



Session Date

Season

Age Group

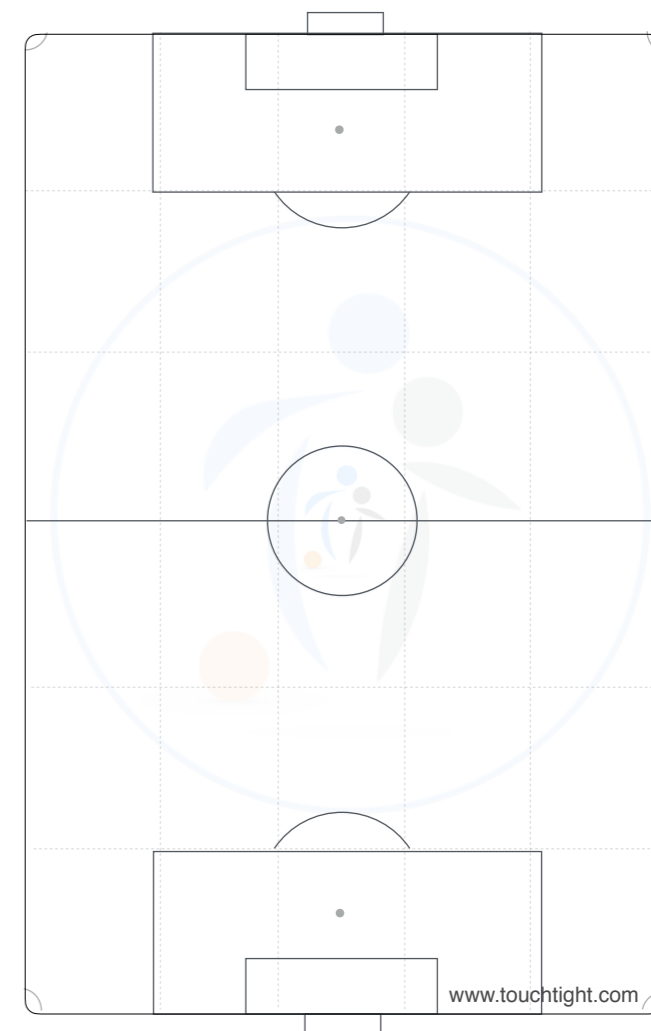
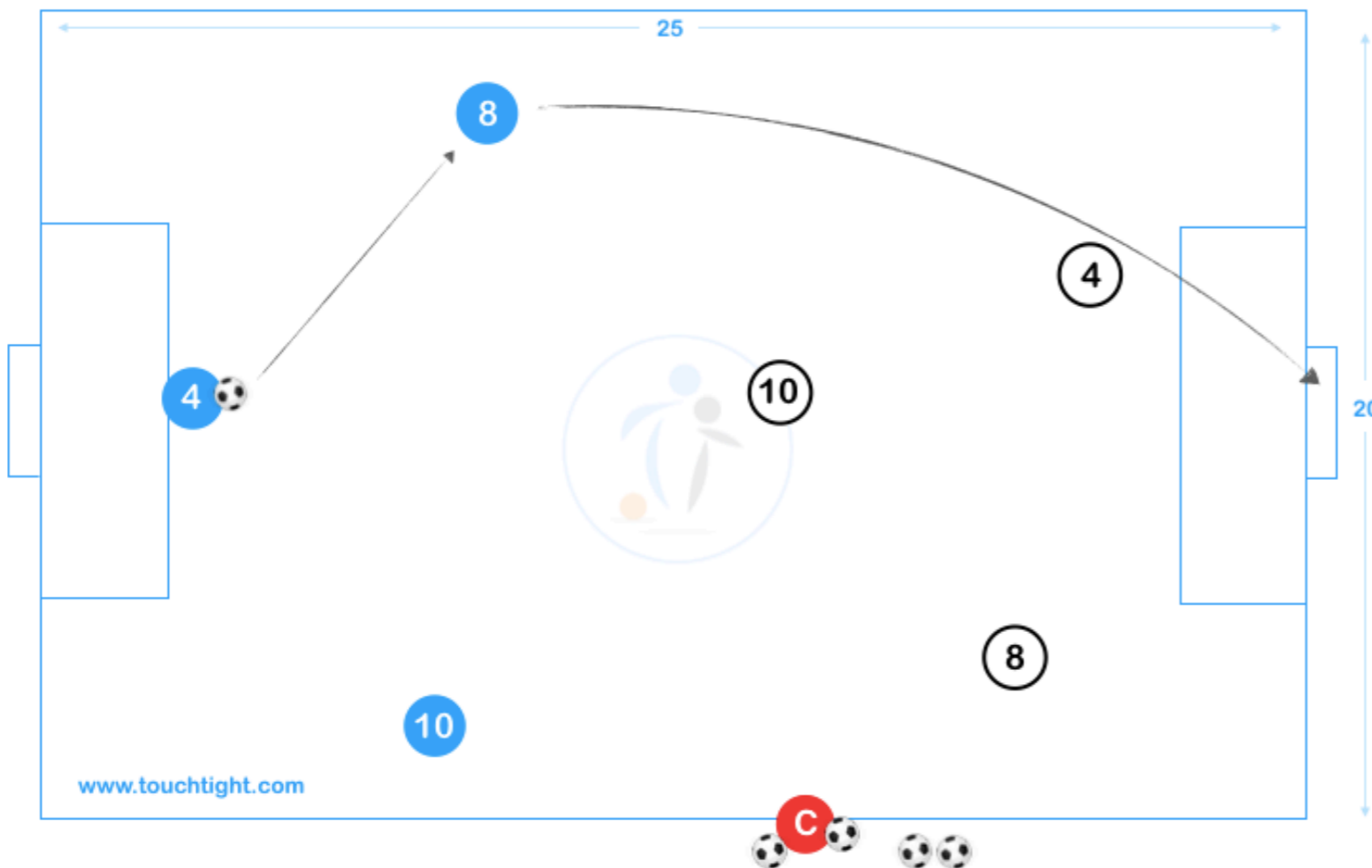
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



