



Session Date

Season

Age Group

Players

Duration

Type: 11 v 11 Practice

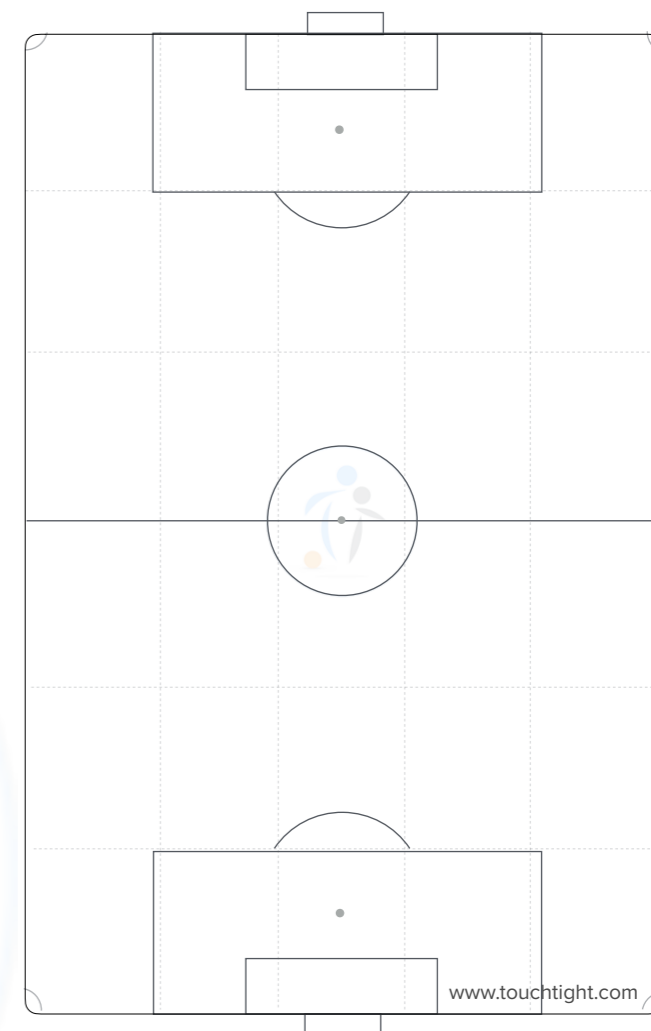
Area:

Team Objectives:



This final practice combines all aspects of this theme into an 11 v 11, with the focus on building play from the Goalkeeper through the thirds. Develop these points, by influencing starting positions without stop starting play. i.e. deliver ball into striker to finish and then GK restarts.

Level
4



Set Up & Organisation:

- This final practice combines all aspects of this theme into an 11 v 11, with the focus on building play from the Goalkeeper through the thirds. Develop these points, by influencing starting positions without stop starting play. i.e. deliver ball into striker to finish and then GK restarts.

Progressions & Constraints:

- Now CDM (4) pressed how can we get out in this situation?
- 3 Pressing Reds (9,10 & 11) limit space for 5,6 and 4 to play out, how do we adjust?

Key Coaching Points:

- **Tactical** | Use overload to build play from deep areas in central area
- **Technical** | Short connecting passes under pressure
- **Social** | Create space for teammates to recognise space to penetrate

Questions & Notes:

- How does the 11 v 11 impact on your ability to play out under pressure?
- Where are the spaces opening up during your build up play and how can you exploit this from deep?

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

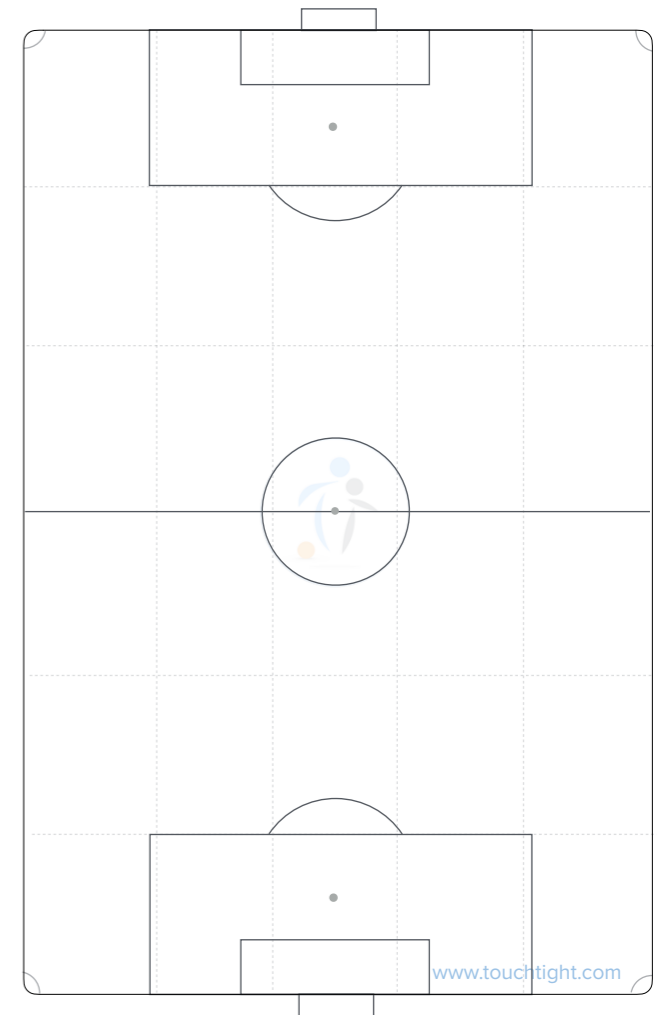
Player Trios initials	Objectives

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