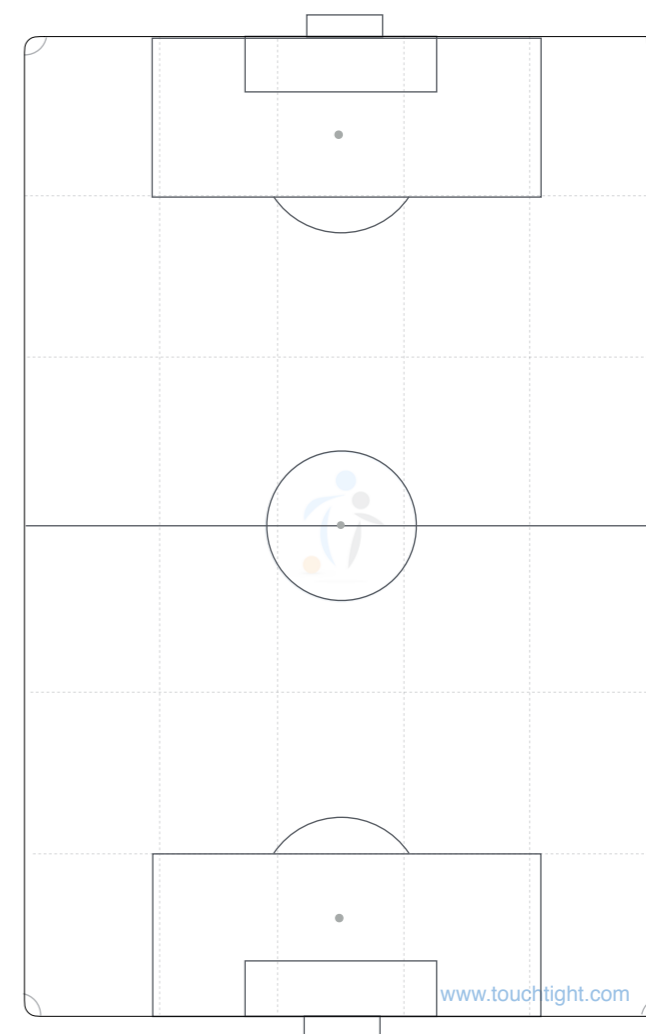
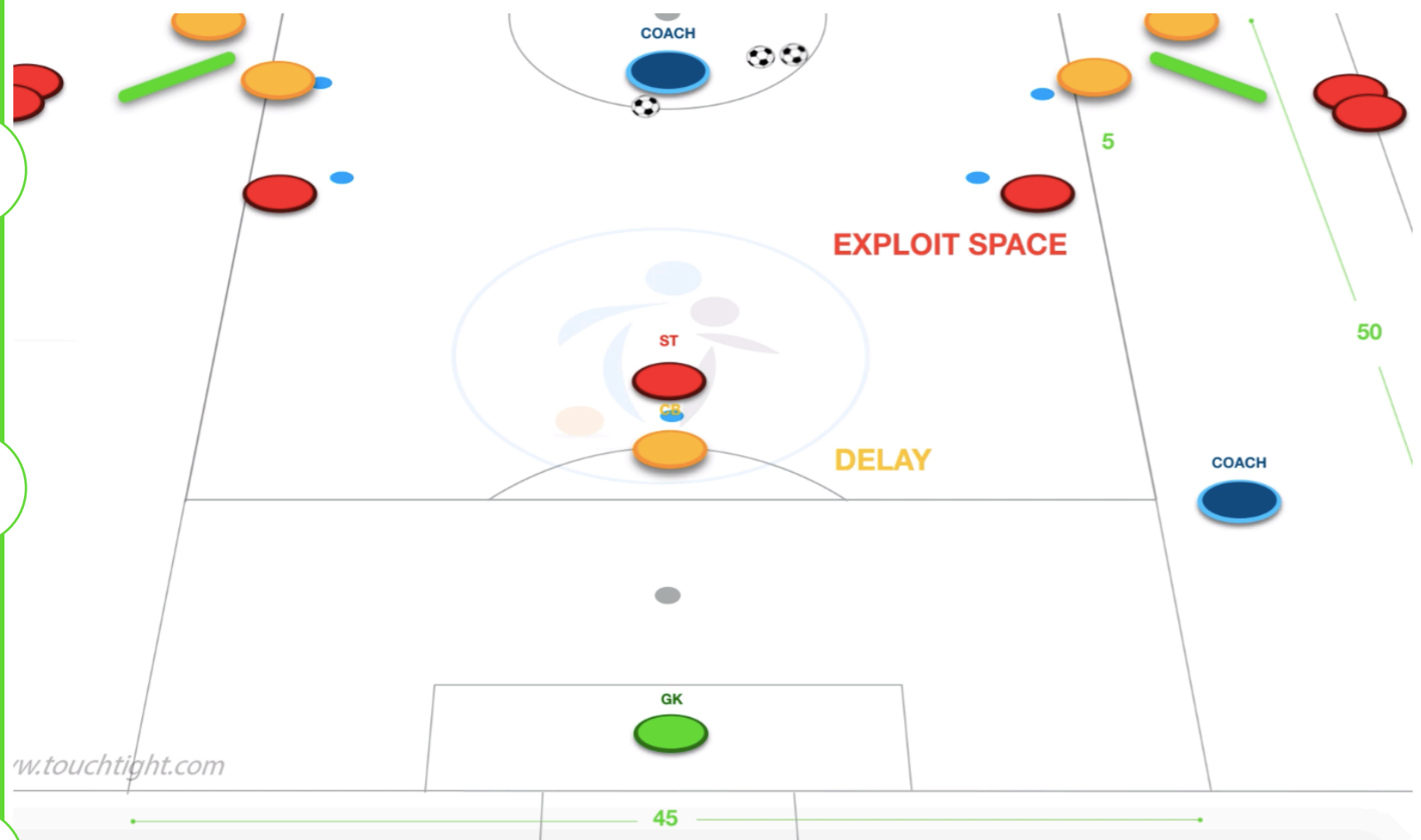




Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Focussing on the speed & type of support together with the recovery of defending players when overloaded. We begin with a ball into a striker, 1 v 1 against a single defender, with 2 attacking support players triggered on the coaches pass. 2 defenders are then able to recover after the striker takes their first touch. Defenders must delay as teammates recover in line with the goal.

Progressions / Constraints:

- We can progress this by allowing a recovering defender to start their recovery at the same time as attackers support, creating a 3 v 2 much quicker, with a 3rd defender able to recover after 3 seconds. This will force attackers to make quicker decisions to exploit space, avoiding situations when defenders become balanced.

Key Coaching Points:

- (Tactical) Recognise effective types of support in different overload situations
- (Technical) Passing quality on the run, focusing on weight and accuracy of passes
- (Physical) Speed of support to break defensive lines with forward runs.

Questions & Notes:

- How can you ensure your overload results in a shot on goal?
- How can you respond to 3 v 2 overloads and when do you need to perform more individually in counter?
- How are defenders protecting goal and how can you exploit this?

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

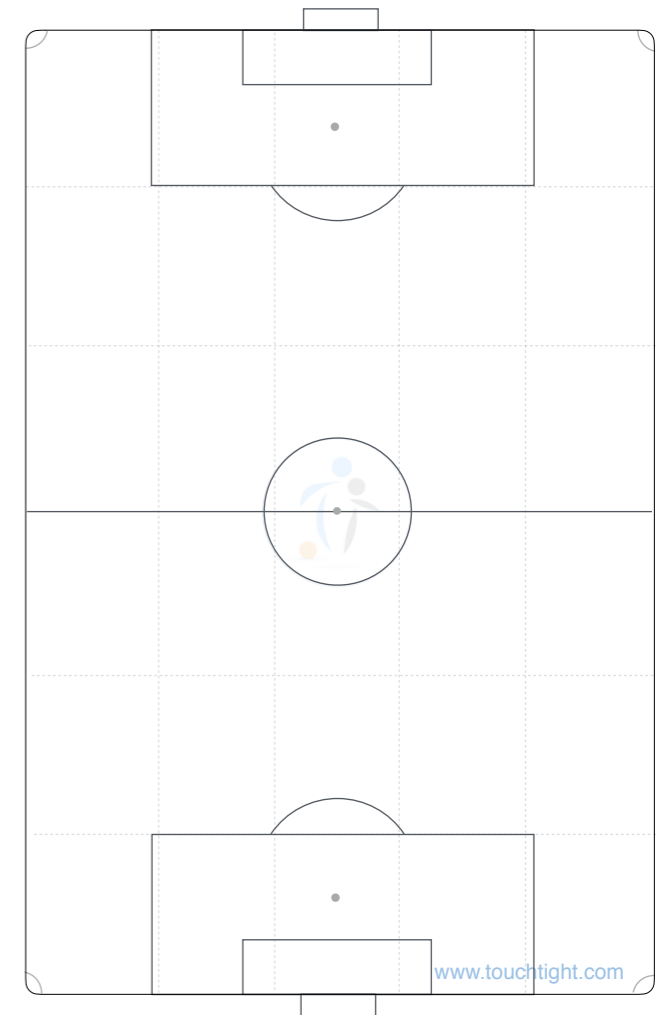
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

Big Game Question
How will we apply this session to a game situation?

