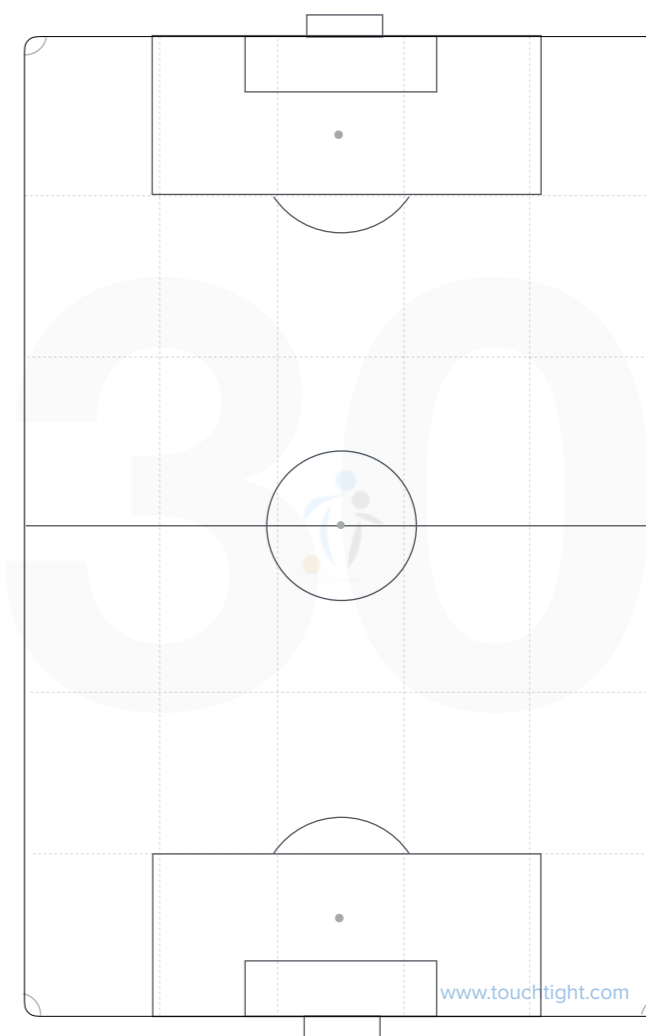
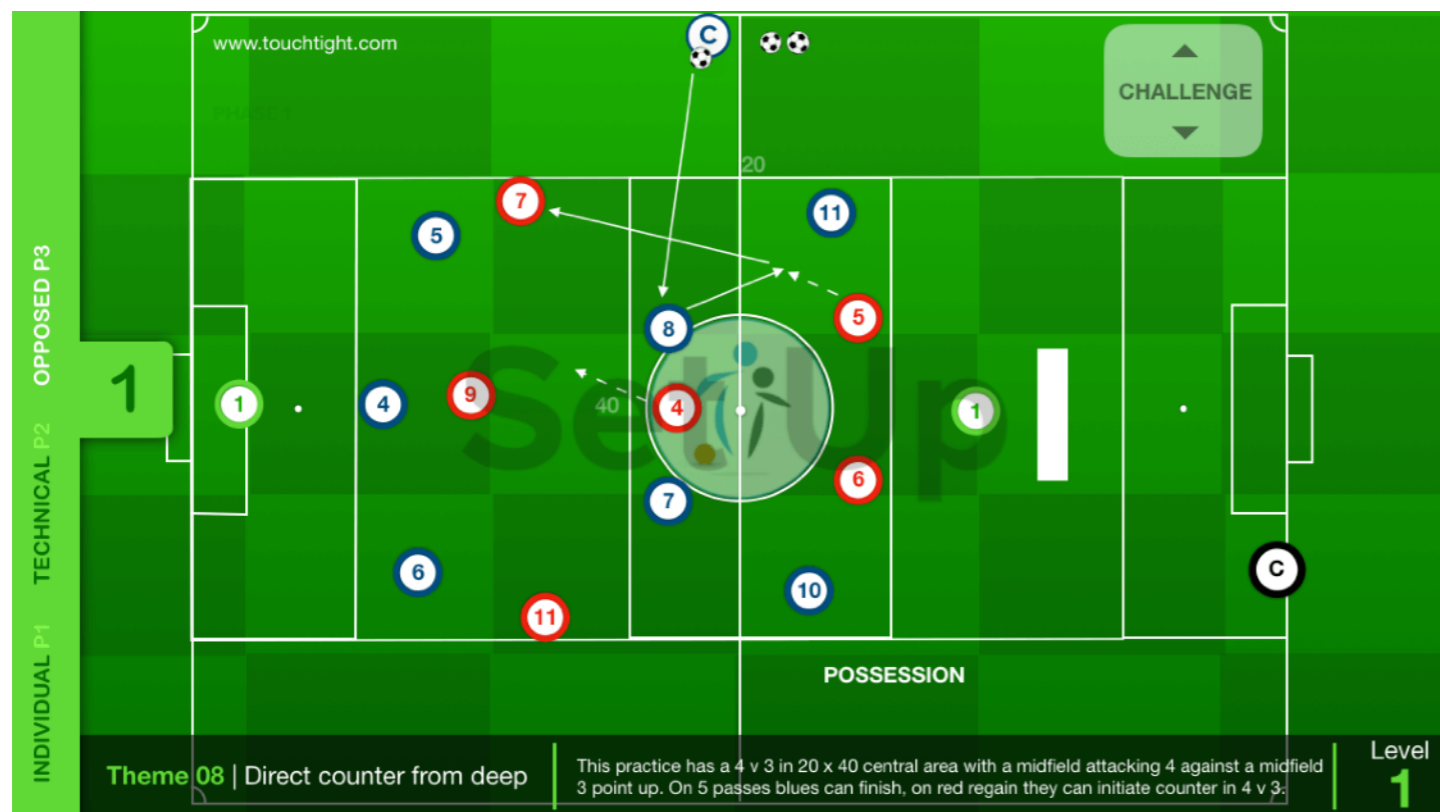