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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

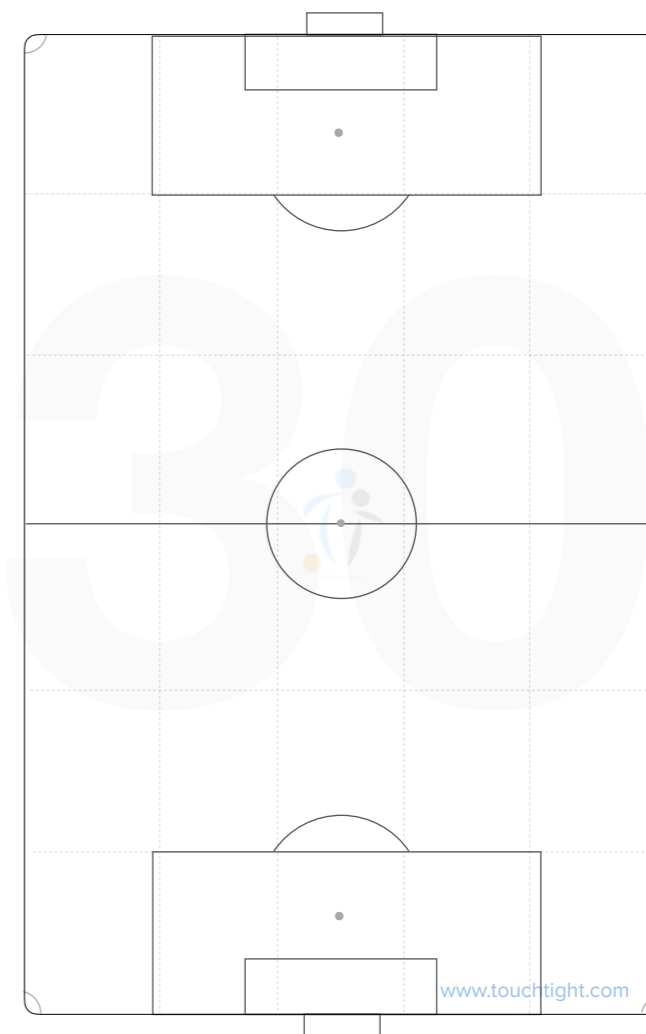
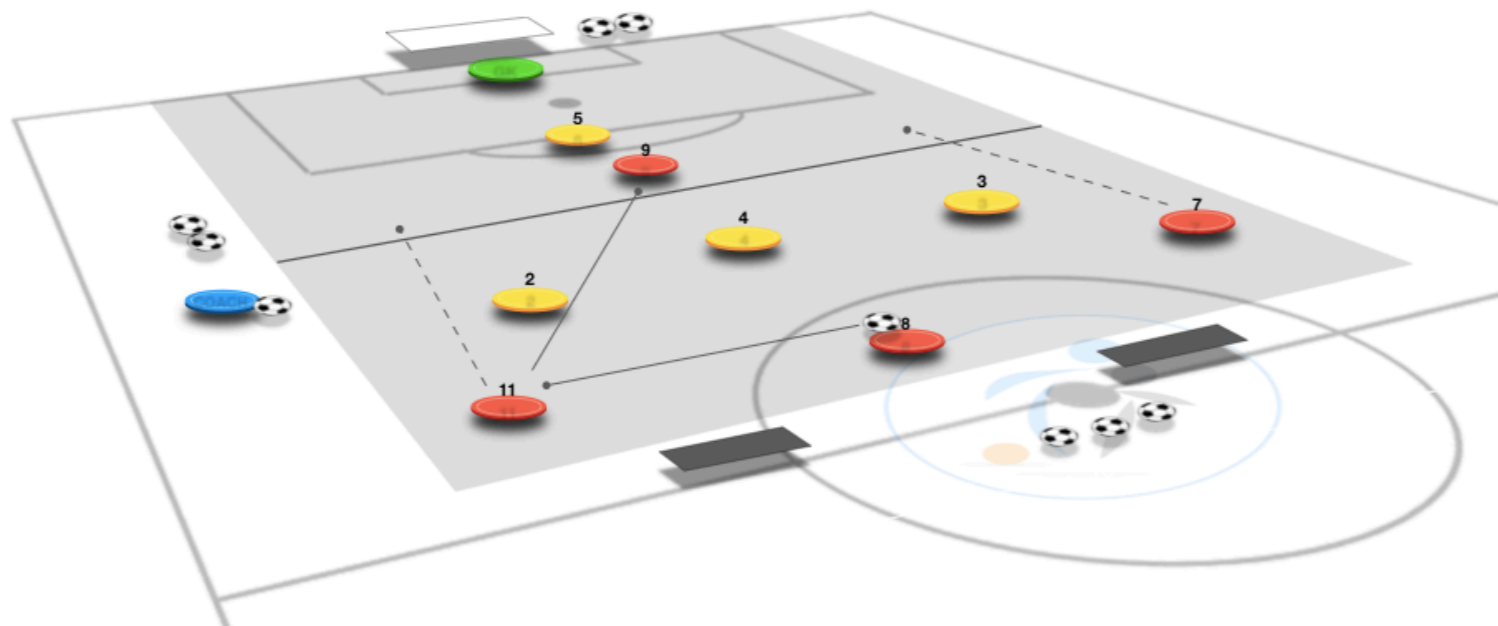


