



Session Date

Season

Age Group

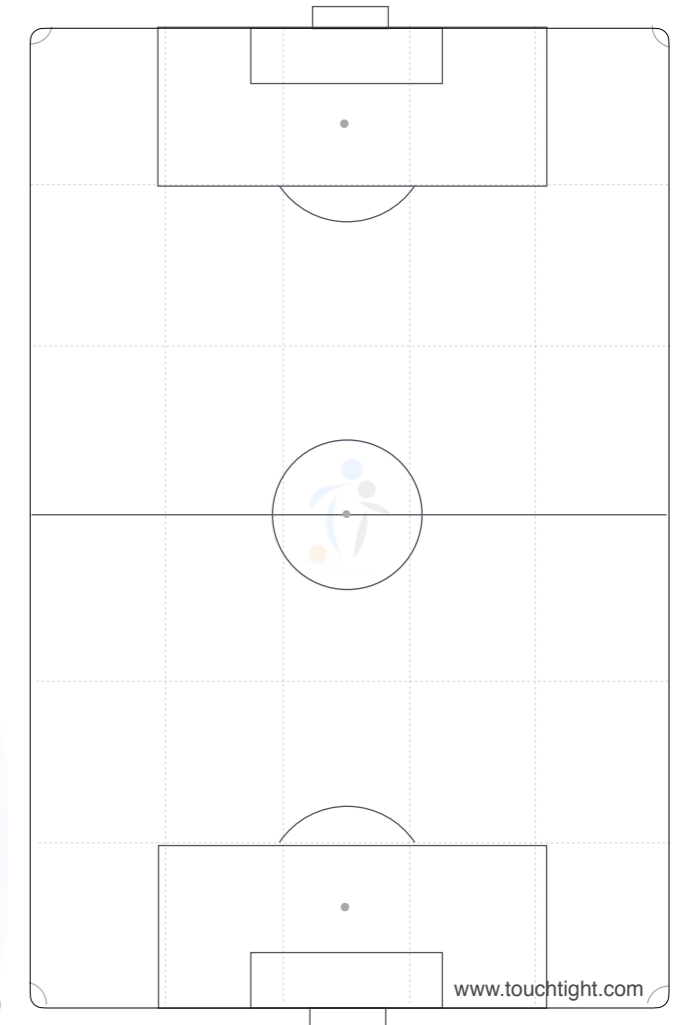
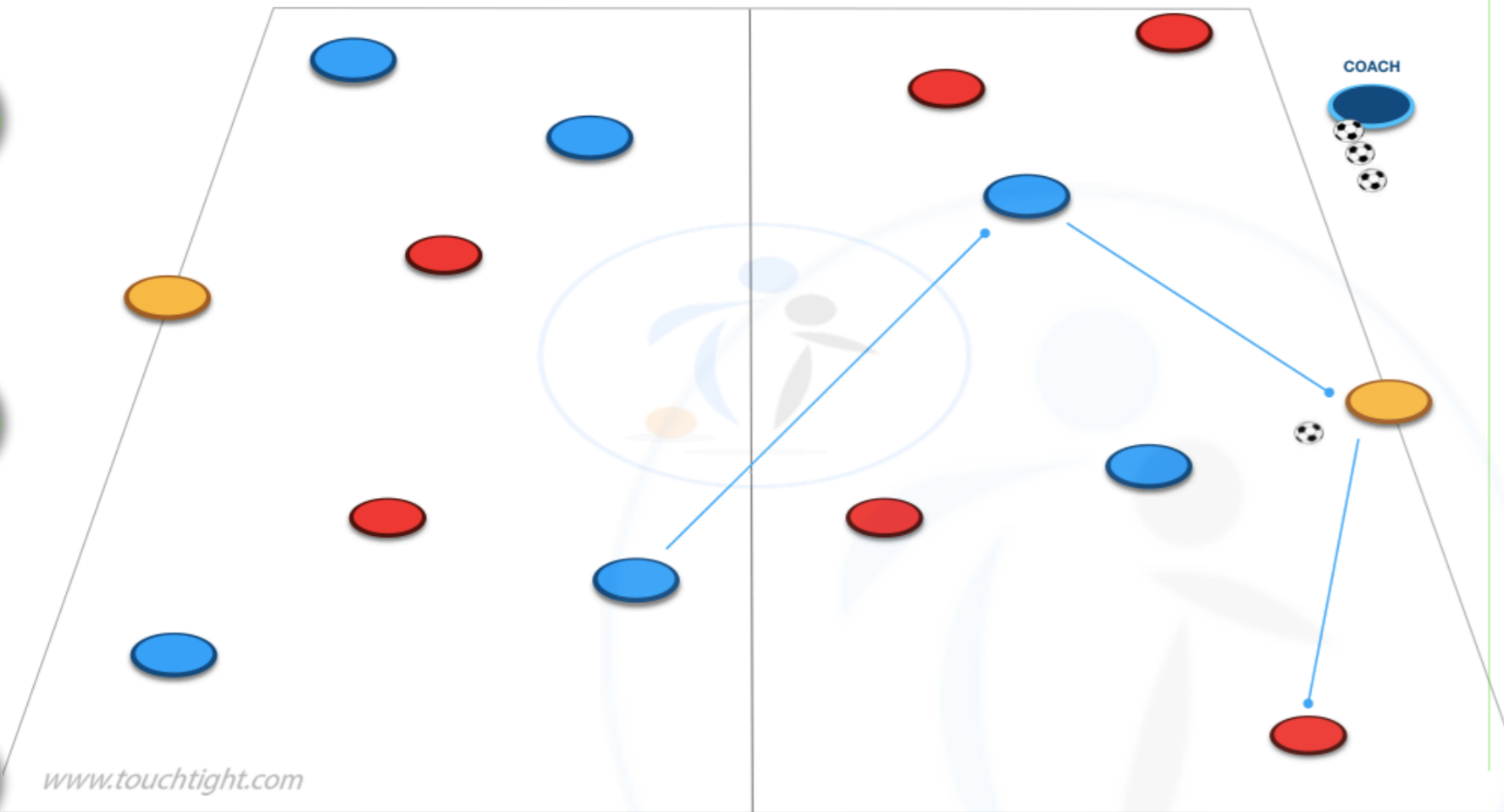
Players

