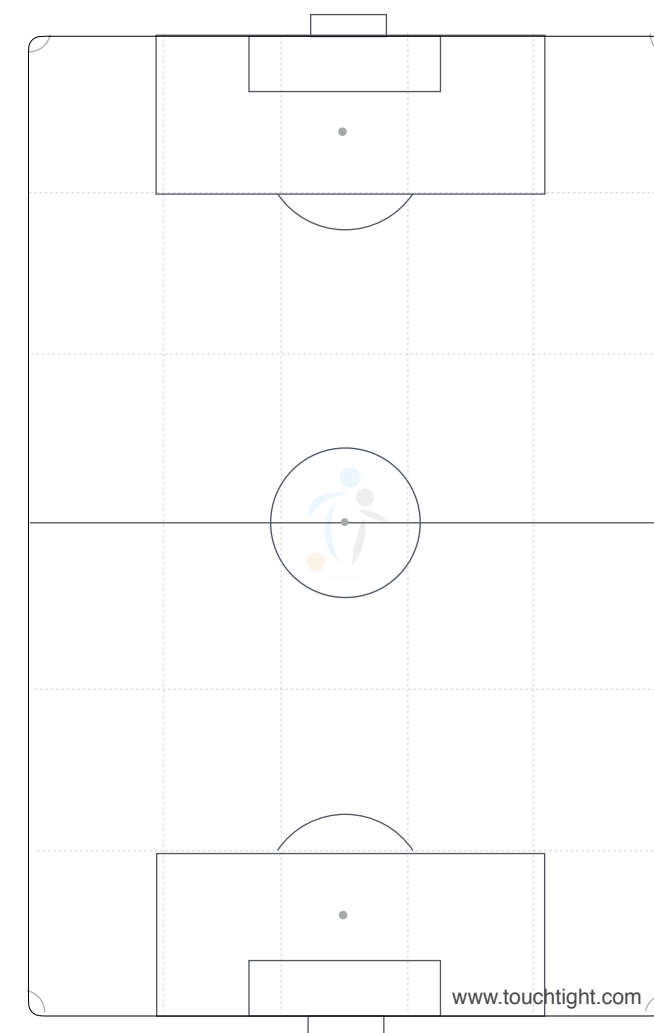
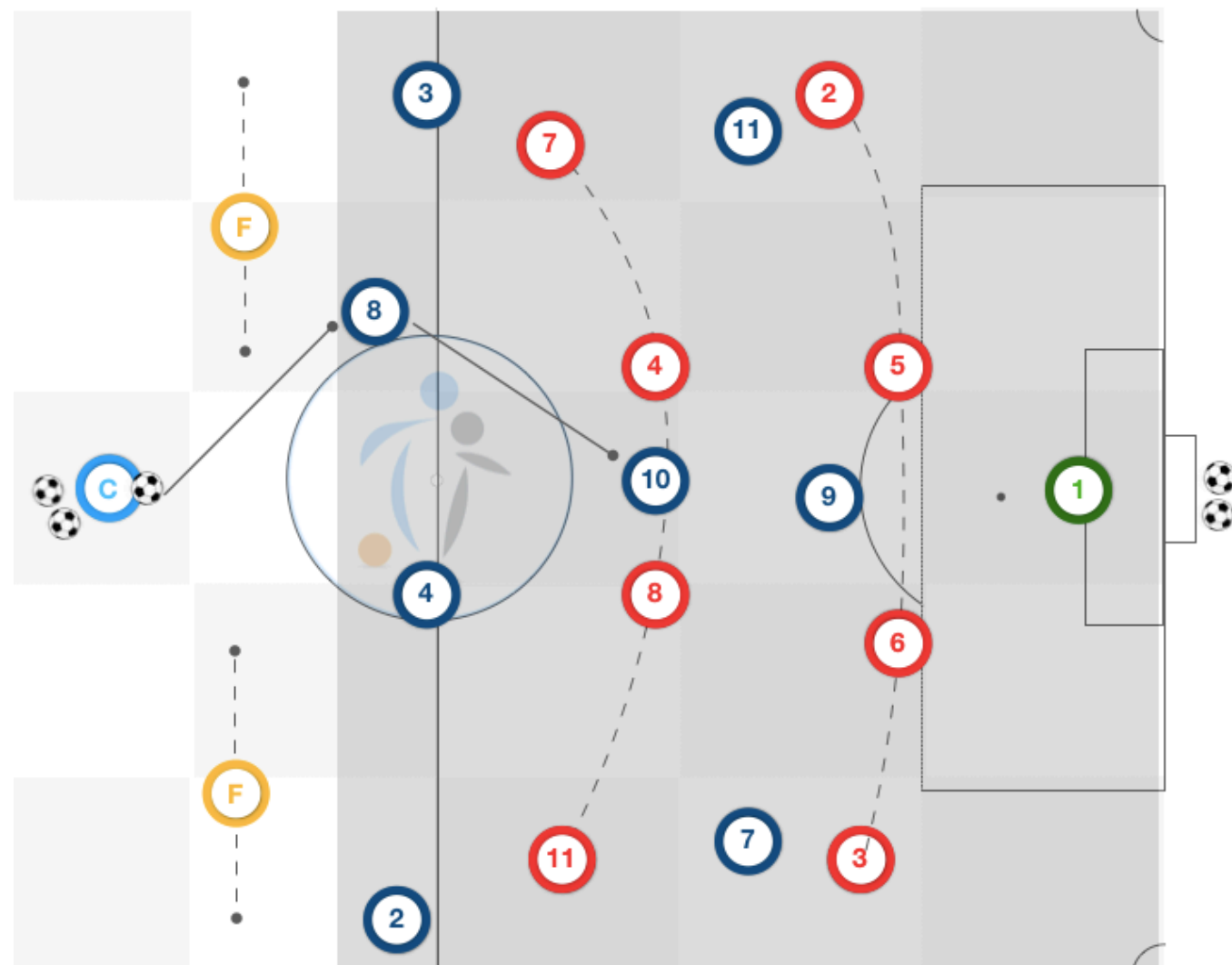




