



Session Date

Season

Age Group

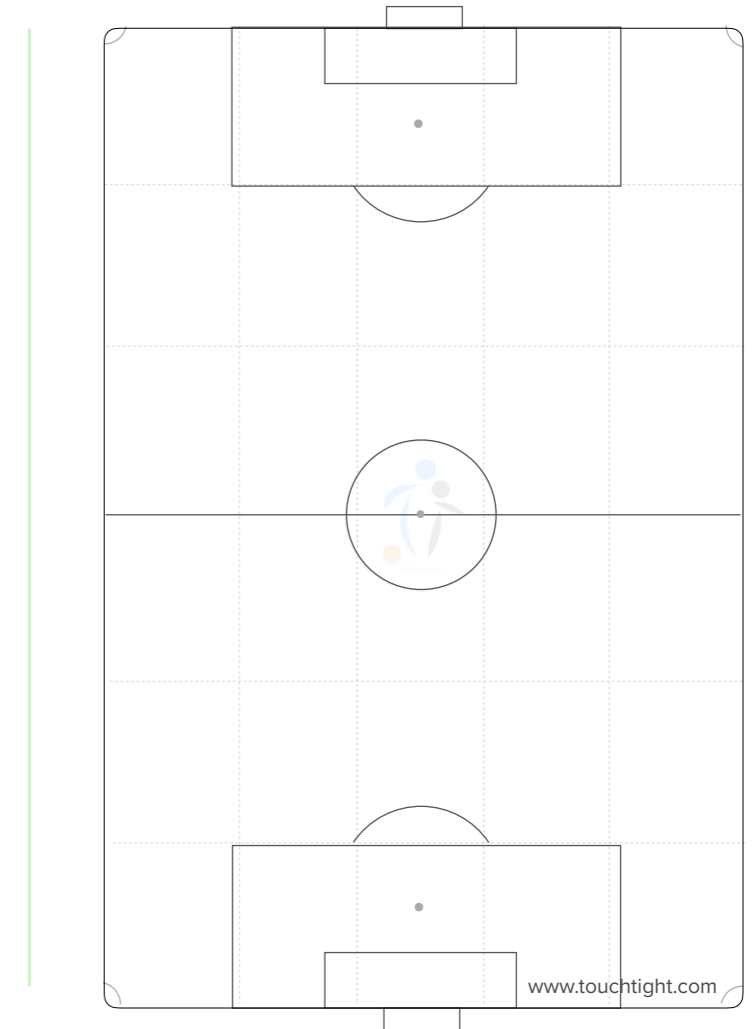
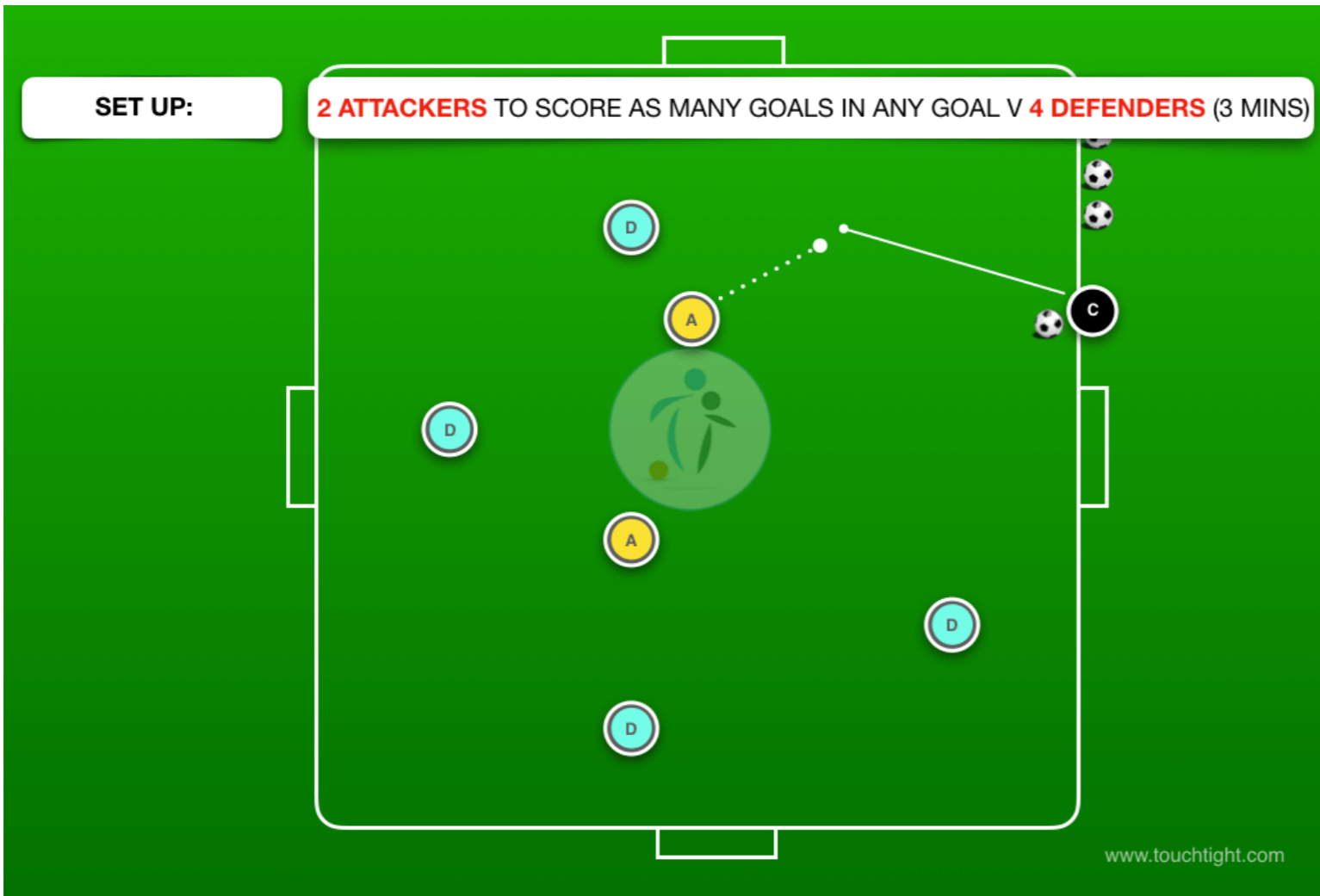
Players

