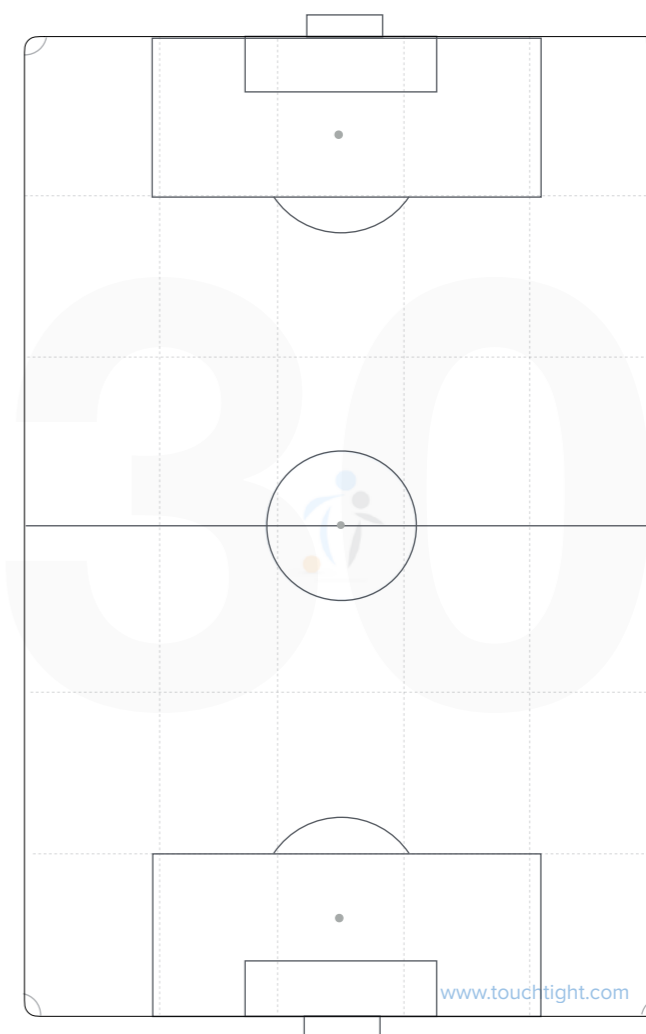
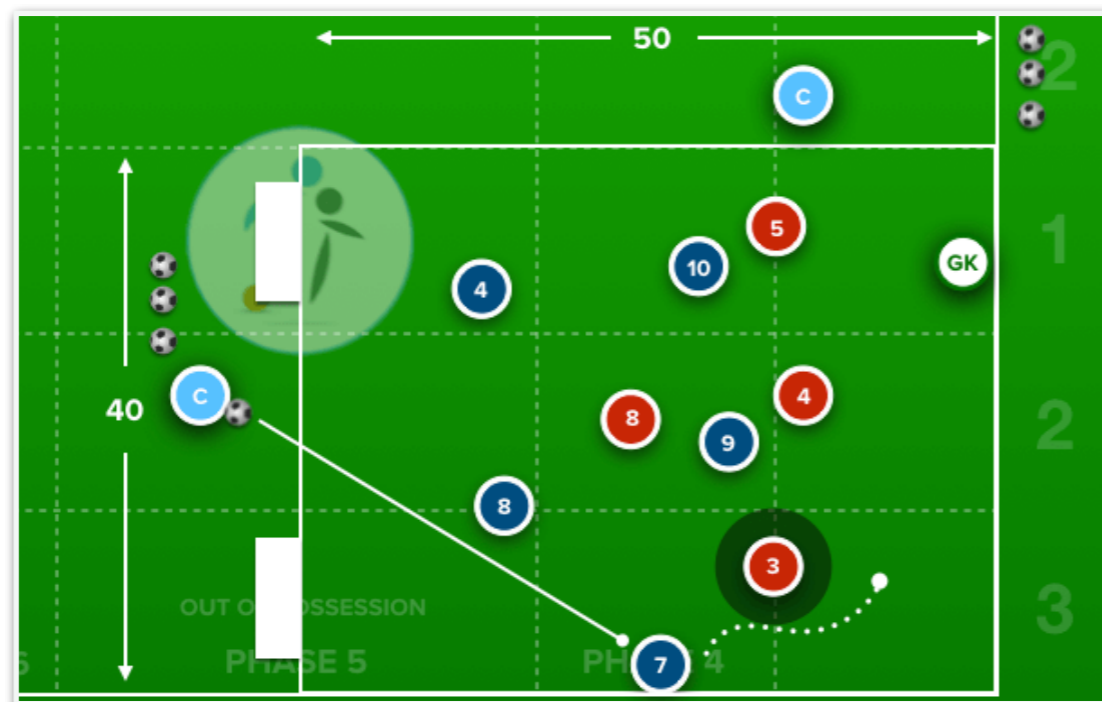




