



Session Date

Season

Age Group

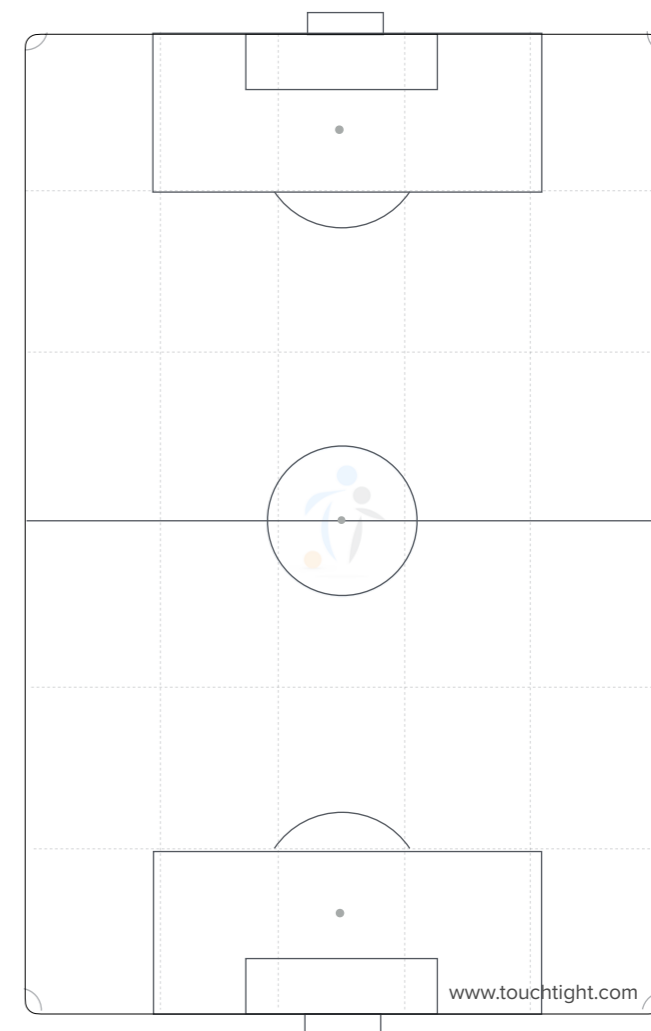
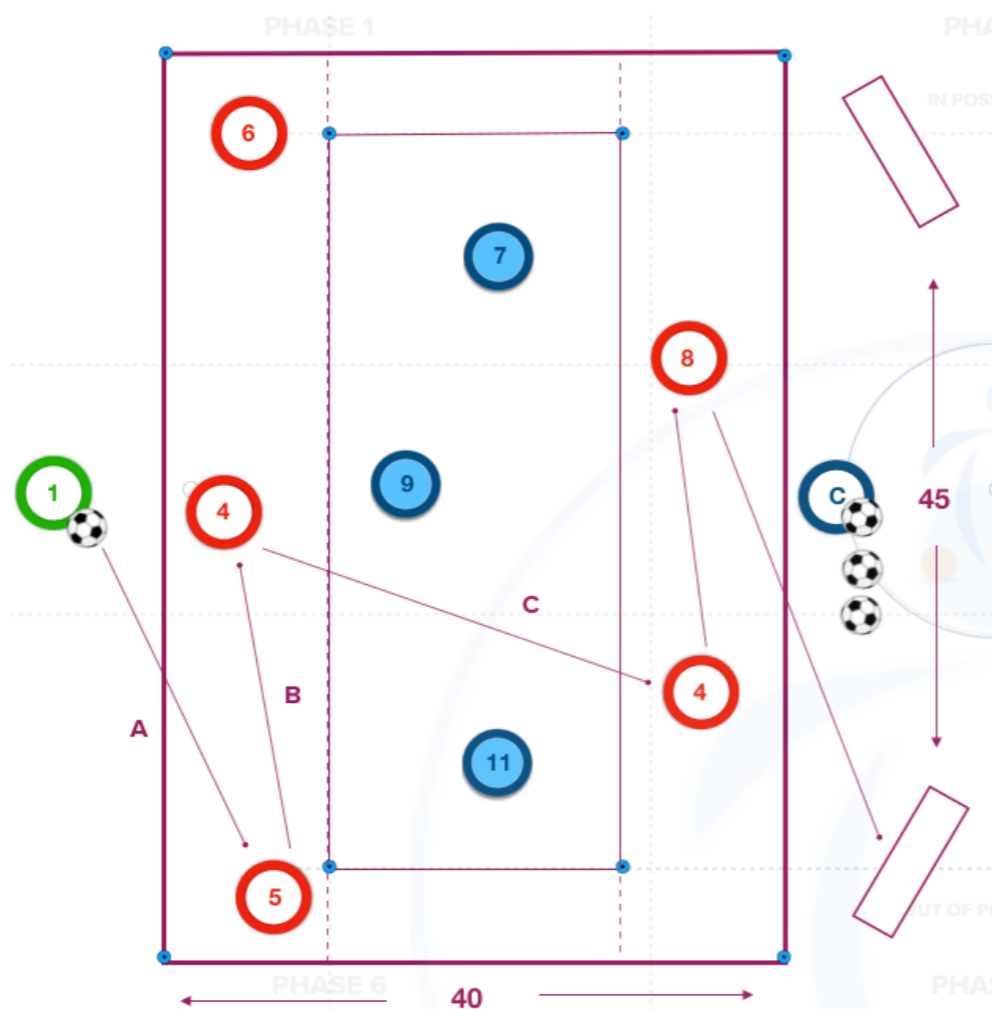
Players

