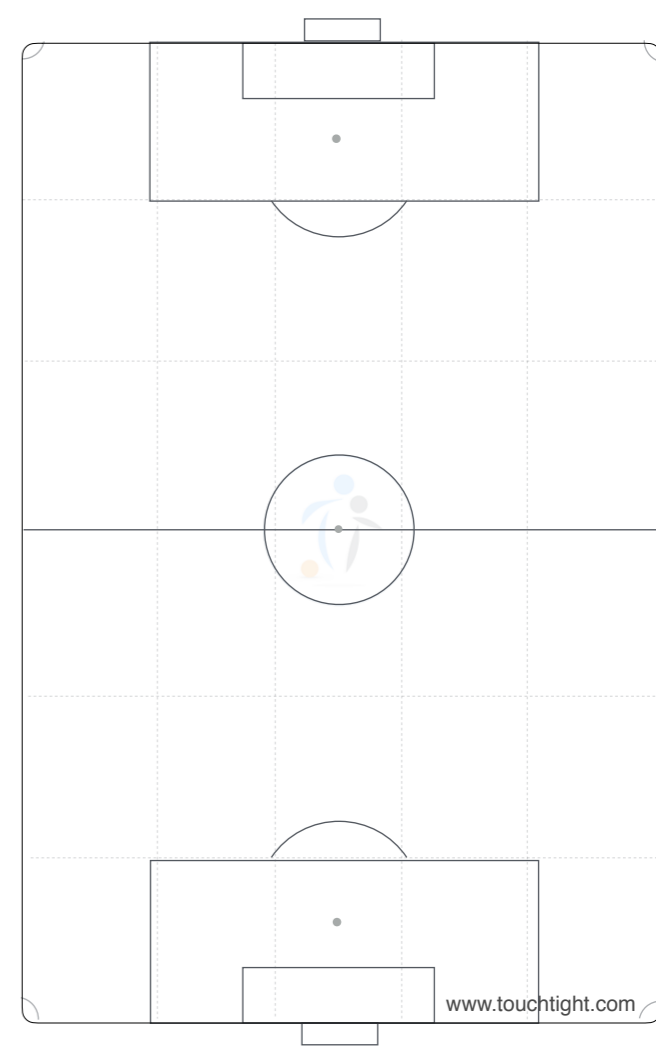
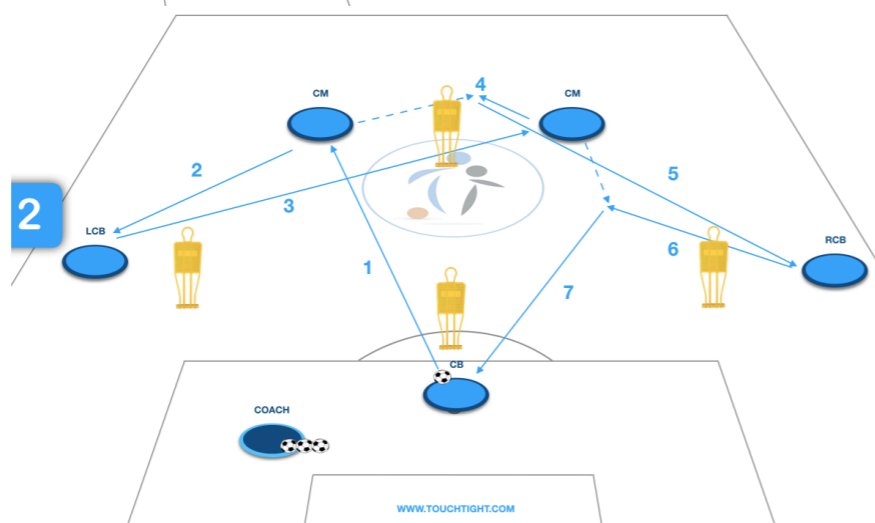
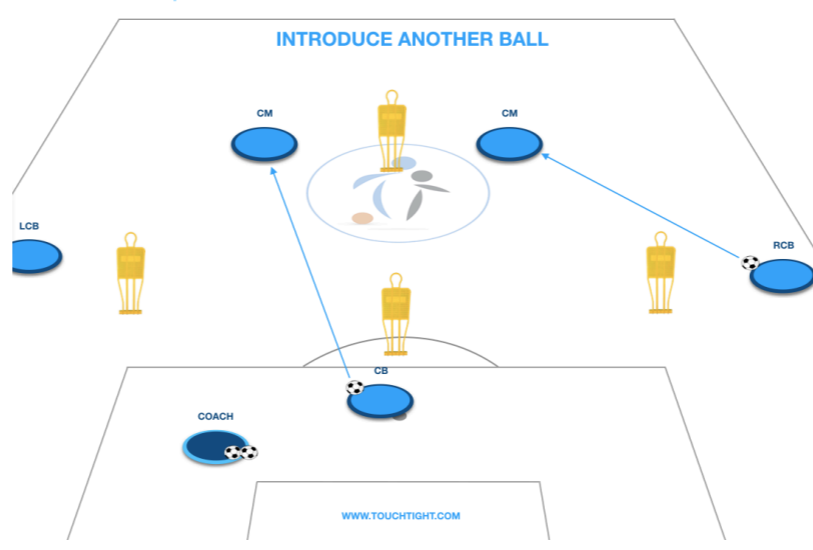
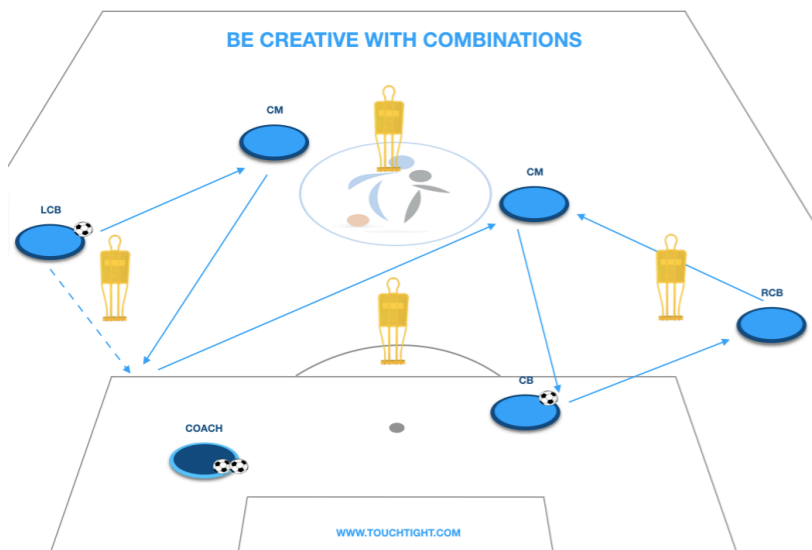