Type: Functional Practice

Area: 50 x 40 Yards

Team Objectives: Force direction and limit chances created in the final third.



Set up / Organisation:

This practice is positioned in the flank of the defending third and is focused on 4 Defenders overloaded in a 5 v 4. Challenge defenders with quick wingers creating 1 v 1s and giving defenders an individual focus on roles.

Progressions / Constraints:

- Blues score a goal if they make 5 passes, forcing Reds to press high to win possession and counter.
- GK play out to Reds to build encouraging full back (3) to play high, requiring a quick transition when play breaks down

Key Coaching Points:

- **Tactical** | Force direction by isolating attacking players and forcing wide
- **Physical** | Quick to recover and agile to change direction quickly in 1 v 1s
- **Pysch** | Confident in 1 v 1s. Showing assertiveness taking charge of situations

Questions & Notes:

- Where are attacking team trying to exploit and how do we limit this?
- Where are gaps appearing and how can you become compact?
- Who is the organiser and how can all players play this role?

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

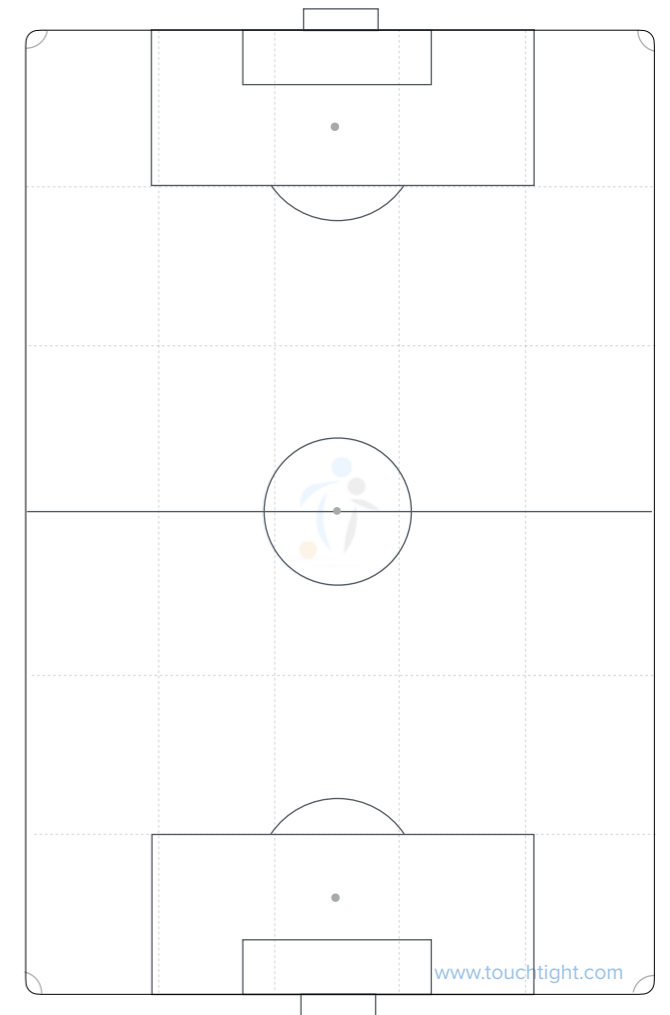
Player Trios initials	Objectives

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?

