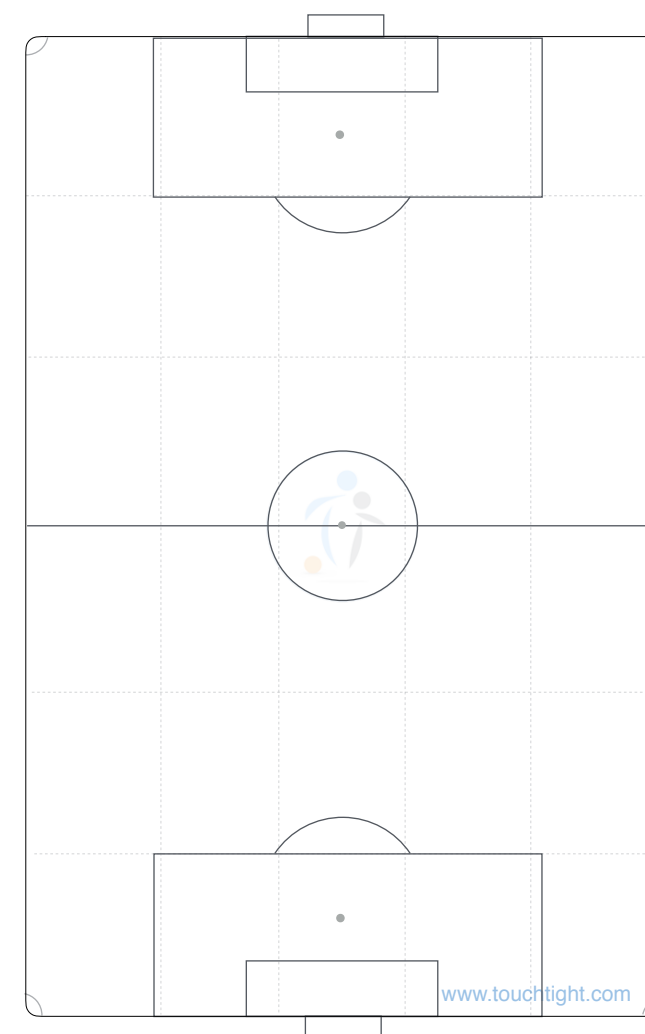
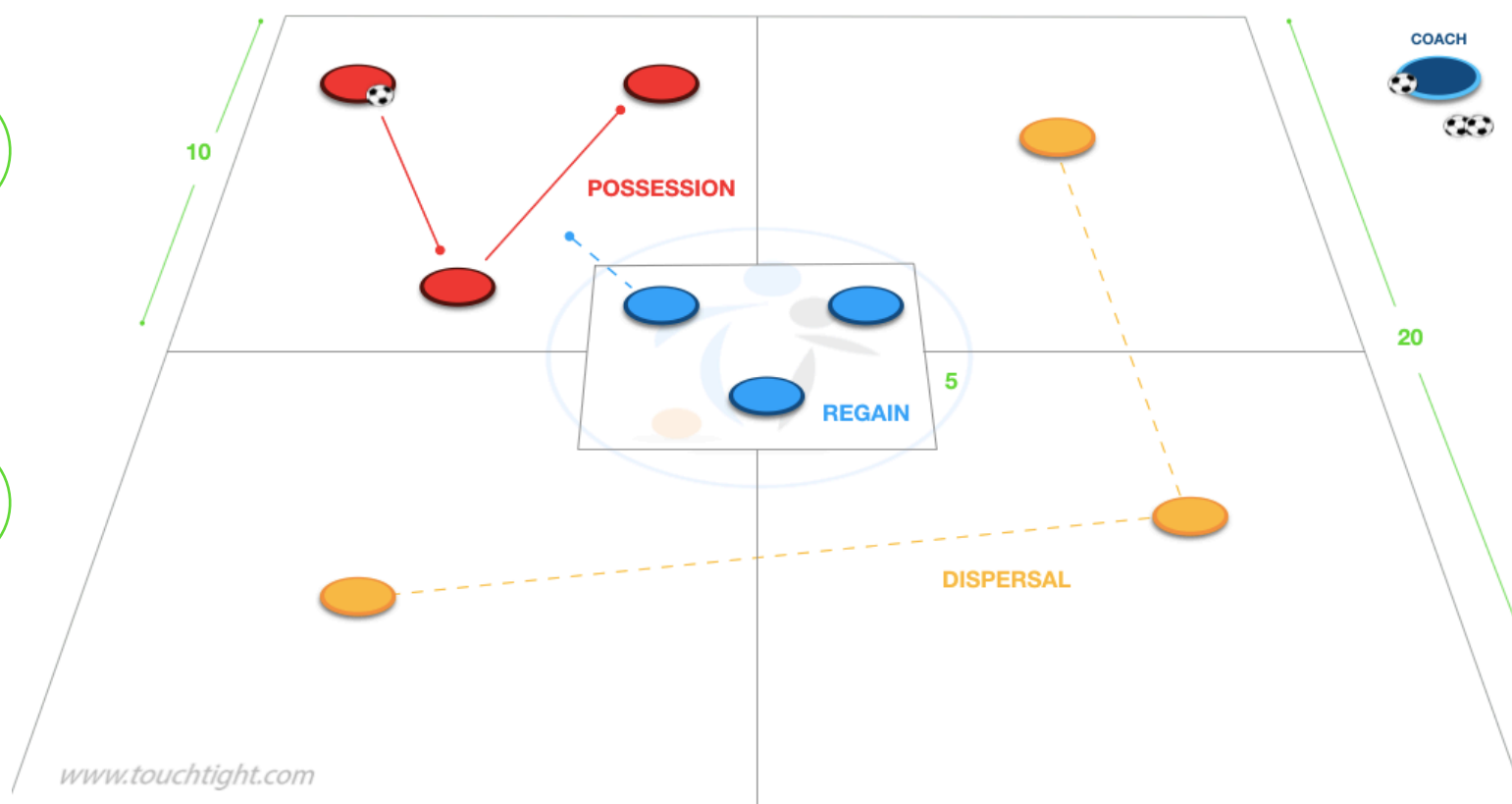




