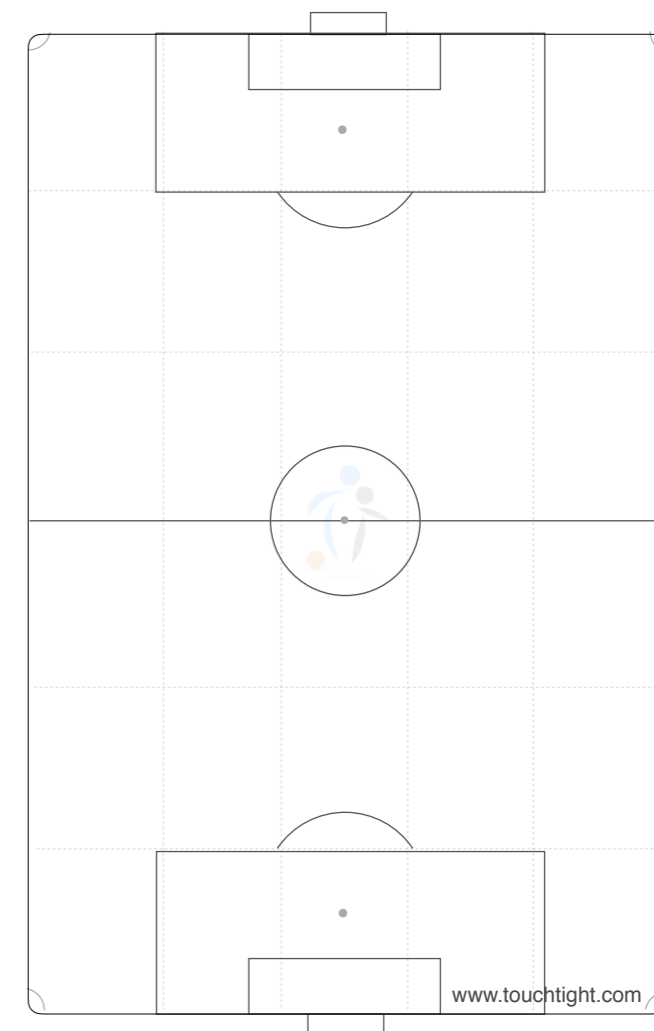




Type: Patterns Of Play Practice

Area:

Team Objectives:



**Set up / Organisation:**

- Pattern of Play practice centred on an attacking 5 positioned using the full width of the pitch, as seen in a 343 or 352 formation. This first combination looks at passes into the striker from wide areas and focuses on movement ahead of the ball.

**Key Coaching Points:**

- We can vary the attacking combinations by playing into the striker, to set back for through balls for runners wide, before then looking at one touch passes around the corner to exploit space in behind.

**Progressions / Constraints:**

- Split the pitch into 4 vertical zones, providing a guide for rotational movement between pairs or 3 players.
- Look for rotation between inside attackers and wide players, as well as illustrating possible runs ahead of the striker to create space for teammates to receive in dangerous areas.

**Questions & Notes:**

- .What are the most common combinations that players come up with and why?
- .How can players increase their chance of being clinical with final pass / shot?

Work / Rest Ratio:  mins  sets

Session Date

Season

Age Group

Players

Duration

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

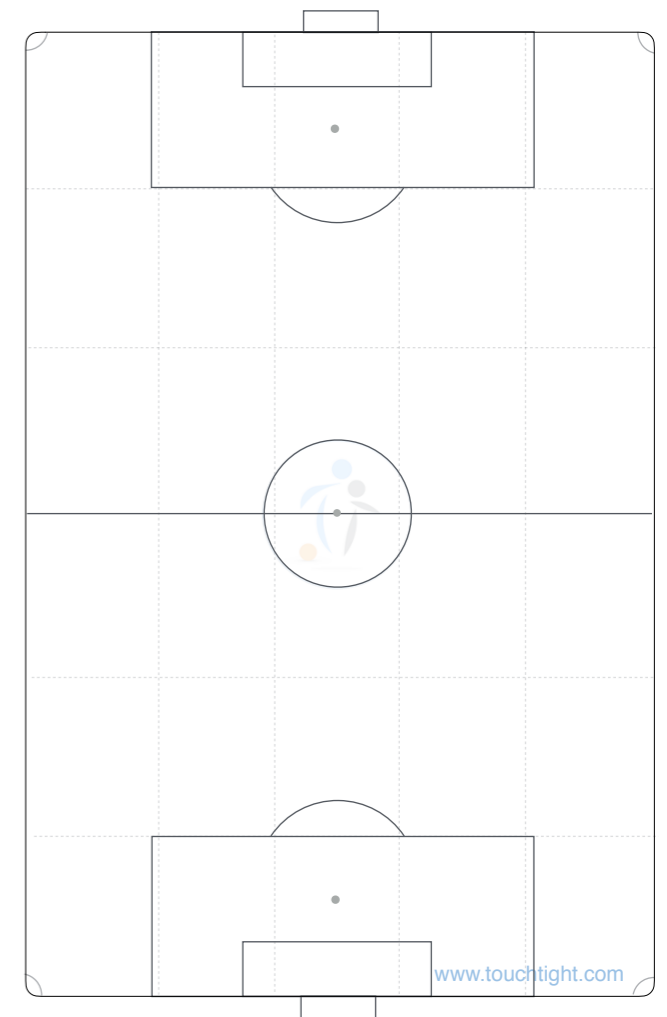
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

**Big Game Question**  
How will we apply this session to a game situation?