Type: Technical Practice

Area:

Team Objectives:



Set up / Organisation:

- Based off a back 3 and midfield 2 (example formations could be a 343 or 352). This passing practice develops player to player understanding and embeds tactical and technical principles in each combination played.

Key Coaching Points:

- (Tactical) Link practice to movement and combinations made in an 11 v 11 game (transfer knowledge)
- (Social) Develop an understanding of teammates needs (stronger foot, movement to receive, possible combinations)
- (Technical) Focus on the weight and accuracy of their passes

Progressions / Constraints:

- Challenge players by introducing another ball, increasing their need to be aware of both balls.
- Encourage individuals to be creative in their combinations, introducing jacks, passes around the corner, 1-2s and more.
- These constraints show the impact on players in this passing practice.

Questions & Notes:

- How can you speed up your passing combinations?
- What intelligent combinations can you produce with 3 players?
- What aspects of your passing and player relationships can you improve and how?

Work / Rest Ratio:

○ mins ○ sets



Session Date

Season

Age Group

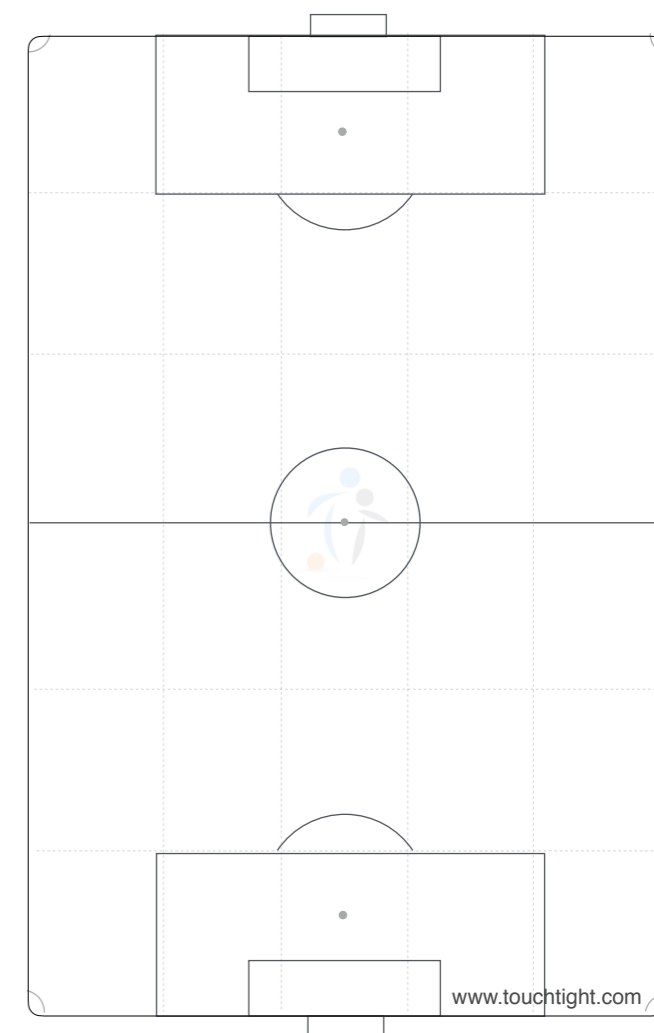
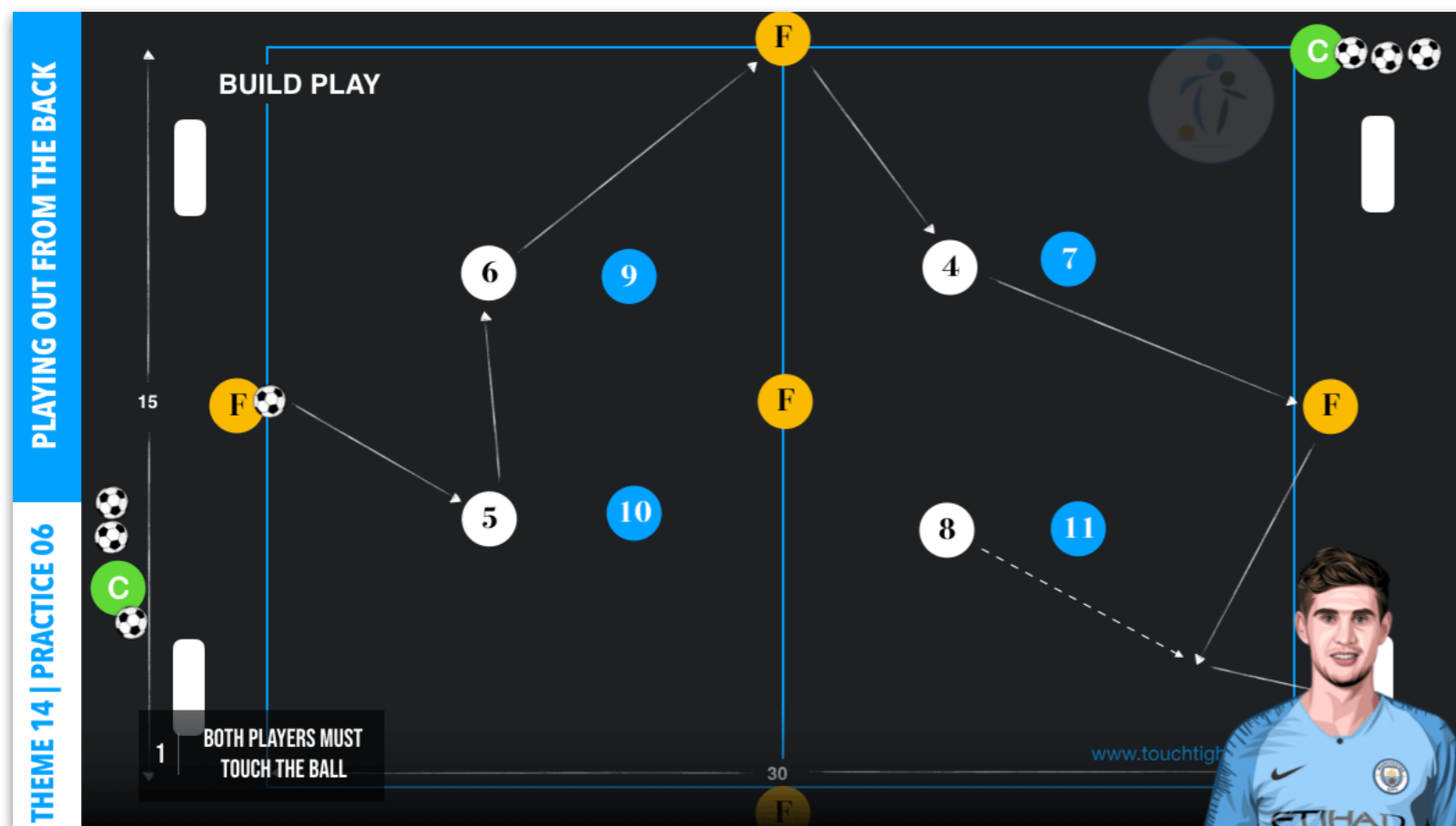
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