Duration

Type: Skill Practice

Area:

Team Objectives:



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**Set Up & Organisation:**

- This 4 v 2 football practice is great for developing player awareness, passing quality and ability to create more efficient angles to maintain possession in small areas in pressured space. With the smallest of overloads players in possession must work hard to create space and use this to their advantage.

**Technical Detail**

- Speed To Regain Possession
- Ability to Play Under Pressure
- Movement After Passes | Rotation
- Passing Speed and Accuracy
- Angles and Distances in Possession

**Key Coaching Points:**

- How can you create space in a 4 v 2?
- What must you do when playing under pressure?
- Can you move defender around?
- How could we change this practice?

**Questions & Notes:**

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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

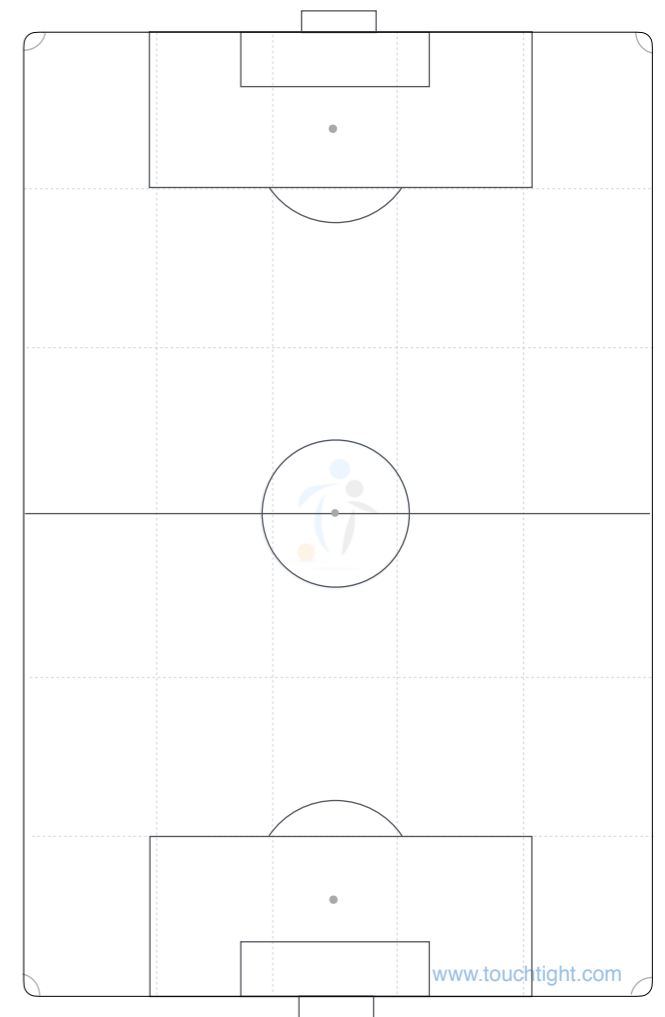
Player Trios initials	Objectives

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?



