



Session Date

Season

Age Group

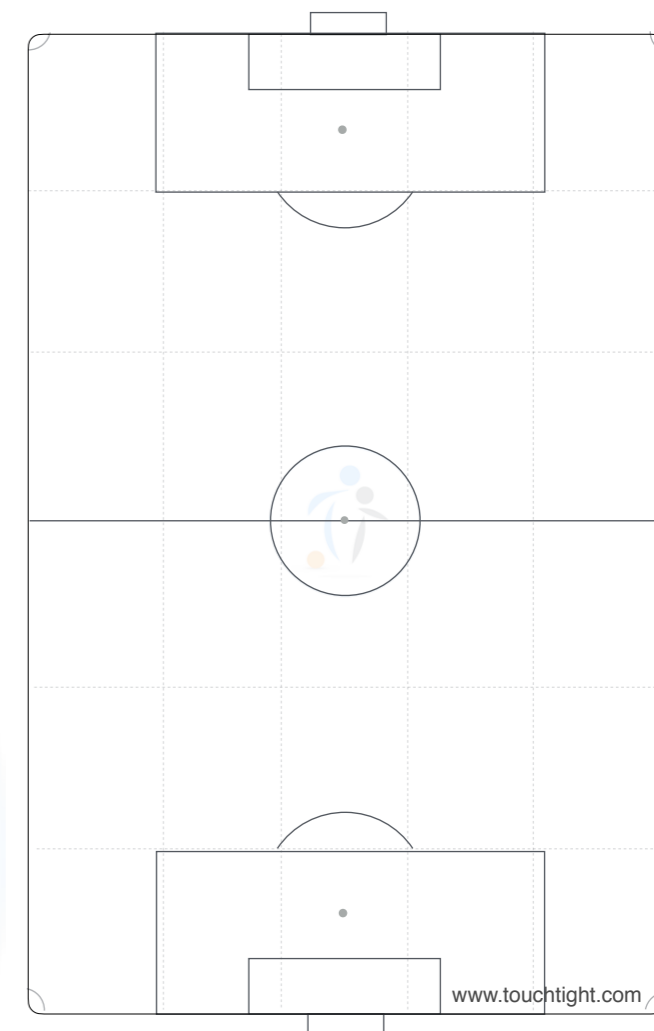
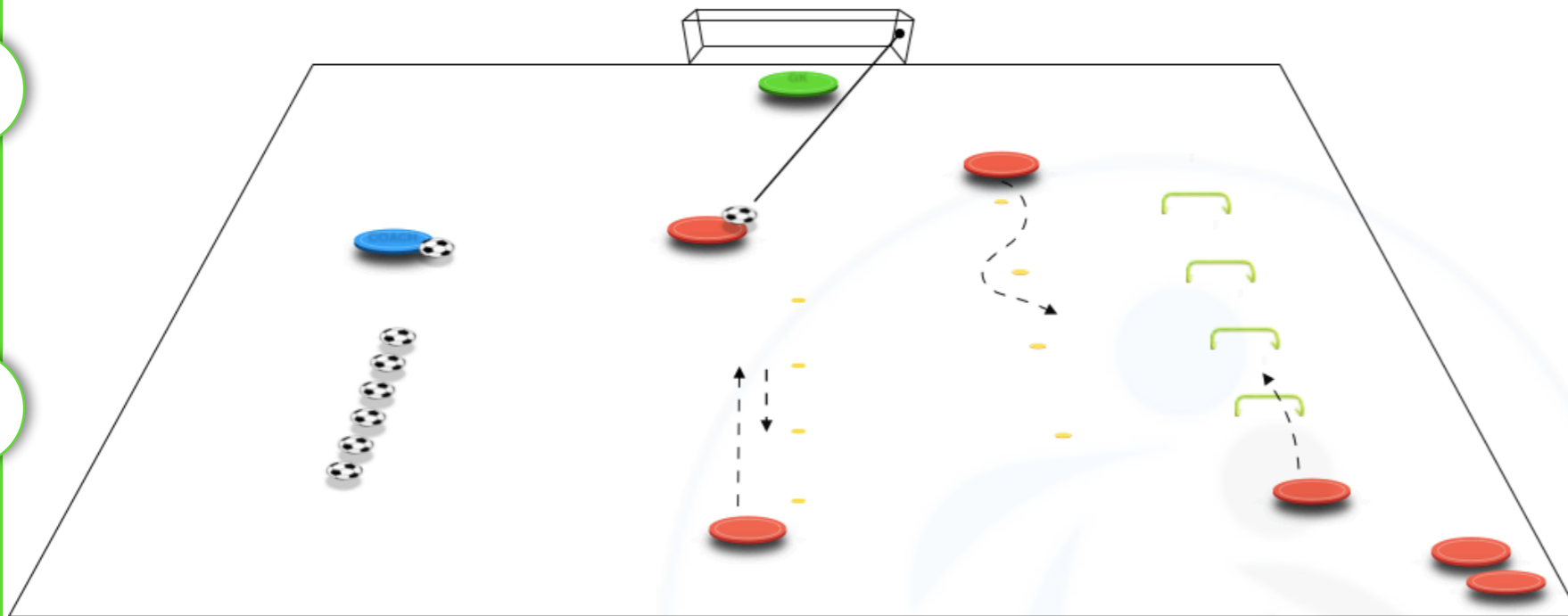
Players