Set Up & Organisation:

- This is practice 6 of Theme 14 playing out from the back and is focused on developing play in a 4231 against a 352 with a central press. In a 30 x 15 Yard area, split into 2 halves, we have a 2 v 2 in each zone, and 5 floating players around the outside.
- Each team must build play to finish in one of 2 mini goals, combining with outside players who are on one touch to balance challenge in zones. Focus on playing forward and players taking the initiative at every opportunity.

Progressions & Constraints:

- Add constraints to progress by allowing wide players to rotate with central players into specified zones.
- We can develop further rotation by allowing our central floater to drop into the playing zone, this movement allows a defender to jump press from the opposite zone.
- Free play can then be allowed for the defending team forcing opposition players to play quickly, using the halfway line as offside.

Key Individual Coaching Points:

- Goalkeeper decisions to play out short or into the second line
- Midfield movement open up passing lines
- Player understanding of when to rotate to exploit space.

Work / Rest Ratio: mins sets



Session Date

Season

Age Group

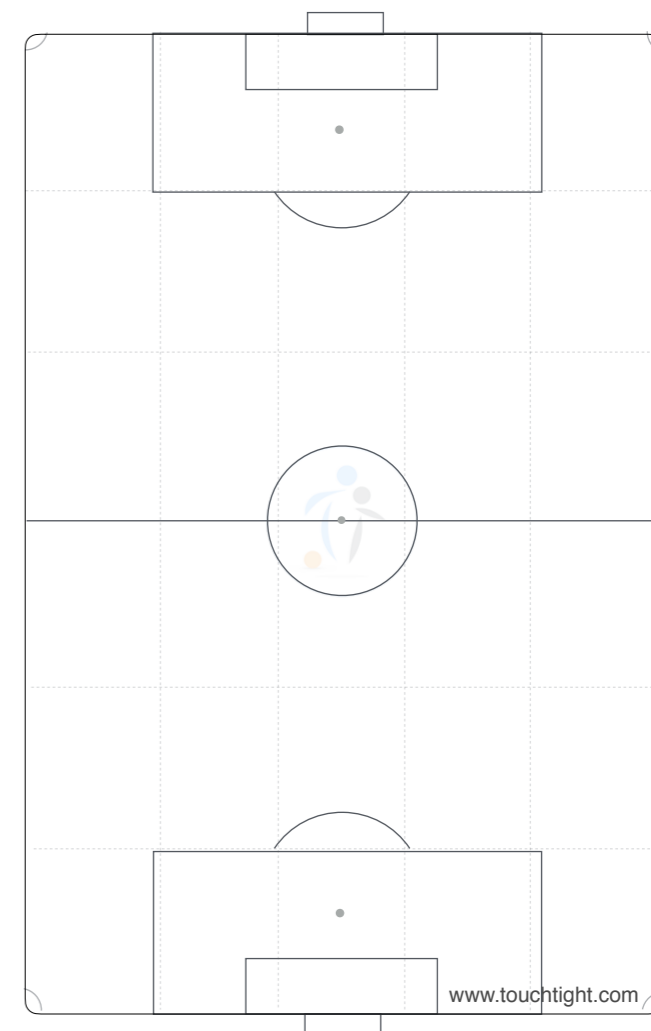
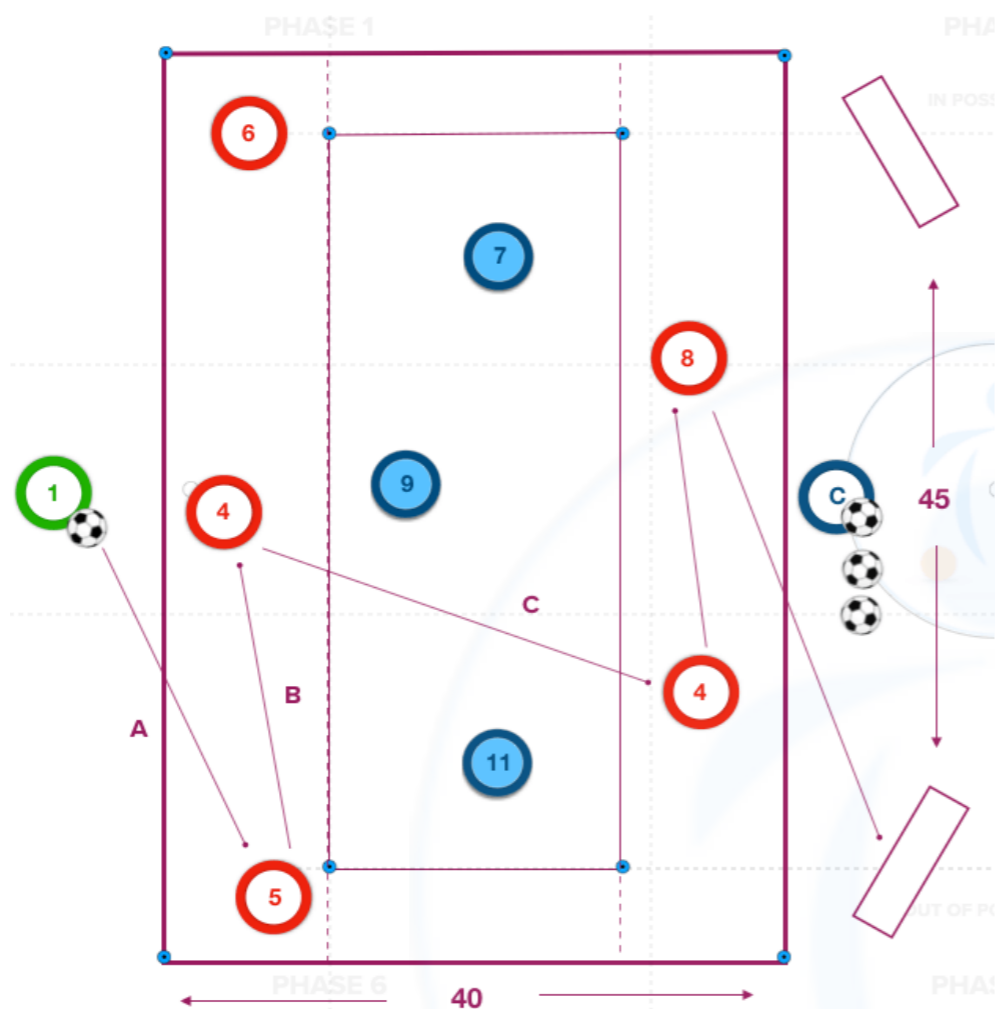
Players