Type: Opposed

Area: 70 x 50 Yards

Team Objectives: To counter from deep to create goalscoring opportunities



Set up / Organisation:

This practice begins with a 4 v 3 in a 20 x 40 yard central area with a midfield box attacking 4 against a midfield 3 playing point up. After making 5 passes Blues midfielders can finish against the Goalkeeper. If reds gain possession, they can initiate the counter attack. With an awaiting front 3 against 3 defenders, a forward pass can be played and one support player can join in the counter, creating a 4 v 3 overload.

Progressions / Constraints:

- An additional Blue defender can support midfield players from deep encouraging 3 v 2 counter
- 2 Midfielders can join in and 1 defender can recover resulting in a 5 v 3

Key Coaching Points:

- **Physical** | Speed of counter attack when gaining possession
- **Tactical** | See spaces to penetrate and break midfield press
- **Psych** | Confident to attack quickly and drive at defenders

Questions & Notes:

- How can you work together to regain possession better ?
- Where are the spaces appearing on transition?
- How many player should make forward runs and how many should come short?

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

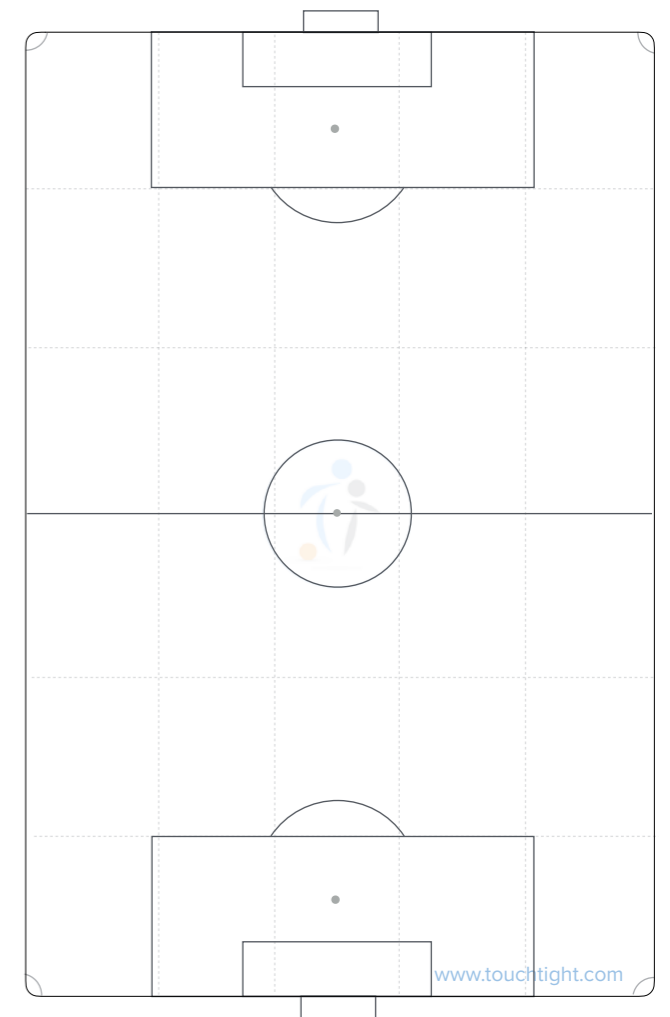
Player Trios initials	Objectives

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?

