



Session Date

Season

Age Group

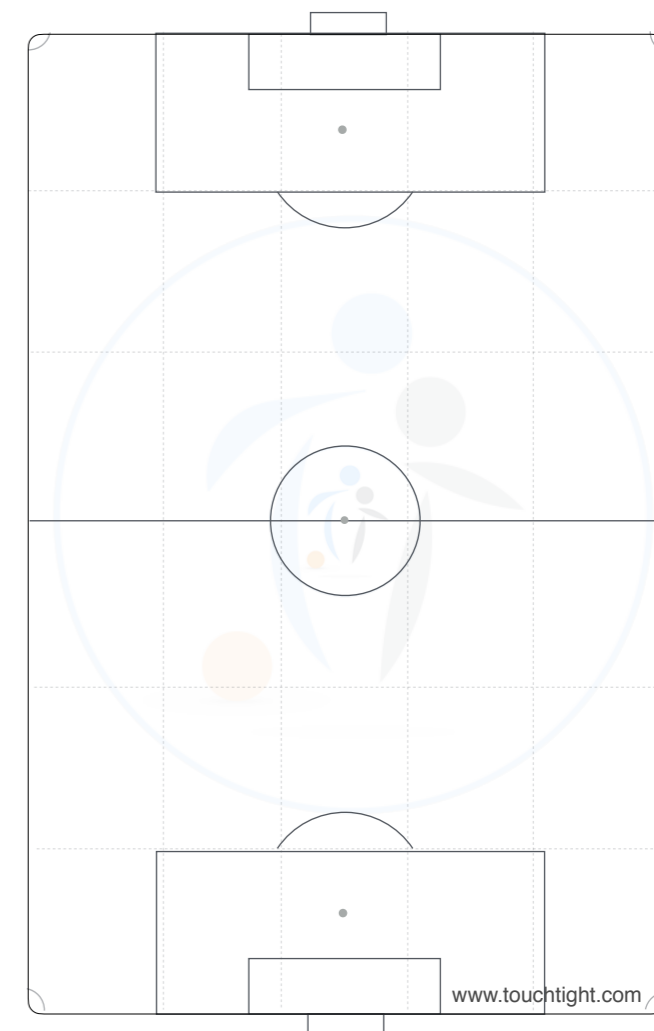
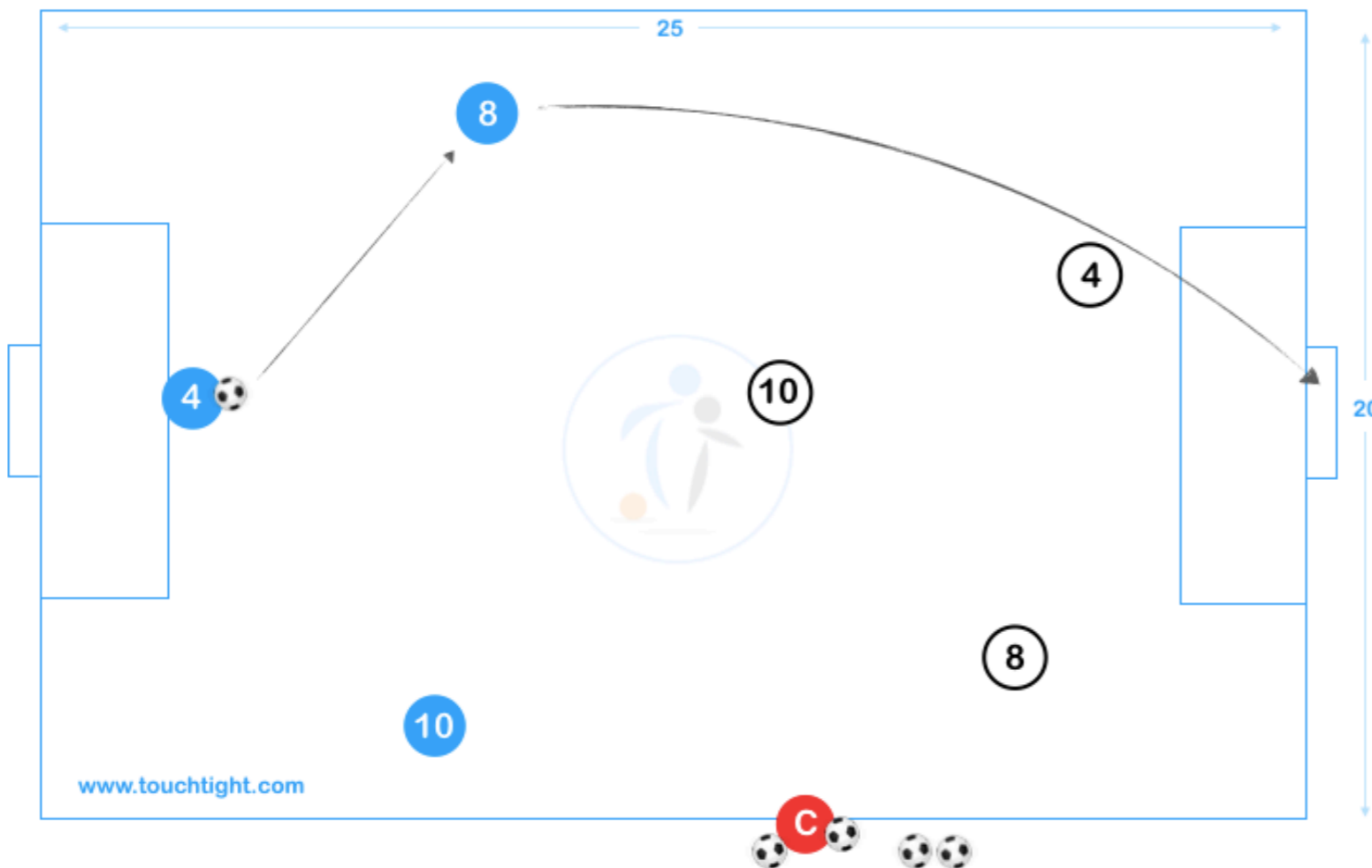
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