Type: Phase Of Play Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Taking place in a 60 x 55 yard area and is a sequenced session following on from the Functional practice within our Defensive Compactness theme. Attacking team Blues set up in a 44 or 224 against defending Reds set up in a 144.
- Blues must try to combine to score against Red GK. If Blues gain possession, they have 10 seconds to attack and combine with 1 of Target players at opposite end.

Key Coaching Points:

- Recovery 1 v 1 | Observe play to identify the strengths and weaknesses of both teams. Players must ensure that if they are beaten, they recover quickly and ensure they cover teammates who will be recovering for them also. A secondary focus will be on covering player.
- Defenders must defend in relation to movement of the ball. If opposition has time and space to play long balls in behind, then defenders must recognise this and drop when required by identifying triggers.

Progressions / Constraints:

- Target player can now join in to add extra player in build up from deeper areas. This will give defenders additional decisions to make on whether to press extra player or remain compact and deal with underload in their own third.
- With Target player available for team to set, defenders will now need to be aware of long ball in behind when they press upfield. This additional condition will encourage important decisions to be made by all defending players.

Questions & Notes:

- Team must recognise the right times to press from the front and squeeze upfield from the back. This will be based on trigger moments such as lofted passes sideways and backwards, poor touch or slow ball speed.

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

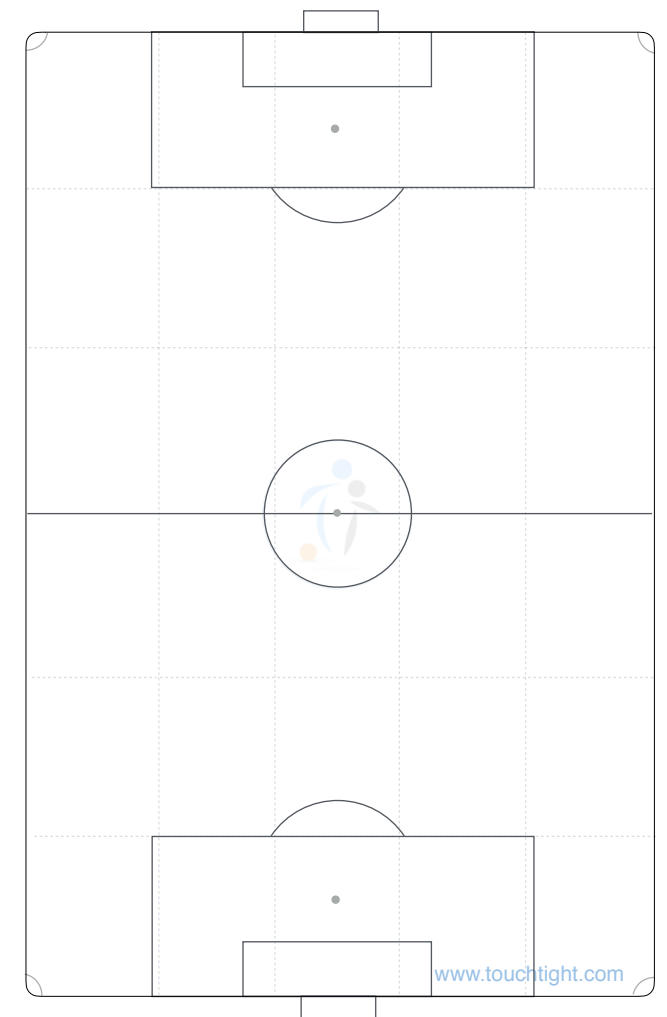
Player Trios initials	Objectives

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?