Duration

Type: Physical Principles

Area:

Team Objectives:



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Set Up & Organisation:

- This practice combines physical elements for players together with finishing. Each player must jump over each hurdle, before turning to perform quick diagonal shuttles, progressing to straight line accelerations and decelerations. Finally each player will finish from a pass from the coach before joining the queue again

Progressions & Constraints:

- Add timings for players and ensure technique is maintained.
- Develop competition between individuals or groups, counting time and goals towards totals.

Key Coaching Points:

- **Physical** | Developing power and speed in these individual physical practices.
- **Technical** | Improve quick feet and jumping technique together with finishing.
- **Psychological** | Maintain focus with repetitive practice and a growth mindset to recognise how they can improve in each exercise.

Questions & Notes:

- What area do you need to improve on in your physical approach?
- When in the game does each physical element come into play?

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

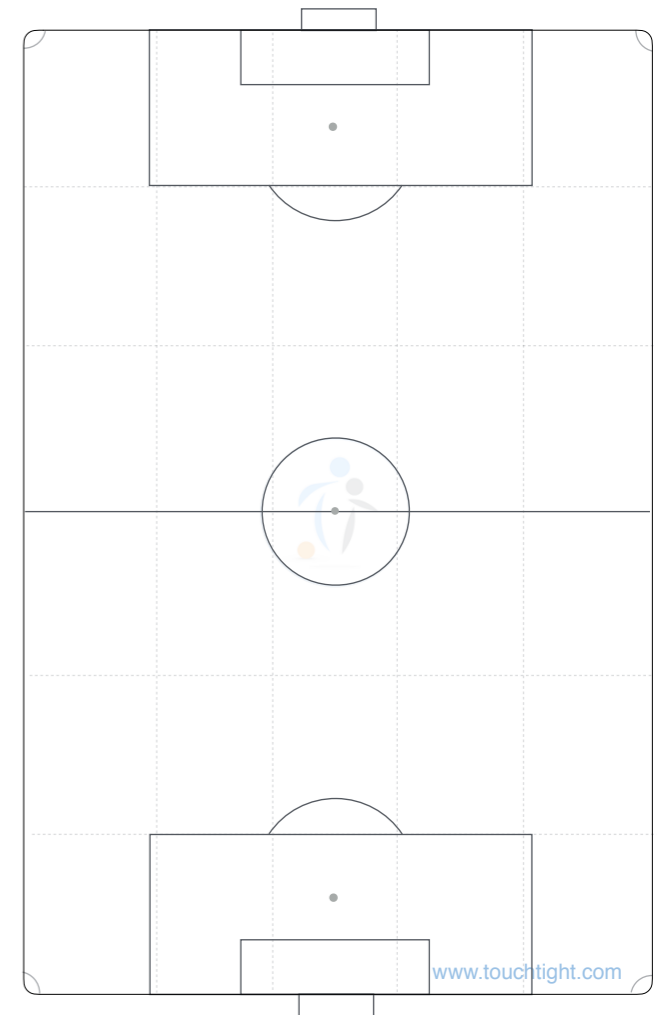
Player Trios initials	Objectives

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?