Set Up & Organisation:

- This Small Sided Game 3 v 3 game is played without goalkeepers in a compact 25 by 20 yard pitch, allowing goals to be scored on one touch only.
- Players are encouraged to be forward thinking and identify opportunities to score from distance, capitalising on the opposition switching off after attacks.

Progressions & Constraints:

- Progress this by allowing goals to be scored in certain zones (a restrictive constraint), splitting the pitch into halves or thirds to encourage more attacking play.
- We can then reward players who score in certain areas on one touch or with a quick 3 player combination with 2 goals.

Key Coaching Points:

- **Tactical** | Decision to press or retreat to protect
- **Technical** | Defensive technique on pressing individual
- **Social** | Collective organisation to reduce spaces behind defensive lines..

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

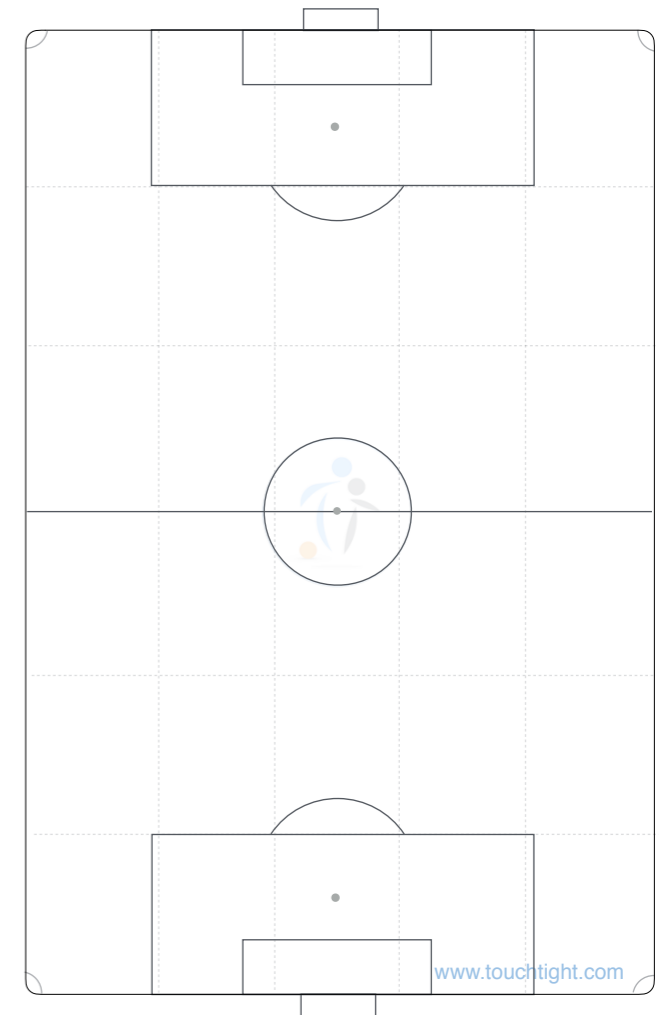
Player Trios initials	Objectives

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?



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