Duration

Type: Functional Practice

Area:

Team Objectives:



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Set Up & Organisation:

- This 5 v 3 Rondo develops the attacking unit's ability to play around and through the opposition press. Play begins with the GK who can play to one of the defensive 3 initially in the 40 x 45 Yard zone, 3 defending players must stop the penetrating pass into central midfielders 8 and 4. Once played through into 8 and 4 they can score with a 1 touch combination, otherwise they must play back through.
- If Blues win possession, they must score in a 3 v 3

Key Coaching Points:

- **Tactical** | Creating space for each other to penetrate at the right time
- **Technical** | Passing quality to keep possession and penetrate with increased weight on pass
- **Social** | Understand each other's movement and decisions to take risks in their penetration

Progressions & Constraints:

- Blue team can press outside zone now, forcing attackers to play quickly and penetrate in gaps that may appear
- Right and left centre backs can join in attack to finish on 1 touch, more difficult for defenders to cover distances
- Midfielder (4 or 8) can drop in to connect within 10 passes or turnover

Questions & Notes:

- How quickly can you penetrate opposition defenders?
- How are the opposition defending and how has this influenced your attacking style in build up?

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

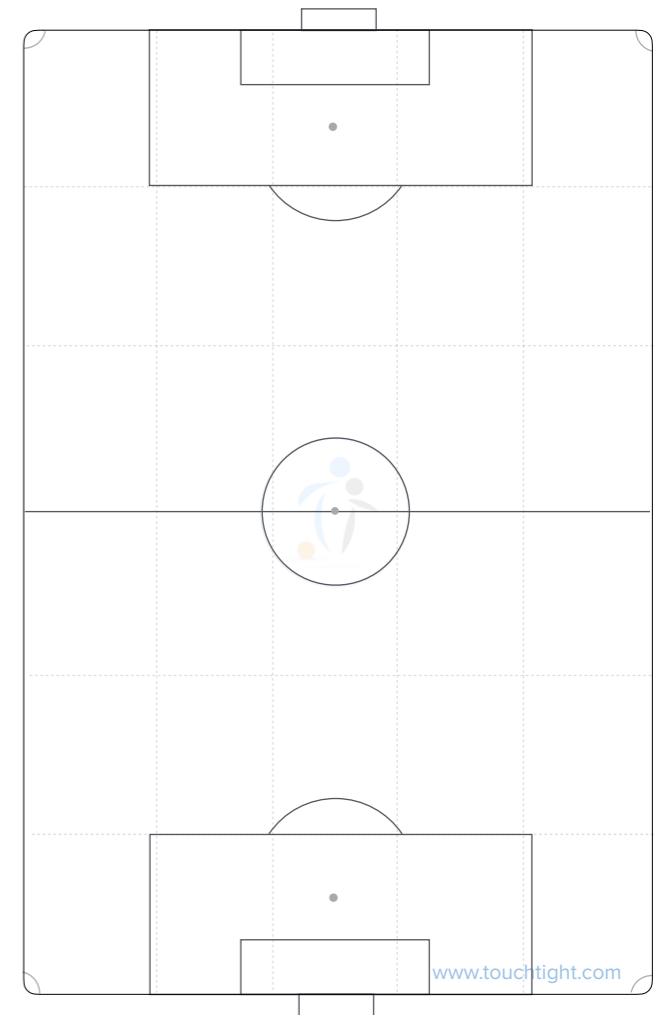
Player Trios initials	Objectives

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