sets

Type: Lead Practices

Area: 50 x 45 Yards

Team Objectives: Defend Centrally as a unit keeping play in front of defensive line



Set up / Organisation:

This Lead practice is played in a 50 x 40 yard area, with the focus on defending central area. With a 3 v 3 in central midfield areas, attackers look for a pass into the striker's feet against a single defender to attack goal protected by a GK. One player can initially support attacks, creating a 2 v 1 attacking situation. If defenders gain possession they can score in one of two mini goals.

Progressions / Constraints:

- Attacking players can rotate with striker dropping in to receive behind the midfield line and midfielder advancing into space created.
- Restrict attackers movement, by including 3 channels, balancing challenge for defending players making play more predictable.

Key Coaching Points:

- **Tactical** | Compactness as a midfield unit
- **Social** | Organisation from defender and goalkeeper to players in front
- **Tactical** | Awareness of players behind and screen passing lines

Questions & Notes:

- How can you force play from central areas?
- How can you isolate individual players?
- How can you deal with overloads if attackers break into attacking half?

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

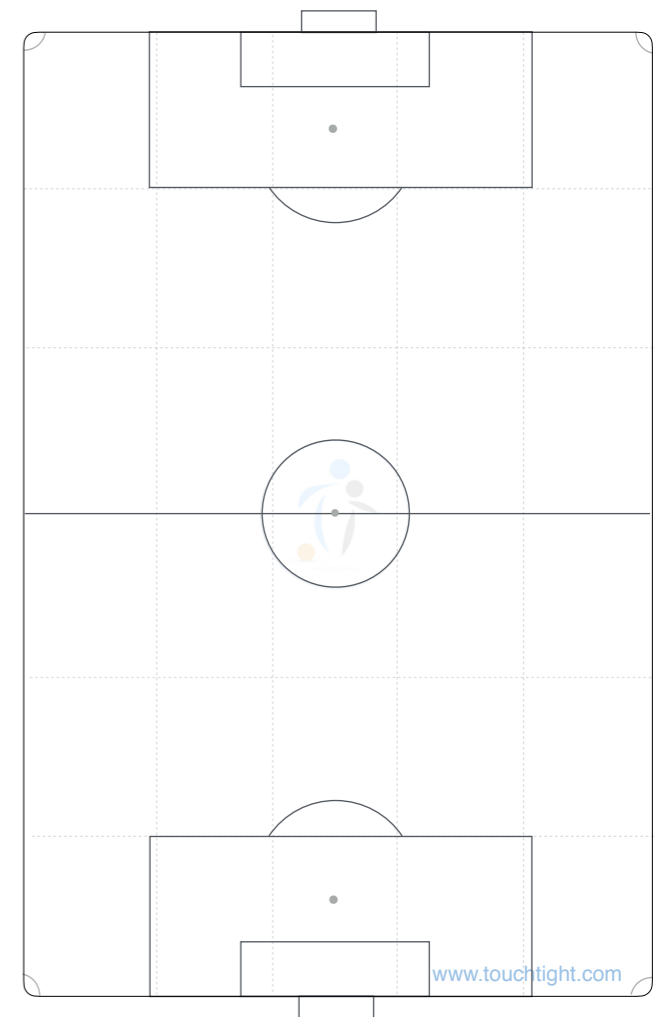
Player Trios initials	Objectives

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?