Type: Opposed Skill

Area:

Team Objectives:

**Set up / Organisation:**

3 teams of 3 in a 20 by 20 yard square, split into 4 quadrants. A 5 by 5 yard central area is set for 3 defenders, before one defender presses a team of 3 who attempt to keep possession. One team must have 3 players positioned in each of the other squares awaiting the ball to be transferred after 10 passes.

**Progressions / Constraints:**

- Receiving teams players must move quickly to support their teammate in the square, whilst the previous passing team spreads out into 3 squares, a defender will now press this new group of 3 passing players. If defender intercepts, they must transfer through a teammate to an awaiting team, change roles.
- Progress, so that the team winning possession must disperse into zones and keep possession with longer passes, with the team losing possession becoming defenders.
- Reduce the challenge, by conditioning the possession team to 2 touch, allowing defenders more chance of winning the ball by pressing early to regain..

**Key Coaching Points:**

- (Tactical) Speed of support and of dispersal to create space
- (Technical) Touch and passing quality to keep possession when winning the ball.
- (Psychological) Speed of thought to transition between a defensive mentality to an attacking mentality and vice versa.

**Questions & Notes:**

- How can you create space for yourself and teammates?
- What effective decisions can you make when regaining possession?
- How are defenders pressing or delaying and how does this affect decisions on the transition?

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

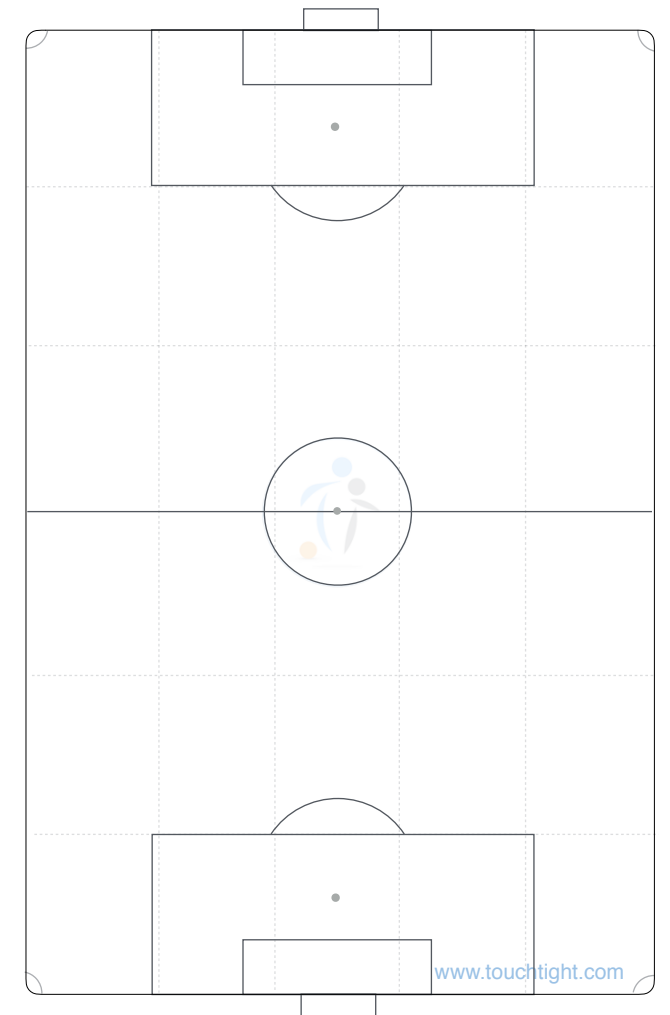
Player Trios initials	Objectives

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?

