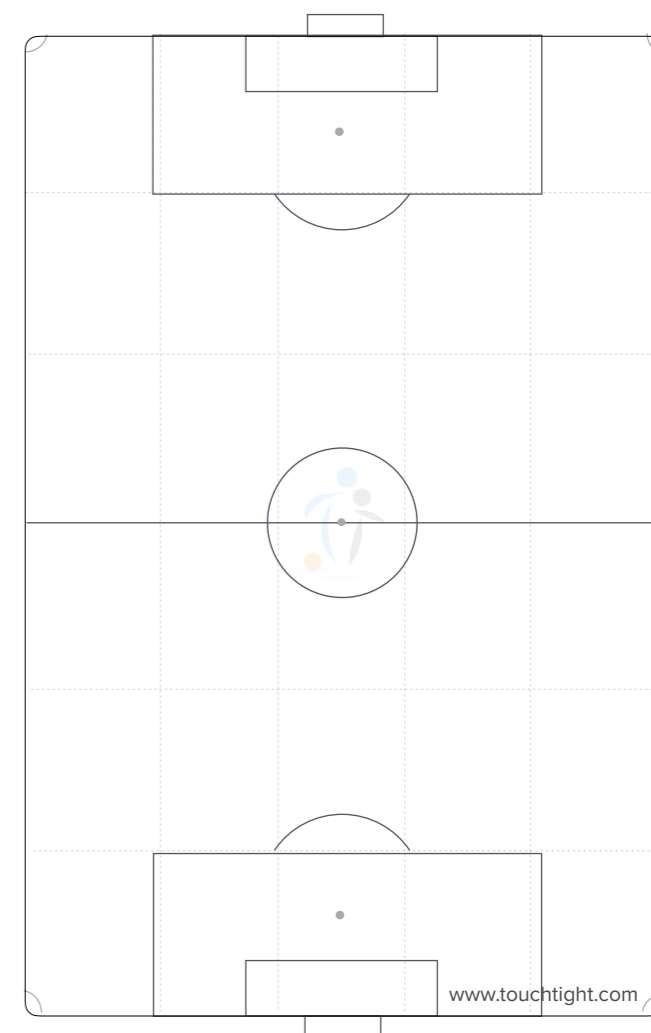




Type: Opposed Rondo Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Practice played in a 25² yard area with four players keeping possession on the outside of the area and two central players to finish. Four defenders in each 12.5 yard zone to win possession. If they win the ball, make ten passes before finishing in mini goal.
- **With more numbers replicate practice on both sides of the pitch.**

Key Coaching Points:

- Tactical |
- Technical |
- Psychological |

Progressions / Constraints:

- 4 v 3 in each area, with central striker as a floater who can combine in either area to create 5 v 3
- .

Questions & Notes:

- .
- .

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

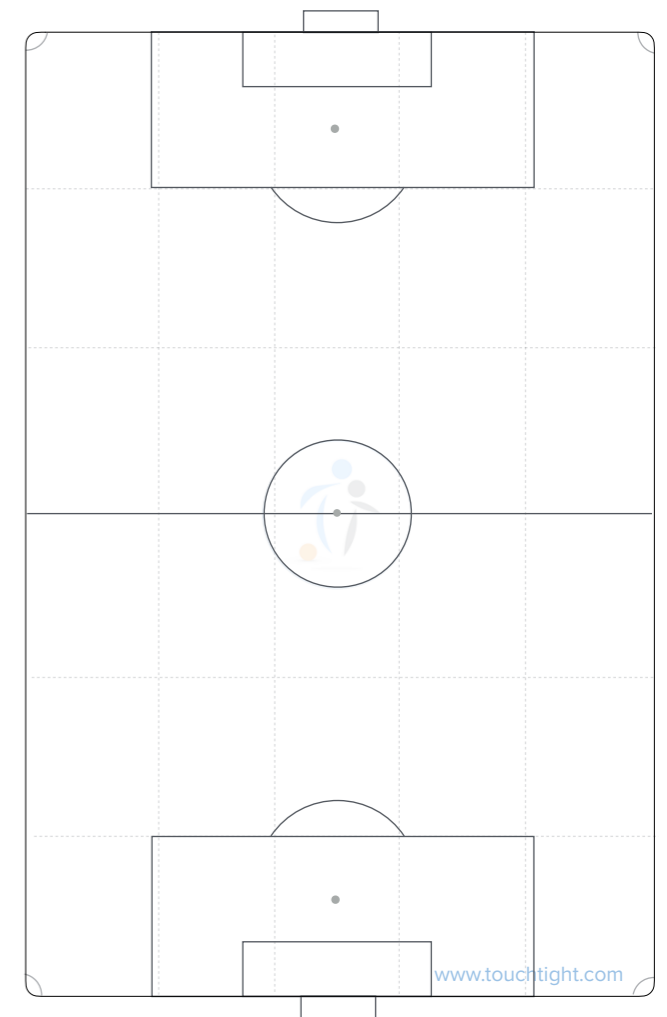
Player Trios initials	Objectives

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

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