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

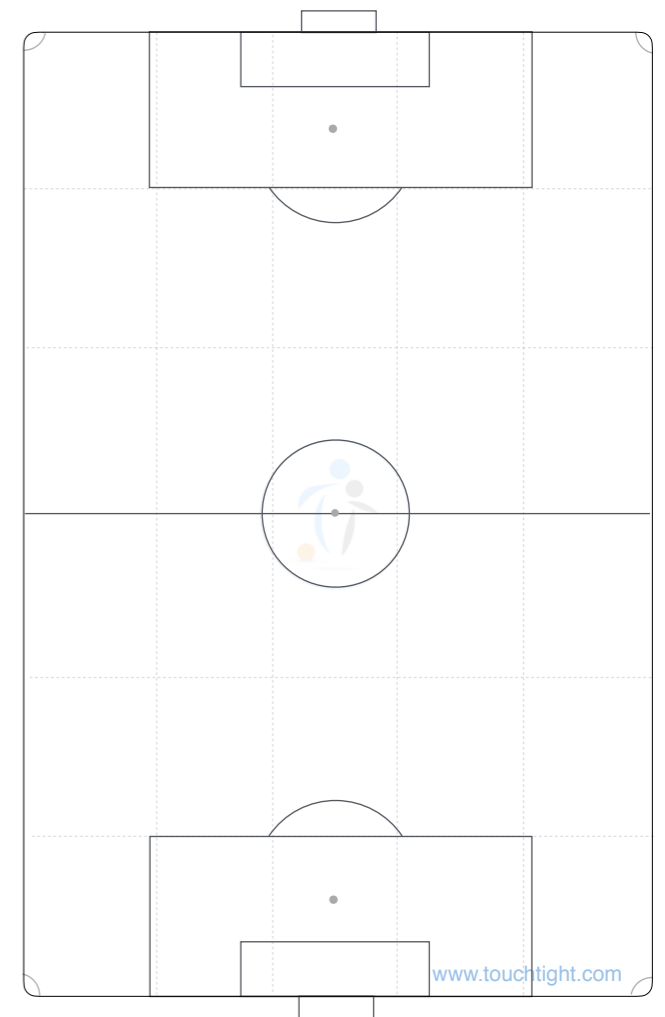
Player Trios initials	Objectives

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?