Duration

Type: 4 v 2 Overload Practice

Area:

Team Objectives:



www.touchtight.com

Set Up & Organisation:

- In this combination and finishing practice, 2 attackers must create angles quickly to score in any of the 4 mini goals against 4 defenders. This extreme overload requires speedy movement a recognition from the coach or support player to spot movement to play into feet for a quick finish. If defenders win possession, they must make 5 passes before finishing in any mini goal.

Progressions & Constraints:

- Develop a 3 v 3 and score in any of the 4 goals, challenging the first team to score in any 3 of 4 mini goals first.

Key Coaching Points:

- **Tactical** | Quick movement to create and exploit space and finish quickly
- **Technical** | First touch away from defenders and shooting to finish quickly.
- **Social** | Quick combinations under pressure. Change from 2 to 3 players.

Questions & Notes:

- How can you overcome this defending overload in a 4 v 2? What is important?
- How does opposition change in 3 v 3 and how do you alter your attacks?

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

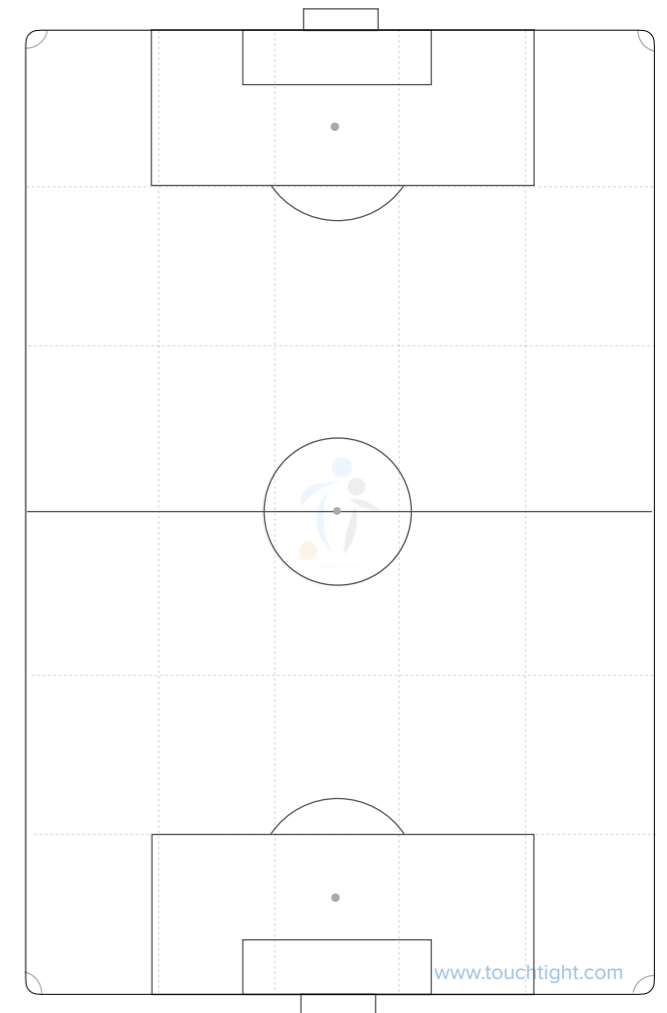
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

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